

THE SOCIETY OF ST. JOHN CHRYSOSTOM  
Western Region ([www.lightoftheeast.org](http://www.lightoftheeast.org))

**THE SPIRIT OF FASTING  
IN CATHOLIC & ORTHODOX  
SPIRITUALITY**

**Saturday, November 16, 2013**

**10:00 a.m. - 12:30 p.m.**

**Our Lady of Kazan Patriarchal Orthodox Church  
3703 Central Ave., San Diego, CA 92105**

(Corner of Central and Landis)

(619) 281-6446 [www.ourladyofkazanchurch.org](http://www.ourladyofkazanchurch.org)

Directions: 15 Fwy. Exit: University. West on University 1 blk to 41<sup>st</sup> St.  
South on 41st to Landis, East on Landis 2 blks to Central.

Speakers:

**Fr. Antony Bahou,**

Pastor, St. George Antiochian Orthodox Church, San Diego

**Fr. Hugh Barbour,**

Prior, St. Michael's Norbertine Abbey, Silverado, CA

Fr. George Morelli, Moderator: Phone: (760) 920 6530

A freewill offering will be taken.

The Society of St. John Chrysostom-Western Region business meeting immediately follows.

Those staying for the meeting should bring a packed lunch.

Info: Robert Greenwell: (619) 644-3600; [rjgreenwell@sbcglobal.net](mailto:rjgreenwell@sbcglobal.net)

*The Society of St. John Chrysostom-Western Region, is an ecumenical organization of laity and clergy of the Eastern and Oriental Orthodox Churches and the Eastern Catholic and Roman Catholic Churches which was established to make known the history, worship, spirituality, discipline and theology of Eastern Christianity, and to work for the fullness of unity desired by Jesus Christ.*