



You are invited to

# The Practice of Prayer

A prayer retreat -- January 20 -22, 2022

*We all start  
from an acorn  
and aspire to be an oak.*

**In Santa Paula, CA at Glen Tavern Inn  
and St. Barbara Monastery**

## Speakers:

Mother Victoria, Abbess of St. Barbara Monastery  
& Fr. Symeon Halsell, Priest at St. Athanasius Antiochian Orthodox Church

**Workshops:** The Jesus prayer, intercessory prayer, corporate/Liturgical prayer, praying with icons, and Psalmody - all to enliven your daily prayer rule.

## Overview of Schedule:

<b>Thursday (Glen Tavern Inn)</b> <ul style="list-style-type: none"><li>- Check in, dinner, speaker/workshop 1</li></ul> <b>Friday</b> <ul style="list-style-type: none"><li>- Breakfast, Akathist, workshop 2</li><li>- To the monastery - lunch, speaker, Q/A, Time for practice of prayers</li></ul>	<ul style="list-style-type: none"><li>- Dinner (GTI) and workshop 3</li></ul> <b>Saturday</b> <ul style="list-style-type: none"><li>- Breakfast, workshop 4</li><li>- To the monastery, lunch, workshop 5, Time for practice of prayer &amp; more Q/A,</li><li>- Father's exhortations, Great Vespers</li></ul>
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## Details:

- Book your rooms ASAP through Glen Tavern Inn, (805) 933-5550, 134 N. Mill St. Santa Paula **Be sure to ask for "Prayer Retreat" rate** for 2 nights (standard queen -- \$99 per night inclusive of taxes and fees; 2 queen beds -- \$110/night inclusive; + continental breakfast). We have blocked off 17 discounted rooms. If you can't do stairs specify ground floor. Commuters are welcome!
- Retreat registration fee: \$90 for the 3 days (includes materials, 2 dinners and 2 lunches); Friday/Saturday -- \$75; Saturday only -- \$50 (registration fee is non-refundable)
- Children 12 and under are free (No childcare is provided.)
- Registration is payable online at [www.stathanasius.org](http://www.stathanasius.org) or by check to SAOC with "Retreat Registration" in the memo, mail to Dorothy Alexander, c/o St. Athanasius Orthodox Church, 300 Sumida Gardens Lane, Santa Barbara, CA 93111. Include your name, email, & phone contact to be sent more information.

All proceeds above operating costs will be donated to St. Barbara Monastery.

Questions? Contact Dorothy Alexander at: [dotalexander@westmont.edu](mailto:dotalexander@westmont.edu)

## Workshops:

1. **The Jesus Prayer & Finding the Heart** - Fr. Symeon Halsell
2. **Part 1: Intercessory Prayer** - Dorothy Alexander  
**Part 2: Praying with Icons** - Kh. Cayce-Marie Halsell
3. **The Most Ancient Prayer Book of the People of God: Praying with the Psalter**  
- Fr. Symeon Halsell
4. **Corporate & Liturgical Prayer: All are Active** - Subdeacon Stephen Butler
5. **Ways to Pray** - Jane Meyer

## Speakers:

- Mother Victoria Abbess of St. Barbara Monastery will speak on the Friday afternoon.
- Fr. Symeon Halsell speaks on both evenings, Saturday before Vespers, aside from his two workshops

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\*\*\*\*\* REGISTRATION DEADLINE IS WEDNESDAY, JANUARY 12, 2022. \*\*\*\*\*

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## Meal information:

Glen Tavern Inn provides a light continental breakfast for hotel guests  
Thursday dinner - Chicken Piccata;  
Friday lunch - choice of Vegetable or Tuna sandwich;  
Friday dinner - choice of Eggplant Parmesan or Penne Vodka;  
Saturday lunch - choice of Vegetable, Carnitas, or Chile Verde Burrito

## Cost breakdown:

- Two people in a queen room (six meals each), Total cost 3D/2N + registration is \$378 (or \$189 per person)
- One person in a queen room (six meals), Total cost 3D/2N + registration is \$288
- Two people in a room w/2 queen beds - each person pays \$200
- Three people in a room w/2 queen beds - \$164 per person
- Four people in a room w/2 queen beds - \$145 per person