

**For the Health and Well-being of Soul and Body**

Please remember these thy servants during the  
Paraklesis Services for health and well-being during the  
**15 Days of August in honor of the Theotokos**

First Names are used only  
"For God knows each of us even from our mother's womb"



Saint Spyridon Greek Orthodox Church  
San Diego, California 92103

**Please return your names to Fr. Andrew well before each  
Paraklesis Service**