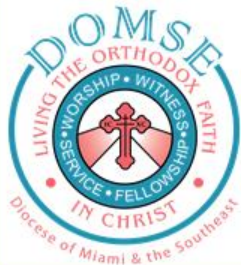


SCHEDULE AS OF 9/3/2020



3rd ANNUAL SPIRITUAL FALL RETREAT

IT'S VIRTUAL & FREE!

"Behold, how good and how pleasant it is for
brethren to dwell together in unity."

- Psalm 133:1

OCTOBER 2nd - 4th, 2020

A DOMSE spiritual retreat for Clergy,
Antiochian Men, Antiochian Women, Young Adults,
Teen SOYO, and DOMSE Kids!

[DOMSE Website](#)

[DOMSE Facebook](#)

[DOMSE YouTube Channel](#)

[DOMSE Band Group](#)

If you are not receiving DOMSE newsletters, please subscribe by visiting the DOMSE Website.

REGISTER FOR THE DOMSE 2020 SPIRITUAL FALL RETREAT



Upon registering, you will receive the schedule with the session links.

**By registering, you are helping
DOMSE keep track of our virtual
activities and allowing us to
measure the success of this event!
(This is a FREE event)**



**Stop scrolling and take a
minute to register. Thank
you!**

<http://tiny.cc/2020FallRetreat>

SCHEDULE OF EVENTS - 2020 DOMSE Virtual Spiritual Fall Retreat

October 2 - 4, 2020

"How good and pleasant it is when God's people live together in unity!" (Psalm 133)

All times are Eastern Time Zone

TIME	EVENT
FRIDAY (Oct. 2)	
8:30am - 11:00am	Kids Club Supply List Hosted by Anna-Sarah Farha
12:00pm - 12:30pm	Bishop Nicholas Kicks off Virtual DOMSE 2020 Spiritual Fall Retreat
1:00pm - 2:30pm	Spiritual Retreat Session 1: (ALL DOMSE) "Unity in the Church, Around the Bishop" Hosted by Fr. Stephen DeYoung
1:00pm - 2:30pm	Spiritual Retreat Session 1: (Clergy Only) "The Orthodox view on the Isolating Pain of Sexual Addiction - Be a Bridge to Recovery" Hosted by Fr. Kosta Petrogeorge, Psychologist
2:30pm - 3:30pm	Break / Lunch (on your own)
3:30pm - 5:00pm	Workshop 1: (ALL DOMSE) "Reviewing and discussing <i>Blueprints for The Little Church - Creating an Orthodox Home</i>" Hosted by Protodeacon David Keim & Sh. Shell Keim
3:30pm - 5:00pm	Workshop 2: (Sunday School Teachers/Staff) "Keep the Season Bright: Ideas for virtual seasonal & special events" Hosted by Anna-Sarah Farha
3:30pm - 5:00pm	Workshop 3: (TEENS / ALL DOMSE) "Chanting: For as long as We Have our Being: A practical Introduction to Byzantine Chant" Hosted by Fr. Alex Mackoul, Aidan Wilson, Anastasia Oliver, Asa Keim, Matthew Spencer
5:30pm - 7:00pm	Break / Dinner (on your own)
7:00pm - 8:30pm	Spiritual Retreat Session 2: (ALL DOMSE) "The Orthodox view on the Isolating Pain of Sexual Addiction - Be a Bridge to Recovery" Hosted by Fr. Kosta Petrogeorge, Psychologist
7:00pm - 8:30pm	Spiritual Retreat Session 2: (Clergy Only) "Priesthood, Fatherhood, and Family Unity"

