

# *The Three Pillars of Lent*

## *Young Adult Fellowship Night*

Saturday, April 1, 2017 at 5pm

Great Vespers, Potluck Dinner, and Mini-Lectures by



Prayer - Adam Murphy

*Ain't Nobody Got Time for That!: Transforming Daily Routines & Work into Prayer*



Fasting - Sophie Burge

*Overcoming the Challenges of Fasting for a Nutritious and Healthy Lent*



Almsgiving - Chris Addis

*Strengthening Communities through Systematic Almsgiving*



Sponsored by the  
Young Adult Ministry of  
St. Mary Orthodox Church

Questions?  
Chris: 301-807-8378  
Jamil: 617-501-4427

*All are Welcome! Bring a friend and your favorite dish to share!*

St. Mary Orthodox Church  
8 Inman Street, Cambridge, MA  
[stmaryorthodoxchurch.org](http://stmaryorthodoxchurch.org)

1st Saturday of each month! Mark Your  
Calendars for the next event on May 6