

*Lenten Retreat  
April 1, 2023*

*“Be still, and know that I am God”* Psalm 45:11

*Retreat will focus on the Orthodox Perspective on  
Meditation and Mindfulness*



**Speaker:  
Fr. Anthony  
Perkins**

**Basilian Spirituality Center  
710 Fox Chase Rd,  
Jenkintown, PA 19046**

Retreat registration:

\$40 for adults (early bird rate) - \$50 after 3/22/23

\$30 for adolescents (aged 13 to 18) - \$40 after 3/22/23

\$20 for children 7 to 12- \$30 after 3/22/23

Registration includes breakfast, lunch and snacks.

For more information contact: Oleh or Natalie at [nsufler@aol.com](mailto:nsufler@aol.com)  
call – 610-892-7315