

AMERICA CARPATHO RUSSIAN
ORTHODOX DIOCESE ANNUAL

virtual
PANI
RETREAT

with Metropolitan Gregory

Register here:
<http://tiny.cc/paniretreat2020>

Tending to Self:
Body, Mind, and Soul



DR. ROXANNE LOUH

Guest Speaker Presbyteria Dr. Roxanne Louh, a native of Gainesville, is a licensed clinical psychologist in Jacksonville, Florida, where she uses her extensive training in private practice. Together with her husband, Fr. Nicholas, the Louhs host Ancient Faith Radio podcast, Healthy Minds Healthy Souls, and recently published the book *Renewing You*.

OCTOBER 10, 2020
9AM-11AM & 1PM-3PM
3PM MOLEBAN TO THE THEOTOKOS