



St. John the Baptist Orthodox Church

LIGHT FROM THE CHURCH ON THE HILL

A Lecture Series in Honor & Memory of Our Beloved Met. Theodosius

MOTHER OF LIFE:

NOURISHING THE BODY & SOUL DURING THE DORMITION FAST

The typical summer change in routine can cause us to lose our spiritual focus. But for the first two weeks in August, the Church gives us a beautiful gift: the Dormition Fast! Here lies an opportunity to reorient ourselves toward Christ and His mother, the Mother of Life.

In this one hour talk, we will discuss ways to enrich this life—by nourishing the body through balanced and nutritious fasting meals, and nourishing the soul by inviting the Virgin Mary into our efforts. By keeping the Fast in preparation for the Feast of the Dormition, we prepare to live in imitation of the one chosen to give birth to our Lord, the Giver of Life.

TUESDAY, AUGUST 1

6:00 PM: Vespers & Refreshments

7:10 PM: Lecture



Krista Fedorchak, MS, RD

Krista Fedorchak, MS, RD, is an Orthodox Christian, wife, and registered dietitian offering Christian-faith-based insights into caring for body and soul. She completed her studies in nutritional science at Cornell University. Informed by a non-diet eating approach and rooted in the wisdom of the Orthodox faith, Krista helps her clients to accomplish their health goals through sustainable lifestyle changes. Catch her on the Ancient Faith Radio Podcast "Food Freedom through Christ" or on Instagram @theorthodoxdietitian.

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