



We struggle every day in our lives.
We get pulled from all directions.
What does it take to regain control of our lives?

PAUL KAROS

PRESENTS

THE FOUNDATIONS AND PILLARS OF LIFE

SATURDAY, MARCH 14, 2020

ST. DEMETRIOS GREEK ORTHODOX CHURCH

2255 GRANT AVENUE.

9:00am – 3:00pm IN THE CHURCH HALL

How do we balance the many things in our lives – careers, families, children, spouses, friends, faith, and our physical and emotional health? Through the *Foundations and Pillars of Life Seminar*, Mr. Karos has been invited to many parishes and communities across North America to speak about how we can successfully be Orthodox Christians and balance our lives in our current society. Mr. Karos is a successful Wall Street investor and Orthodox Christian who founded Matrona Ministries, which performs coaching one-on-one, parish retreats, and Orthodox Christian life assessments.

There is no fee for this incredible seminar. A free will donation is requested, of which a portion will go to our local Siloam Mission to feed the hungry in our city.

Please call the Church at 204-889-8723 to register, because space is limited. Leave your name, phone number and number of people in your group that are coming to the event.