



*The Twenty-Third Annual
Good Shepherd's Servants' Retreat
Labor Day Weekend
09/05/26 – 09/07/26
DoubleTree by Hilton Stamford Hotel
Stamford, CT*



The 23rd Annual Good Shepherd's Servants Retreat

DoubleTree by Hilton Stamford Hotel
1 First Stamford Pl. Stamford, CT 06902
Phone: 203-967-2222

Grace and Peace from Our Lord God and Savior Jesus Christ. Enclosed you will find the agenda for the weekend retreat.

Just a few reminders and rules for this weekend's retreat so all can go smoothly:

1. This retreat is **SPIRITUAL** on a higher level. Please respect the schedule and attend ***all*** prayers, lectures and workshops.
2. The **main halls** for all conferences will be held at the **Grand Ballroom**.
3. On **09/05/26**, please be at the **DoubleTree by Hilton Stamford Hotel** at **10:00 AM** for registration and to begin the session at the **Grand Ballroom**. We are requesting for you to register b/w 10:00AM-3:00 PM at the **Lobby Area** to receive your pamphlet and waterproof bracelet.
4. Hotel Check-in is @4:00 PM to receive your room key.
5. All the lectures for ages 19 & up will be at the **Grand Ballroom**. Once the Grand Ballroom is filled, there will be a second conference room, **Grove 1**, with a live feed audio and visual.
6. The Youth ages 9-13 will meet at the **Glen** and Youth ages 14-18 will meet at the **Grove 2**
7. Children ages 5-6 & ages 7-8 will **Cove Room/Belltown**. Ages 5-8 will be doing Various Activities. **This room is not a babysitting center. Children ages 4 yrs. & under (birth year 2022 & up) are not allowed in this room.**
8. Children ages 0-4 years (birth year 2022 and up) must attend with their parents/guardians in the **Grove 1**. We will **NOT** provide babysitting for ages 0-4 years. There will be Audio/Visual available in that room for the parents/guardians.
9. Youth (teenagers) are not permitted to hang out, roam in hallways, or the lobby of the hotel after 11:30 PM. Parents/guardians are responsible for the whereabouts of your child at all times. Your child must be in their sleeping rooms no later than 11:30 PM. **If this rule is not abided, unfortunately, you will not be able to come to the next convention.**
10. **Remember** to bring your own **Agpeya & Bible**.
11. Both **liturgies** on Sunday, September 06, 2026 and Monday, September 07, 2026 will take place **in the Grand Ballroom**.
12. Breakfast, Lunch & Dinners are on your own.
13. **Please adhere to the schedule** and note that all meetings will start **ON TIME!**
14. Please ensure that your children adhere to their scheduled retreat activities as well. A special program has been designed to allow them a fun filled and spiritual weekend.
15. Please pick up your children (5-8 years old) from their Various Activities immediately following the end of each session.
16. **Only under their parent's supervision** can children go into the swimming pool. There is an indoor swimming pool.
17. Please feel free to make appointments for **confessions** with any available priests **but not during the lectures**.
18. For all visitors who have registered online, please see the retreat committee at the registration desk – **Grand Ballroom Foyer of the Hotel**.

In Christ,

Servants of the churches:

St. Mary & St. Antonious Coptic Orthodox Church

&

Virgin Mary & Archangel Michael Coptic Orthodox Church

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The 23rd Annual Good Shepherd's Servants' Retreat Agenda
September 05, 2026 – September 07, 2026
www.oneflockoneshepherd.org

Family Program - برنامج العائلات	0-4 years old <u>AND</u> Parents Live Audio/Visual @ Grove 1	14-18 years old	9-13 years old	5-8 years old	0-4 years old
Theme: The Furnace of Humility		Theme: The Furnace of Humility	Theme: The Furnace of Humility	Various Activities	☺ ✝ 📖
		Guest Speakers: Various	Guest Speakers: Various		
Grand Ballroom	Saturday	Grove 2	Glen	Cove/Belltown	Grove 1
Registration/Rooms Check in Front Desk	10:00 AM - 3:00 PM	Registration/Rooms Check in @ Lobby HOTEL CHECK-IN TIME is 4:00 PM			
Greetings and Announcements	11:30 AM - 12:00 PM	Teambuilding Activities	Teambuilding Activities	Various Activities-Lesson, Arts, Music & Movie	0-4 & Parents Live Audio/Visual
Hymns and Prayer	12:00 PM - 12:30 PM				
The Furnace of Humility (I) أتون الاتضاع (I)	12:30 PM - 1:30 PM				
Free Time 1:30 PM – 2:30 PM	1:30 PM - 2:30 PM	Free Time 1:30 PM – 2:30 PM			
Sayings of the Fathers	2:30 PM - 3:00 PM	(I) The Furnace of Humility	(I) The Furnace of Humility	Various Activities-Lesson, Arts, Music & Movie	0-4 & Parents Live Audio/Visual
The Furnace of Humility (II) أتون الاتضاع (II)	3:00 PM - 4:00 PM				
BREAK (4:00PM – 4:30 PM)	4:00 PM - 4:30 PM	BREAK (4:00PM – 4:30 PM)			
Hymns and Prayer	4:30 PM - 5:00 PM	Activities	Activities	Various Activities-Lesson, Arts, Music & Movie	0-4 & Parents Live Audio/Visual
The Furnace of Humility (III) أتون الاتضاع (III)	5:00 PM - 6:00 PM				
DINNER –OUT	6:00 PM - 8:00 PM	DINNER			
Sayings of the Fathers	8:00 PM - 9:00 PM	(II) The Furnace of Humility	(II) The Furnace of Humility	Various Activities-Lesson, Arts, Music & Movie	0-4 & Parents Live Audio/Visual
The Furnace of Humility (IV) أتون الاتضاع (IV)	9:00 PM - 10:00 PM	The Furnace of Humility @ Grand Ballroom	The Furnace of Humility @ Grand Ballroom	Various Activities-Lesson, Arts, Music & Movie	
Free Time/تسبحة	10:00 PM - 11:00 PM	Tasbeha with Fr. Daoud Lamei/Free Time			
Good Night	11:00 PM	GOOD NIGHT			

