

Let Light
YOUR Shine!

Real Life:
Parenting from the Heart



METROPOLIS OF
SAN FRANCISCO

Save these dates!

All on Monday evenings
at 6:30 p.m. Pacific

More great topics on the way!

Monday, August 21

The Anastasimatarion - the importance of Saturday Vespers and Sunday Orthros in our lives
Ministry Host: Church Music

Monday, September 18

Icons, Iconography, and Iconographers
Ministry Host: Christian Education

Monday, October 16

Engaging our Youth and Young Adults in our post-COVID Era
Ministry Host: Youth and Young Adults

Monday, November 20

Being the Light and Lighthouse for True Christian Stewardship
Ministry Host: Stewardship

Monday, December 18

Developing and Engaging... Creating your Parish Plan for the New Year
Ministry Host: Orthodox Parish Leadership

Monday, July 17, 2023 • 6:30 p.m. Pacific

The Greek Orthodox Metropolis of San Francisco Stewardship Ministry invites you to another engaging session of our 2023 Monthly Ministry Series. Please join us on Monday, July 17, 2023 for a special presentation on **REAL LIFE: Parenting from the Heart**, hosted by the Metropolis Family Wellness Ministry.

Join George Papageorge, M.F.T., Director of the Family Wellness Ministry, and Presvytera Pat Tsagalakis, Assistant Director, for an overview of the highly anticipated **REAL LIFE: Parenting from the Heart** series. This engaging series combines psychological research and Orthodox Christian teachings to provide practical tools and valuable insights for Christ-centered parenting. George and Presvytera Pat share gems from two presentations: **“PLEASE UNDERSTAND ME! Connecting with the inner life of our kids”** and **“GAME CHANGERS: Lessons for Parents from Sports Psychology”**.

For more information, please email metropolis@sanfran.goarch.org or call 415-753-3075.

Register Now!

GUEST PRESENTERS

George Papageorge is the Director of the Family Wellness Ministry for the Metropolis of San Francisco working along side Presvytera Pat Tsagalakis. George is a licensed psychotherapist, specializing in marriage and family counseling, and a popular seminar speaker who is in high demand nationwide. Working in the areas of empathy-based relationships, parenting with emotional intelligence, family systems therapy, cognitive behavioral therapy and addiction recovery, George offers patients a path toward integrating sensible psychological insights within a solid Orthodox foundation. George also teaches family therapy to graduate students at Santa Clara University. He holds bachelor's degrees in psychology and ancient biblical literature from Simpson College and a Master of Arts degree in marriage and family therapy from Azusa Pacific University. George and his wife Kim have two children, Olivia and Petros.



With words and music, **Presvytera Pat Tsagalakis**, Assistant Director, generously shares her gifts and talents with her church and community. She is best known for her willingness to live the command in Psalm 100, *“Make a joyful noise unto the Lord!”* Presvytera Pat and her husband, Fr. Tom, serve as guest speakers and retreat leaders at marriage and family seminars throughout the country. She is a graduate of the University of Michigan. Presvytera Pat teaches Elementary and Middle School Music at St. John School in Seattle. She is a youth group leader and directs both the choir and chant groups at Holy Apostles Greek Orthodox Church in Shoreline. Presvytera Pat coordinates communications and social media for the Family Wellness Ministry. She is also a contributor to *Prez to Prez*, an online ministry serving the National Sisterhood of Presvyteres, and has also been actively involved as a volunteer at Camp Agape Northwest, an outreach ministry serving kids with cancer and their families.

