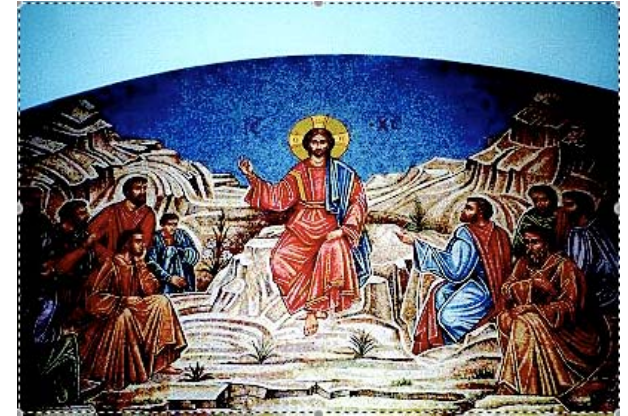


*Facilitator- Mrs. *Paula Marchman, M.A., L.A.P.C.*:
These sessions will be interactive, dynamic and informative with a unique format that effectively helps the participant experience and process the material. Education is an important part of becoming healthier. There will be articles and relational "tools" distributed to assist in this process.

- Close relationships are crucial for our emotional psychological, physical, and spiritual wellbeing. When we increase awareness and insight into our patterns and cycles in relationship and explore conflict resolution skills we promote personal growth and transformation in our relationship.
- We will practice important tasks like listening, validating, empathy, and working together to communicate effectively and solve conflicts in our relationships.
- Understanding our stories and how they influence who we are and why we think, feel, behave, and relate the way we do assists us on the road to healthier relationships with God, ourselves and others.
- Poor communication skills could be causing additional stress in your life. We will gain understanding in the differences between passive, assertive and aggressive behaviors when expressing our needs to others. We will explore how to express our needs in ways that respect the other person and adequately communicate our feelings and needs.

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Wednesday NITE Life

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**Faith & Fellowship
for All Ages**

January 2010 – May 2010

WEDNESDAY NITE LIFE

*Our new “Community Night” will be engaging,
educational & inspirational.*

The Program

Paraklisis (Compline during Great Lent): 6:00 – 6:30 PM

Dinner in the Kartos Ballroom (Free-will offering): 6:30 – 7:10 PM

Classes (offered in various rooms of the Hellenic Center): 7:15 – 8:30 PM

Choose from a variety of classes offered:

- **Our Life in Christ:** On the Sacraments of the Church, beginning with a review of the Divine Liturgy. Class will include selective materials, discussion and presentation of various liturgical practices in our church. *Fr. George A. Alexson (Meeting Room II)*
- **Adult Bible Study:** Concentrating on the second half of the Gospel of St. John. A section on Orthodox Teaching will be included, with opportunity for questions and discussion. *Fr. Christos P. Mars (Board Room)*
- **“Road to Orthodoxy”:** This course is designed for people interested in embracing the Orthodox Faith, as well as for those who would like to “brush up” on their rudimentary knowledge of the Orthodox faith. *Mr. Dimitri Shreckengost (Meeting Room I)*
- **Skills in Communication and Relationships:** (course description on back panel)
Mrs. Paula Marchman, M.A., L.A.P.C. (Parlor)
- **Thank God it’s Wednesday: The Parables of Christ are the Reality of Christ (6th to 12th Grade):** Participants will be encouraged to bring and read their Bible and engage

in active discussions on pertinent topics related to youth and their relationship with God. *Mr. Dan Hoarste (Zakas Conference Room)*

- **Arts and Crafts sessions (Pre-K to 5th Grade):** Lessons in Church music will be included in our sessions, so as to familiarize our children with the hymns of our Church. *Mrs. Ethel Gjerde (Kafenion)*
- **Nursery:** Child-care for children under 3

Syllabus of Courses

Session 1 January 20th to February 10th

Special Presentation on Feb. 17th for the first week of Great Lent (**All Classes together**)

Session 2 February 24th to March 17th

Special Presentation on March 24th, following Vespers for the Feast of the Annunciation (**All Classes together**)

NO CLASS on March 31st for Holy Wednesday Services

Special Presentation on April 7th on the Celebration of Pascha (**All Classes together**)

Session 3 April 14th to May 19th