

Guarding the Mind

From Inner Watchfulness to Living as Light

— CHURCH RETREAT —

Saturday, March 28, 2026

St. George Orthodox Church

5191 Lennon Rd, Flint, MI 48507

Pastor: Fr. Amin Houli

Speaker: Fr Paul Matar

— Session I —

Shining as Light Bearers
in Today's Society

Ⓢ 9:00 AM – 12:30 PM

Lunch 12:30 PM – 1:30 PM

— Session II —

Guarding the Mind:
The Battle of Thoughts

Ⓢ 1:30 PM – 3:30 PM

🔔 4:00 PM

A day of reflection and teaching on shining as light bearers while guarding