



Orthodox Young Adults' Retreat 2012

"You have to talk with God everywhere you are. Walking on the street, driving the car, you can say "Lord You are in the front seat, I know that You are here tell me something. Why did You create me?" You have a lot of things, an infinite number of things to converse with God and God wants you to talk with Him because prayer is not as much as you read in the book or how long you are kneeling, prayer is the whole life. When you eat, when you drink, when you drive the car, when you discipline your children: You are in a state of prayer. Life is a liturgy."--Fr. Roman Braga

The third annual Young Adults retreat was held On May 26, 2010, once again in Cochrane Alberta, nestled in the Rocky Mountains just west of Calgary. This year we had participants from St. Vladimir's Ukrainian Orthodox Church (UOCC), St Peter the Aleut Orthodox Church (OCA) and St Mary's Romanian Orthodox Church (ROEA). Many 'young at heart' expressed the desire to join us for the day and we were very happy to be together.

We welcomed Mother Macrina from Holy Dormition Monastery as our inspired speaker for the retreat. Mother Macrina spoke to the group about Prayer and Humility. She described our Prayer Life as daily, weekly and yearly cycles. She described how important repetition within in these cycles are for us to

learn about our Faith just as an athlete has to practice repeatedly for perfection.. Each cycle helps bring us closer to God through personal and communal prayers.

We had morning and evening services served by Fr. Michael Lupu and responses were given by everyone present. The participants had an opportunity to walk on the pathways encircling St. Francis Monastery on a beautiful Spring day. Casual conversations brought many of the participants to know one another better and our mutual struggles in the Faith.

Thank you to Mother Gabriella Abbess of Holy Dormition Monastery for assisting us this year and allowing Mother Macrina to come to The Young Adults' Retreat for a spiritually rewarding day.

We need to ask for guidance for our Young people- both children and adults. They face some grand challenges living an Orthodox life in a non- Orthodox and often non-Christian society.

Lord our God, look down on your young people who have been raised in your Holy Orthodox Church. Help them to make the right choices about their daily lives. Send a holy angel to help them discern the many things that come their way and help them make the right decisions with your name on their lips. O Lord, watch over the friends that come into their lives, that they might also see the Everlasting Light that guides our way. Help these young adults to understand the path you have chosen for them , - to learn the right subjects and secure an occupation which is worthy of your Grace. O heavenly Father, as each one starts their family, guide them to choose the spouse you planned for them while they were still in their mother's womb. Teach them how to teach their children to grow into God loving Orthodox young adults. Amen.