



Schedule

12:00 Commencement

Introductory Prayer, Welcome, Opening Remarks

12:20 Ice Breaker Activity

12:40 Talk by His Grace Bishop Maximos of Melitene:

'The Lenten Period as a way to overcome fear and loneliness in an age of social media'

13:10 Q&A Discussion

13:30 Lenten Lunch

14:10 Workshops

Iconography - Liturgics - Prosfophoro

15:30 Talk by Fr Nikitas Banev:

'The Journey of Lent: in the History of the Church and Today'

16:00 Q&A Discussion

16:20 Concluding Thoughts

16:30 Tea Break

17:00 Vespers

* **For those travelling by bus from London:** 0830 departure from the Greek Orthodox Cathedral of the Dormition of the Theotokos, Wood Green and 18:00 departure from the Church of the Holy Trinity and St Luke, Birmingham, returning to London.