

# St Gregorios Indian Orthodox Church, London

CRANFIELD ROAD, LONDON SE4 1UF

CHARITY REG.NO: 1000423

VICAR: REV.FR.NITHIN P KOSHY

[www.ioclondon.co.uk](http://www.ioclondon.co.uk)

SECRETARY: MR. BIJU KOCHUNNOONI

TREASURER: MR. SISAN CHACKO

E-mail: [ioclondon@gmail.com](mailto:ioclondon@gmail.com)



## Official Invitation to Henosis

**Dearly beloved ones in Christ,**

Christ is Risen – Indeed He is Risen! May the spirit of hope & fellowship unite us in Christ †

We, the youth members of St. Gregorios Indian Orthodox Church, London, are very happy to invite you to **HENOSIS** (taken from ancient Greek: ἕνωσις – meaning “oneness” or “unity”).

This will be a **day-long gathering of the Oriental Orthodox youth**. Henosis will be a means of uniting us all under one roof to celebrate our faith and fellowship together.

The theme of the event is taken from Ephesians 4, focusing on verses 3 & 13 (taken below from the Orthodox Study Bible):

**<sup>3</sup> Endeavoring to keep the unity of the spirit in the bond of peace.**

**<sup>13</sup> till we all come to the unity of the faith, and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ.**

We will have the chance to discuss and debate various secular & spiritual topics and issues that pertain to us as Orthodox Christian youth in this day and age. In addition, we will participate in various fun activities, enjoy some delicious food, and join our hands in collective worship to inspire and strengthen our faith.

This is a great opportunity for us to come together as a community and learn from each other's experiences, and make new friends from different walks of life! We believe that by working together, we can grow in our faith and have a huge positive impact on our communities.

We seek your cooperation for this blessed event, and hope to see many of you at our Parish!

Yours in service,

*Fr. Nithin Prasad Koshy (Vicar),*

*Mr Biju Kochunnooni (Secretary) & Mr Sisan Chacko (Treasurer)*

*Mr Grebin Cherian & Ms Nidhi Manoj (Joint Youth Secretaries) & Mr Abin Jacob (Youth Treasurer)*

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## *Program Details*

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**Timings** : Saturday 29th April 2023 (8 am – 6:30pm)

**Location** : St Gregorios Indian Orthodox Church, Cranfield Road, London, SE4 1UF.

**Audience** : Youth (aged 16+) from the Oriental Orthodox churches

**Theme** : Ephesians 4 (with focus on verses 3 & 13)

**Registration fee** : £5 (+ £1.13 booking fee taken by Eventbrite)

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We are very excited to have you join us, and only ask that you bring:

- 1. Your own Bibles.** We will be spending time in interpreting the Word together, and having your own copy of the Bible will allow you to follow along and engage with the material more easily.
- 2. Small snacks from your respective cultures.** We have set aside time during the conference for everyone to try different foods and experience the diverse range of cultures that will be present. Please bring a small, non-perishable snack that represents your culture and heritage.
- 3. Yourself!** We can't wait to meet and learn more about all of you. It is our hope & expectation that all of us will leave feeling inspired, empowered & unshakeable in our communal faith & our loving God.

We very much hope you can join us in celebrating our oneness as a youth groups. **Tickets are available to book via the following link or the QR Code below.** The registration fee will go towards covering a portion of the costs, and the remainder will go to a charitable fund.

<https://www.eventbrite.com/e/henosis-tickets-598822483167>

Thank you, and we look forward to seeing you at HENOSIS; *let's talk Orthodox!* #LTO

Sincerely,

The youth of St. Gregorios Indian Orthodox Church (SGIOC) London



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## *Program Schedule*

<b>Event</b>	<b>Timings</b>
1.Registration & breakfast	8:00 – 9:00
2.Introductory prayer	9:00 – 9:30
3.Welcome speech	9:30 – 9:45
4.Icebreaker	9:45 – 10:15
5.Group session	10:15 – 11:00
6.Singing	11:00 – 11:30
7.Thematic discussion	11:30 – 12:15
8.Lunch	12:15 – 13:00
9.Seminar 1 (split by age groups)	13:00 – 14:20
10.Mental health & wellbeing panel session	14:20 – 15:00
11.Seminar 2 (split by age groups)	15:00 – 16:20
12.Tea break	16:20 – 16:30
13.Games & activities	16:30 – 17:15
14.Prayers	17:15 – 17:45
15.Conclusion	17:45 – 18:00

*Thank You*