

A Talk by Dr. Nicole Roccas

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St. Alexis Orthodox Church

Full title: Time and Despondency: Regaining the Present in Faith and Life

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Dust-jacket description:

Idleness. Apathy. Restlessness. Procrastination. These are symptoms of what early Christian theologians called despondency (acedia), a spiritual sickness rooted in a lack of care or effort. A condition as old as the ancients, despondency thrives in today's culture of leisure, anxiety, and digital distraction. *Time and Despondency* is a penetrating synthesis of ancient theology, spiritual memoir, and self-help practicality. It envisions despondency as the extension of a broken relationship with the experience of time. Driven by the fear of death and the anxiety of living, despondency drives us to abandon the present moment, forsaking the only temporal realm in which we have true fellowship with Christ. The remedies offered by time-honored Christian thinkers for this predicament constitute not only an antidote to despondency but also stepping stones back to the present moment. In regaining the sacredness of time, we re-encounter the Resurrection of Christ in the dark and restless moments of our lives.

Dr. Nicole Roccas has been researching and writing about time from both a historical and theological perspective for nearly ten years. In addition to being an editor at the *Writer's Loom* (www.thewritersloom.com), she lectures at the Orthodox School of Theology at Trinity College (Toronto). You can find more of her writing on her Ancient Faith podcast and blog, *Time Eternal*, and her website (www.nicoleroccas.com). Nicole has a PhD in European History from the University of Cincinnati.

Dr. Roccas will be discussing themes from her book, *Time and Despondency*. She will explore the inter-connections between time, despondency, Christ and the present moment, as well as St Paul's command to "redeem the time" with regards to our anxiety toward the future.

10a-3p

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