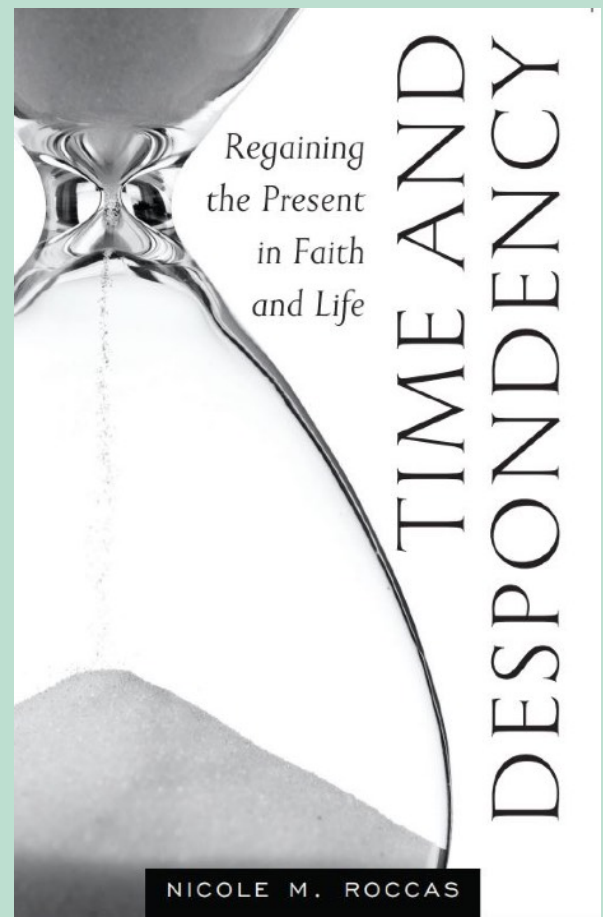## Lecture and Book Presentation

Time and Despondency
by Dr. Nicole Roccas

**Wednesday February 28th
at St. John the Baptist
Ukrainian Orthodox Church
35 Bloor St. East, Oshawa**

Regaining
the Present
in Faith
and Life

TIME AND DESPONDENCY

NICOLE M. ROCCAS

Idleness. Apathy. Restlessness. Procrastination. These are symptoms of what early Christian theologians called despondency (acedia), a spiritual sickness rooted in a lack of care or effort. A condition as old as the ancients, despondency thrives in today's culture of leisure, anxiety, and digital distraction. *Time and Despondency* is a penetrating synthesis of ancient theology, spiritual memoir, and self-help practicality. It envisions despondency as the extension of a broken relationship with the experience of time. Driven by the fear of death and the anxiety of living, despondency drives us to abandon the present moment, forsaking the only temporal realm in which we have true fellowship with Christ. The remedies offered by time-honored Christian thinkers for this predicament constitute not only an antidote to despondency but also stepping stones back to the present moment. In regaining the sacredness of time, we re-encounter the Resurrection of Christ in the dark and restless moments of our lives.

Dr. Nicole Roccas has been researching and writing about time from both a historical and theological perspective for nearly ten years. In addition to being an editor at the Writer's Loom (www.thewritersloom.com), she lectures at the Orthodox School of Theology at Trinity College (Toronto). You can find more of her writing on her Ancient Faith podcast and blog, *Time Eternal,* and her website (www.nicoleroccas.com). Nicole has a PhD in European History from the University of Cincinnati.

Dr. Roccas' presentation will begin at 7 PM

Copies of her book will be available for purchase

There is no charge for the event, but freewill donations will be accepted.

For more information please contact Fr. Bohdan Hladio at 905-433-5577 or bhladio@sympatico.ca

Everyone is Welcome!