



VOLUME 2, ISSUE 3

JULY 2008 – SEPTEMBER 2008

THE HOLY THEOTOKOS SAINT MARY *FROM THE SAYINGS OF THE HOLY FATHERS OF THE CHURCH*

In her belly came and dwelt He Who is uncontainable. And by her breasts was nourished God Who sustains the whole creation. On her hand she carried God Who is carried by the Seraphim. And her knees became His throne.

St. John of Damascus

Truly, she alone is said to be full of grace, who alone obtained the grace which no one else had gained; that of being filled with the Author of grace. *St. Ambrose*

The Son of God became man through the Virgin, that the disobedience caused by the serpent might be destroyed in the same way it had originated. *St. Justin Martyr*

We pray to the all-merciful and most pure Mother of God – and she prays for us. We glorify her – she who is above all glory – and she prepares eternal glory for us. We often say to her: ‘Rejoice,’ and she asks her Son and God: ‘my beloved Son, give them everlasting joy in return for greeting me with joy.’ *St. John of Kronstadt*

Our Lord, no one knows how to address Your mother. If one calls her “virgin,” her child stands up. If one calls her “married,” no one knew her. But if Your mother is incomprehensible, who is capable of comprehending You? Praise to you for Whom, as Lord of all, everything is possible. *St. Ephrem the Syrian*

MIDDLE SCHOOL YOUTH SUMMER TRIP TO ST. MINA’S *JUNE 26-28, 2008*

The middle school group had their first retreat at St. Mina Retreat Center. Our group of 41 was very excited to be in such a beautiful area in fellowship with one another. The Fear of God was our subject matter for this retreat, and we learned how to feel God’s presence in a practical way in our lives. We also learned what a “retreat” really was, and how to spend quiet time with God. In our quiet time, we each went off and spent time alone meditating on the fear of the Lord. We also had the opportunity to attend Asheya on Thursday night to prepare for the Divine Liturgy and sing praises for St. Mina. We were lucky to celebrate the liturgy with Fr. Mina and Fr. Hedra Ishak (who came from Sohag, Egypt). The pond at the center was definitely breathtaking. Many of us sat by the pond for meditation, and others even got a chance to ride on the center’s boat around the pond. During our free times, there were many activities taking place. Some of us played in volleyball tournaments, enjoyed soccer games and rode the golf cart around the retreat center. At night, we would all gather around the campfire, making s’mores and laughing together. Many of us also gathered together to sing spiritual songs in one voice. The biggest activity that took place was rafting on the Ausable River. There, we took rafts and rode with the current down the river. The ride down the river was about 3 hours, but each minute was a blast together. Even though we were on different boats, we would all sing along with one another as we passed down the river. This retreat was a great chance for all of us to come together as one group and be united in one spirit. We are all looking forward to spend more wonderful time together at St. Mina Retreat Center.

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If you know anyone who is not currently receiving this newsletter and would like to receive it, please send their information to info@stminaretreatcenter.org

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EVENTS AT ST. MINA'S

- ❖ July 9-11 High School Retreat
- ❖ August 28-30 High School Retreat
- ❖ September 4-6 Family Retreat
- ❖ October 2-4 Family Retreat
- ❖ Oct 30-31 & Nov 1 Family Retreat
- ❖ November 23-24 Family Retreat (*St. Mina's Feast*)
- ❖ December *Retreats available by appointment*

LOCAL MOTELS

AuSable Motel
989-826-1737

Holiday Motor Inn
989-826-3743

Mio Motel
989-826-3248

