



COPTIC ORTHODOX PATRIARCHATE
St. Mark's Coptic Orthodox Church, Toronto
ANNUAL FAMILY RETREAT

Friday, October 16, 2009

- 7:00 pm - 7:30 pm Prayer & Songs
7:30 pm - 8:30 pm 1st Session: "**Foundations for Family Success**"
Dr. Magdy Ishak
8:30 pm - 9:30 pm Question and Answer Period
Dr. Nabil Soliman, Dr. Magdy Ishak and Mrs. Mervat Rafail
9:30 pm Agape meal in the Cultural Centre (*Served by our youth*)

Saturday, October 17, 2009

- 09:00 am - 11:30 am Divine Liturgy
11:30 am - 12:30 pm Agape meal in the Cultural Centre (*Donations accepted*)
12:30 pm - 01:30 pm 2nd Session: "**Control your Anxiety before it Controls you**"
Dr. Nabil Soliman
01:30 pm - 02:30 pm Workshop: Testing our Ability to Control Anxiety
02:30 pm - 04:30 pm Personal consultations with: **Dr. Nabil Soliman, Dr. Magdy Ishak and Mrs. Mervat Rafail**
Suggested issues:
+ Family Counseling.
+ Attention Deficit (ADHD).
+ Homosexuality.
+ Parenting.
+ Addiction.
07:00 pm - 07:45 pm Vespers Raising of Incense
07:45 pm - 08:45 pm 3rd Session: "**Towards having a Balanced Personality**"
Dr. Magdy Ishak
08:45 pm - 09:00 pm Question and Answer Period
09:00 pm - 11:30 pm Midnight Praise

Sunday, October 18, 2009

- 07:00 am - 12:30 pm Divine Liturgies
01:30 pm - 02:30 pm 4th Session: "**Success, God's way**"
Dr. Nabil Soliman
02:30 pm - 03:30 pm Panel Discussion: **Academic Success; Parents' vs. Children's views**
07:00 pm - 08:00 pm Arabic Graduates' Meeting sermon
"Making the most of every opportunity, because the days are evil"
Dr. Magdy Ishak

+ **Additional lecture by Dr. Magdy Ishak** to the English Graduates' Meeting

Wednesday October 14, 2009 at 8:30 pm (*followed by snacks*)

"Introduction to pre-marital course - How to choose a life partner"