	Hosted by Fr. Stephen DeYoung
SATURDAY (Oct. 3)	
9:00am - 11:30am	Kids Club Hosted by Anna-Sarah Farha Supply List
10:30am - 11:30am	Workshop 4: (Teachers / ALL DOMSE) "Catechesis of the Good Shepherd: He calls them by name" Hosted by Anne Marie McCollum
10:30am - 11:30am	Workshop 5: (DOMSE Teens) "Cultivating Resilience when the World Falls Apart" Hosted by Fr. Nathaniel Trembley & Kh. Sarah Trembley, Licensed Mental Health Counselor
11:30am - 12:30pm	Break / Lunch (on your own)
12:30pm - 1:30pm	Spiritual Retreat Session 3: (ALL DOMSE) "Family as unity: The Orthodox faith in the Jewish understand of the Psalm." Hosted by Fr. Herman Lasseter
12:30pm - 1:30pm	Spiritual Retreat Session 3: (Clergy Only) "Physician Heal Thyself": Unity and Division in the Priest and their effects on Parish Life" Hosted by Fr. John Oliver
1:30pm - 2:00pm	Break
2:00pm - 3:30pm	Spiritual Retreat Session 4: (ALL DOMSE) "Jesus Wept: Christian Wholeness, Thoughts, and Feelings" Hosted by Fr. Nathaniel Trembley & Kh. Sara Trembley, Licensed Mental Health Counselor
2:00pm - 3:30pm	Spiritual Retreat Session 4: (Clergy Only) "Dwelling together in unity - from a distance: a pastoral reflection on Christian unity in the age of Social distancing & Social Media" Hosted by Fr. David Winn
3:30pm - 4:00pm	Break
4:00pm - 5:00pm	Workshop 6: (For Men & Young Adults (Male)): "Mentoring young men toward an abundant life in Christ" Hosted by Dn. Dan Gray
4:00pm - 5:00pm	Workshop 7: (For Women & Young Adults (Female)): "Mentoring young women toward an abundant life in Christ" Hosted by Paula Marchman, Therapist

5:30pm - 8:00pm	Break / Dinner (on your own)
8:00pm - 9:00pm	DOMSE Trivia Hosted by Sh. Shell Keim
SUNDAY (Oct. 4)	
9:00am - 12:00pm	Orthros & Divine Liturgy at your local Parish (Online/In person)
1:00pm - 3:00pm	Workshop 8: (ALL DOMSE) Supply List "Orthodox Art: Watercolor Seraphim" Hosted by Elina Pelikan
3:00pm	Sunday with Sayidna: Closing of Virtual DOMSE 2020 Spiritual Fall Retreat

A special **THANK YOU** to the 2020 Fall Retreat committee!



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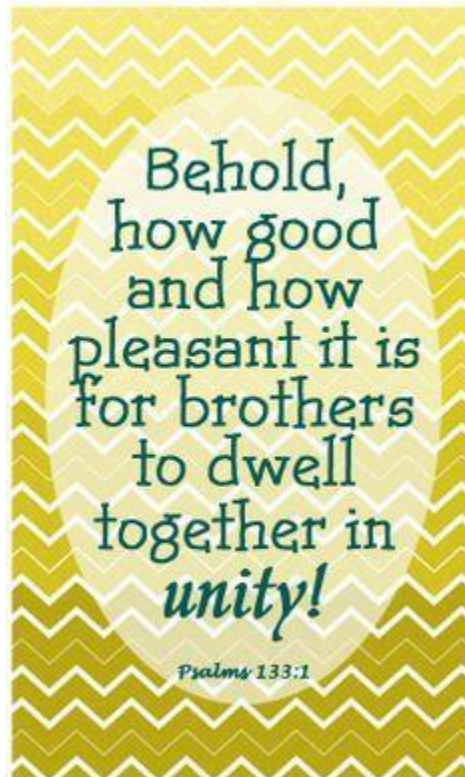


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DOMSE Conference Planning
Committee Chair





Help DOMSE Parishes (Optional)

Due to the continued COVID-19 pandemic, some of our parishes are struggling financially. What a great opportunity for each one of us to show UNITY and support the parishes in our Diocese through this difficult time!

Donations are accepted by either PayPal or check.

DONATION VIA PAYPAL:

Submit your donation here: paypal.me/DMCDOMSE

After you enter in the amount you would like to donate, **DO NOT** put a checkmark next to this section:

"Paying for goods or a service? Tick this box and your eligible purchases are covered by PayPal Purchase Protection."

