

Bread & Water, Wine & Oil

AN ORTHODOX CHRISTIAN EXPERIENCE OF GOD



Archimandrite Meletios Webber 

“Stop listening to your thoughts – not the thoughts you have, but the thoughts that have you. They have nothing beneficial to offer you, and besides you have heard them all before. Brush them aside, and gently continue to brush them aside. Beyond their clamor and din there is available to you a level of greater awareness – a place of love, joy, peace and compassion. At first, it is difficult to “hear” it (since it is expressed in silence) but with practice you will start to recognize its voice, and a deeper state of presence will be yours.” - Fr Meletios



Father Meletios Webber was received into the Orthodox Church by Bishop Kallistos Ware in 1971. He was educated at Dulwich College and Oxford University, and has a doctorate in psychological counseling. Fr. Meletios has served the Orthodox Church in Greece, Great Britain, the Netherlands, Montana, and California, and is currently the Abbott of the Holy Monastery of St. John of San Francisco located in Manton, California. He is the author of *Steps of Transformation: An Orthodox Priest Examines the Twelve Steps* and *Bread & Water, Wine & Oil: An Orthodox Christian Experience of God*. He also has a Podcast, *Jottings from a Holy Mountain*, which can be heard on Ancient Faith Radio.

SEVENTH ANNUAL St. Michael Institute for Orthodox Studies



3701 St. Michael Church Drive
Louisville, Kentucky 40220

A Weekend of Spiritual Refreshment
September 10 & 11, 2010

Come join us for a Retreat with Fr
Meletios Webber on the themes of
Orthodox Spirituality and Prayer

Institute Schedule

Friday Evening, September 10

6pm	Vespers
7pm	Dinner
8pm	Session 1

Saturday, September 11

10am	Matins
11am	Session 2
12:30pm	Lunch
1:30pm	Session 3
2:30 pm	Session 4
3:30pm	Session 5
5pm	Great Vespers