

TRANSFIGURATION PARISH WIDE RETREAT

Living From the Inside Out

Discovering Real Life in Christ is Truly Beautiful

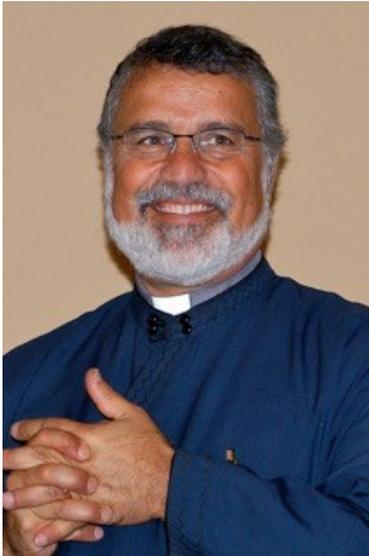
with

Fr. Tom Tsagalakis

Friday, December 1

6pm Dinner

7pm Retreat



Saturday, December 2

8am Feast of St. Porphyrios Orthros

9am Divine Liturgy

10:30am Brunch

11:30am Retreat

Fr. Tom Tsagalakis serves as priest of Holy Apostles Greek Orthodox Church in Shoreline, Washington. He has been an adjunct professor at Seattle Pacific University and maintains a private practice in Marriage and Family therapy in Seattle. Fr. Tom received his undergraduate degree from San Jose State University. He completed a Master of Divinity from Holy Cross School of Theology in Brookline, MA. He also holds a master's degree in Marriage and Family Counseling from Seattle Pacific University. Fr. Tom is married to Presbyteria Pat and they have two grown children, Nicholas and Maria Sophia.

True Human Nature: Embracing that we are God's beloved: We, humans, were created in the image of God and were given a great gift. It is our duty to understand that gift within the sacred reality that God's glory is the human person being truly alive in Christ. We then become mindful of how our thoughts truly determine our life.

The Root of all Evil is Fear!! We will examine how Adam and Eve introduced addiction and how evil works at making us believe that fear, (False Expectations Appearing Real) breeds anxiety, worry, anger and resentment.

The Call of Christ Toward Self Examination. Understanding the Spiritual Warfare. We have to know the enemy and how evil disconnects us, in order to understand how Jesus wants to bring us to union and communion with Him, the world and one another

Raising Lazarus Project: Getting "out" of empty and stinky tombs. Choosing life in order to take the steps of transformation to activate the healing ministry of the church! Learning to change the way you look at things, so the things you look at will change.