



Antiochian Orthodox Christian Archdiocese of North America

The Department of College Ministry



FEBRUARY 2007



SNOW IN MALIBU!!! WHAT KIND OF TOPSY-TURVY WORLD ARE WE LIVING IN. EVERYONE KEEP WARM, EVEN THOSE IN SOUTHERN CALIFORNIA!

**HEY EVERYONE,
MY NAME IS MICHAEL
CRAWFORD AND I AM YOUR
NEW NASB
REPRESENTATIVE FOR
THE DIOCESE OF LOS
ANGELES AND ALL THE
WEST! I AM YOUR CONTACT
FOR ALL YOUR COLLEGE
NEEDS FROM PORTLAND TO
MONTREAL AND EVERY
FUN COLLEGE EVENT IN
BETWEEN. THIS
NEWSLETTER INCLUDES
INFO ABOUT REAL BREAK
2007, UPCOMING EVENTS,
AND MOST IMPORTANTLY,
LENT! I HOPE EVERYONE
HAS A WONDERFUL START
TO THEIR NEW
SEMESTER/QUARTER.
YOURS IN CHRIST,
MICHAEL**

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CONTACT ME:

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UPCOMING EVENTS

NORCAL LENTEN RETREAT

WHEN: 3/2/07 at 5:00 p.m. –
3/4/07 at 12:30

WHERE: Boulder Creek, CA

COST: \$125 Before February 10th,
\$135 After February 10th

FLYER:

<http://www.antiochiandiocese.org/>

Click the link on the right reading 2007
Northern California Young Adult Lenten
Retreat

PARISH LIFE CONFERENCE:

Building up
the body of
Christ, until we all come
to the unity of the faith...



WHERE: Portland, Oregon

WHEN: 6/27/07-7/1/07

KEYNOTE

SPEAKER: Frederica
Mathewes-Green

[http://www.stgeorgeportland.org/parish
life.html](http://www.stgeorgeportland.org/parishlife.html)

ARCHDIOCESE CONVENTION

WHERE: Montreal, Canada

WHEN: 7/23/07-7/29/07

[http://www.stnicholasmtl.org/Archdiocese
%20Convention%202007.htm](http://www.stnicholasmtl.org/Archdiocese%20Convention%202007.htm)

ATTENTION: GET
YOUR PASSPORT ORGANIZED!!!

REAL BREAK 2007:

2/24/07-03/03/07: Saint John the
Compassionate Mission (Toronto)

3/03/07-3/10/07: IOCC Gulf Coast
Relief, Raphael House, Hogar Rafael
Ayua (Guatemala)

3/10/07-3/17/07: Jackie's House
(Dominican Republic), Hogar San
Cristobol (El Salvador), Holy
Monastery of the 12 Apostles
(Greece)

3/17/07-3/24/07: IOCC Gulf Coast
Relief, Hogar Rafael Ayua
(Guatemala)

3/24/07-3/31/07: Project Mexico

Register **HERE!!!**

[http://www.ocf.net/realbreak/signup.
asp](http://www.ocf.net/realbreak/signup.asp)

LENT 2/19-4/8 (SAME AS CATHOLIC!!!!)

FOOD IDEAS:

BREAKFAST:

- FRUIT
- FRUIT,
- AND MORE FRUIT

LUNCH:

- Tomato, Lettuce, Avocado Sandwich with Raspberry Vinegar
- Hummous, Lettuce, Tomato, and Alfalfa sprouts, Sandwich
- Anything From "Dinner Section" below heated up in the microwave

DINNER:

- Loube – Green Beans, Tomato, Rice, Arabi Spices (go ask your Teta for the exact ones)
- Taboule – Parsley, Extra Fine Wheat, Tomatoes, Green Onions, Lemon
- Fatayer – Spinach Pies
- Mixed Salad Greens with JUST a sweet Vinegar (raspberry, plum, fig, etc...)
- Black Bean, White Rice and Salsa (Tomatoes, onions, jalapeno, LOTS of cilantro) Burrito
- **EMAIL ME FOR MORE SUGGESTIONS!!!**

LENT AND HOLY WEEK CENTRAL

<http://lent.goarch.org/>

This sight is amazing

- Mp3s
- Daily Readings
- Live Broadcasts
- Prayers and Services

I encourage you all to use this website and its tools to strengthen your journey through lent. God willing it provides you with the vices necessary to have a spiritually successful lent.