

24/11/2022

Young Adult Fall Retreat Focuses on Wellness of Mind, Body, and Soul



Over 55 young adults gathered for the Greek Orthodox Metropolis of San Francisco Young Adult Fall Retreat held at Saint Nicholas Ranch and Retreat Center in Dunlap, CA over the weekend of November 4 – 6, 2022. Participants came from throughout the Metropolis of San Francisco, as well as from Florida, Maine, and Utah.

The retreat opened with time for fellowship and friendship with hayrides around the Ranch, enjoying the crisp mountain air and the beautiful scenery. Following dinner, the group gathered for a brief discussion to introduce the retreat theme, “Mind, Body, and Soul: Our Journey to Wellness.” The evening concluded with the praying of the Paraklesis Service in the Saint Photini Chapel at the Alex and Faye Spanos Faith and Heritage Center.

Saturday morning began with an Orthros service and a hearty Ranch breakfast to get the day started. Presentations were offered by George Papageorge, LMFT; Rev. Father Timothy Pavlatos, LMFT; and Dr. Pericles Ioannides. These engaging

speakers guided the participants in charting a course towards spiritual, emotional and physical wellness.

The adjacent Monastery of the Theotokos the Life-Giving Spring was the afternoon destination where the young adults toured the beautiful grounds, met with Gerontissa Markella, and assisted the sisters with a work project at their farm. They also attended Great Vespers at the Monastery on Saturday evening, and after a delicious dinner at the Ranch, enjoyed a wonderful time at the lake for a campfire, talent show, and s'mores.

The weekend concluded with Divine Liturgy at the Monastery followed by breakfast and a visit to the Monastery bookstore.

For more information please visit the Metropolis Office of Youth and Young Adult Ministries website.

sanfran.goarch.org