If you do this, Paypal will take a percentage of your donation.

DONATION VIA CHECK:

Make the check payable to: F.S.J.D

In the memo section of the check, please write in: "COVID-19 Relief Fund"

Mail the check to:

DMC DOMSE Treasurer
c/o Elias AbuGhazaleh
404 Sandringham Court
Winter Springs, FL 32708

If you have any questions about donations, please contact Elias AbuGhazaleh:
eliasisnow@gmail.com or cell: 321-578-1979

[Go to Schedule](#)

[Go to Schedule](#)

WORKSHOP 9 - Orthodox Art Supply List

Supply List:

- Pencil
- Watercolor paper
- Watercolors
- Paint brush
- Gold Pen (sharpie) (*optional*)
- [Print out this PDF](#)

[Go to Schedule](#)

KIDS CLUB - DAY 1 Details & Supply List

Book: A Child's Guide to Prayer, from Ancient Faith Publishing (Not required, but helpful for daily Opening and Closing Prayers. Also available as an eBook.)

Name plate: if you are comfortable with your first name appearing on screen, then please print this template, add you name and display for the Kids Club host.

https://drive.google.com/file/d/15Mn-ldNt5aoikV-G39Fcf_Kej6u8cOLV/view?usp=sharing

Worksheets: Download and print whichever worksheets you will enjoy completing during Kids Club and in your free time. Please bring art supplies such as crayons, markers, and writing utensils to Kids Club.

[Worksheets to download and print](#)

Cooking Class: Cinnamon & Sugar Heart Chips with Dip

Supplies:

- 4 - 12" Flour Tortillas
- ½ cup granulated sugar
- ½ teaspoon cinnamon
- Cooking spray
- Heart shaped cookie cutter
- Small bowl and spoon
- Baking Sheet
- Dip of your choice: yogurt with fruit or other mix-ins, cream cheese, peanut butter or nut butter alternative, fruit salsa, Nutella

Note to Parents: We will be using an oven, so please supervise as needed.

Craft: Modeling Clay Hearts, Be Still Bottle

Supplies:

- Modeling clay
- Empty clear plastic bottle (label removed), with lid
- Liquid glycerin, enough to fill half of your bottle
- Distilled water, enough to fill half of your bottle
- Glitter/sequins/other small floating objects of your choice that will fit inside the bottle
- Optional: super glue or hot glue to seal lid onto bottle

KIDS CLUB - DAY 2 Details & Supply List

Book: A Child's Guide to Prayer, from Ancient Faith Publishing (Not required, but helpful for daily Opening and Closing Prayers. Also available as an eBook.)

Name plate: if you are comfortable with your first name appearing on screen, then please print this template, add your name and display for the Kids Club host.

https://drive.google.com/file/d/15Mn-ldNt5aoikV-G39Fcf_Kej6u8cOLV/view?usp=sharing

Worksheets: download and print whichever worksheets you will enjoy completing during Kids Club and in your free time. Please bring art supplies such as crayons, markers, and writing utensils to Kids Club.

[Worksheets to download and print](#)

Cooking Class: Banana Sushi

Supplies:

- 1 Banana
- 1 - 12" tortilla
- Spread of your choice: yogurt, cream cheese, peanut butter or nut butter alternative, jelly, honey, Nutella
- Optional: thinly sliced fruit, chopped nuts, mini chocolate chips, chopped dried cranberries, bacon crumbles, plain dry cereal such as Rice Krispies or Corn Flakes
- Butter knife, sharp knife

Note to Parents: We will need to slice the banana sushi with a sharp knife, so please supervise as needed.

Craft: Modeling Clay Hearts, Prayer List Board

Supplies:

- Modeling clay
- Inexpensive plain photo frame with glass or plexiglass
- Blank piece of paper (printer paper or light-colored construction paper)
- Scissors
- Writing utensil
- Decorating materials of your choice for the frame (stickers, jewels, foam shapes, paint, craft glue or hot glue and artificial flowers)
- String
- Dry-erase marker