



**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



Nineveh Fast 2012

Retreat Schedule

Monday, Jan. 30, 2012

6:30 PM Evening Prayer

7:00 PM Devotional Address

Speaker: **Dn. Sujit Thomas**
(Diocesan FOCUS Director)

Tuesday, Jan. 31, 2012

6:30 PM Evening Prayer

7:00 PM Devotional Address

Speaker: **Mr. Tenny Thomas**
(PhD Student, Columbia University)

Wednesday, Feb. 1, 2012

6:30 PM Evening Prayer

7:00 PM Holy Qurbana

8:30 PM Dinner