



ANNUNCIATION  
GREEK ORTHODOX  
CHRISTIAN CHURCH



# SAVE THE DATE

## LADIES LENTEN RETREAT



*Cynthia Damaskos,  
Director of the Orthodox  
Speakers Bureau, will  
present a program on  
becoming and being a  
“Holistic Christian Woman”*

All ladies in the Greater Kansas City, Wichita, Omaha, and Lincoln areas are invited to attend a Woman’s Lenten Retreat at the Annunciation Greek Orthodox Church. Take this time for yourself to rejuvenate physically, emotionally, and spiritually.

### About the “Holistic Christian Woman”

*Cynthia has completed her certification at The Institute for Integrative Nutrition. She speaks on holistic health and wellness and has a health coaching practice called The Damaskos Way.*

To learn more, visit her website

<http://www.theholisticchristianwoman.com/about/>

**\*\* Please wear comfortable clothes and shoes on Saturday.**

**Friday evening**

**March 31<sup>st</sup>**

**after Akathist**

poetic prayer service

dedicated to the

Ever Virgin Mary;

the Theotokos

6:30pm – 8:00pm service

**and**

**Saturday April 1<sup>st</sup>**

**9:30am – 4:00pm**

light Lenten breakfast and

lunch provided

**Speaker:**

**Cynthia Damaskos**

**HOSTED BY**

**ANNUNCIATION**

**KANSAS CITY LADIES**

**PHILOPTOCHOS**

**Location:**

**Annunciation Greek**

**Orthodox Church**

**12001 Wornall Road**

**Kansas City Missouri**

**64145**

**Suggested donation**

**to attend is**

**\$15.00 per person**

**Contact Stacie Kamberis**

at 913 703-8999 or

[skamberis@ctkglobal.com](mailto:skamberis@ctkglobal.com)

for questions and to RSVP by

March 15<sup>th</sup>