



**St. Gregorios Malankara Orthodox Church  
175 Cherry Lane, Floral Park, NY**

The three day fast of Nineveh commemorates the three days that Prophet Jonah spent inside the fish. We have arranged speakers and other spiritually uplifting programs during the course of three days. Please join us in observance of this most Holy Fast and earnestly pray for God's mercy and grace in our lives.

Yours in our Lord,  
Very Rev. Dr. P. S. Samuel, Vicar (516-355-0003)  
Rev. Fr. Gregory Varghese, Asst. Vicar (914-413-9200)  
[www.stgregorios.com](http://www.stgregorios.com)

# Nineveh Fast 2014

## Retreat Schedule

### Monday, Feb 10, 2014

7:00 PM Evening Prayer  
7:30 PM Devotional Address  
Speaker: **Rev.Fr. Mathews John (Binu)**  
(Thumpamon Diocese)

### Tuesday, Feb 11, 2014

7:00 PM Evening Prayer  
7:30 PM Devotional Address  
Speaker: **Rev.Fr. Mathews John (Binu)**

### Wednesday, Feb 12, 2014

7:00 PM Evening Prayer  
7:30 PM Holy Qurbana  
8:45 PM Refreshments