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January 13, 2025

**FOR IMMEDIATE RELEASE**

**Office of Pastoral Life Winter 2024 Synaxis Clergy Online Event Held**

More than 100 clergy from across the Orthodox Church in America participated in the OCA's Office of Pastoral Life (OPL) December 2024 Synaxis Clergy Online Event on Tuesday, December 17, 2024. His Beatitude, Metropolitan Tikhon delivered the keynote presentation titled, A Balanced Approach to Fasting for Clergy.

His Beatitude noted: "Balance is something that is spiritually beneficial in our Christian life in general, but is particularly necessary as we navigate the often challenging pastoral ministry we provide to our flocks."

Following His Beatitude's presentation, participants were divided into small groups and sent into breakout rooms to discuss how fasting relates to them. Questions such as the variety of fasting practices in the Orthodox Church, obstacles to fasting, and the journey of fasting over the course of one's life were explored. After the small group discussions concluded, His Beatitude answered questions and offered words of encouragement for clergy.

The OCA's Office of Pastoral Life's Spring 2025 Synaxis clergy online event will be held on Tuesday, March 11, 2025. Archimandrite Sergius of St. Tikhon's Monastery will be the guest speaker.