



# HUMS

## Holy Unmercenaries Medical Society of the Holy Metropolis of Atlanta



### HUMS Annual Retreat

## SAVE THE DATE SEPT 29 – OCT 1, 2023

**Where:** Metropolis of Atlanta Diakonia Retreat Center, Salem SC

**Theme:** "Cultivating Spiritual and Physical Wellness in a World of Illness"

**Book Club Discussion September 29 evening:**

*The Theology of Illness* by Jean-Claude Larchet

<https://www.amazon.com/Theology-Illness-Jean-Claude-Larchet/dp/0881412392>

**Keynote Speakers September 30:**

**Ms. Christy Tsilimigras Buck**

Executive Director of the Mental Health Foundation of West Michigan. Since 2006, she and her staff have passionately presented to over 300,000 people on mental health awareness. She will present her message of hope, recovery, and empowerment through *Putting on Christ with the be nice action plan*. Her goal is that participants will understand the importance of spiritual health vs other types of health and wellness, that spirituality is a protective factor for mental health, and offer an action plan to help ourselves and others when it comes to mental health.

**Dr. Daniel B. Hinshaw**

Professor Emeritus of Surgery at the University of Michigan, Consultant in Palliative Care at the University of Michigan Geriatrics Center, Sessional Professor of Palliative Care at St Vladimir's Orthodox Theological Seminary (2012-2020) and visiting professor at Transilvania University in Romania and Balamand University in Lebanon. He is the author of several books including *Suffering and the Nature of Healing*, 2013, *Touch and the Healing of the World*, 2017, and the forthcoming volume, *Journey to Simplicity: The Life and Wisdom of Archimandrite Roman Braga* from SVS Press. In 2018 he was a visiting professor at the Notre Dame Institute for Advanced Study where he worked on his recently published book, *Thriving in the Face of Mortality: Kenosis and the Mystery of Life*, Cascade Books, 2023.

**Registration:** Opening soon on the HUMS Website which is currently being revised and updated <http://www.gohums.org/>