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Theme: The Furnace of Humility		Theme: The Furnace of Humility	Theme: The Furnace of Humility	Various Activities	☺ ✝ 📖
		Guest Speakers: Various	Guest Speakers: Various		
Family Program - برنامج العائلات	0-4 years old AND Parents Live Audio/Visual @ Grove 1	14-18 years old	9-13 years old	5-8 years old	0-4 years old
Theme: The Furnace of Humility		Theme: The Furnace of Humility	Theme: The Furnace of Humility	Various Activities	☺ ✝ 📖
		Guest Speakers: Various	Guest Speakers: Various		
Grand Ballroom	Sunday	Grove 2	Glen	Cove/Belltown	Grove 1
The Holy Liturgy-القداس	7:00 AM - 9:00 AM	The Holy Liturgy @ Grand Ballroom			
Breakfast	9:00 AM – 11:00 AM	BREAKFAST			
Hymns	11:00 AM - 11:30 AM	Praise & Worship Songs	Praise & Worship Songs	Various Activities-Lesson, Arts, Music & Movie	0-4 & Parents Live Audio/Visual
The Furnace of Humility (V) أتون الاتضاع (V)	11:30 PM – 12:30 PM	(III) The Furnace of Humility	(III) The Furnace of Humility	Various Activities-Lesson, Arts, Music & Movie	0-4 & Parents Live Audio/Visual
BREAK	12:30 PM – 1:00 PM				
The Furnace of Humility (VI) أتون الاتضاع (VI)	1:00 PM – 2:15 PM	Activities	Activities	Various Activities-Lesson, Arts, Music & Movie	
Free Time (2:15 PM – 3:30 PM) Lunch	2:15 PM - 3:30 PM	Free Time 2:15 PM – 3:30 PM LUNCH			
Hymns and Prayer	3:30 PM – 4:00 PM	(IV) The Furnace of Humility	(IV) The Furnace of Humility	Various Activities-Lesson, Arts, Music & Movie	0-4 & Parents Live Audio/Visual
The Furnace of Humility (VII) أتون الاتضاع (VII)	4:00 PM - 5:00 PM				
BREAK	5:00 PM – 5:15 PM	Movie	Movie	Various Activities-Lesson, Arts, Music & Movie	
The Furnace of Humility (VIII) أتون الاتضاع (VIII)	5.15 PM - 6:15 PM				
DINNER OUT	6:15 PM - 8:15 PM	DINNER			

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Family Program - برنامج العائلات	0-4 years old AND Parents Live Audio/Visual @ Grove 1	14-18 years old	9-13 years old	5-8 years old	0-4 years old
Theme: The Furnace of Humility		Theme: The Furnace of Humility	Theme: The Furnace of Humility	Various Activities	☺ ✝ 📖
The Furnace of Humility (IX) أتون الاتضاع (IX)		Guest Speakers: Various	Guest Speakers: Various		
Open Discussion/Debate	8:15 PM – 9:15 PM	The Furnace of Humility @ Grand Ballroom	The Furnace of Humility @ Grand Ballroom	Various Activities-Lesson, Arts, Music & Movie	0-4 & Parents Live Audio/Visual
	9:15 PM - 11:00 PM	Open Discussion/Debate			
GOOD NIGHT	11:00 PM	GOOD NIGHT			
Family Program - برنامج العائلات	0-4 years old AND Parents Live Audio/Visual @ Grove 1	14-18 years old	9-13 years old	5-8 years old	0-4 years old
Theme: The Furnace of Humility		Theme: The Furnace of Humility	Theme: The Furnace of Humility	Various Activities	☺ ✝ 📖
		Guest Speakers: Various	Guest Speakers: Various		
Grand Ballroom	Monday	Grove 2	Glen	Cove/Belltown	Grove 1
The Holy Liturgy- القداس	7:30 AM - 9:00 AM	The Holy Liturgy @ Grand Ballroom			
BREAKFAST	8:00 AM - 10:00 AM	BREAKFAST			
CHECK OUT	10:00 AM - 11:00 AM	CHECK OUT			
Hymns and Prayer	11:00 AM - 11:30 PM	Praise & Worship (V) The Furnace of Humility	Praise & Worship (V) The Furnace of Humility	Various Activities-Lesson, Arts, Music & Movie	0-4 & Parents Live Audio/Visual
The Furnace of Humility (X) أتون الاتضاع (X)	11.30 PM - 12:30 PM				
Break	12:30 PM - 1:00 PM	Retreat Conclusion			
The Furnace of Humility (XI) أتون الاتضاع (XI)	1:00 PM- 2:00 PM	Farewell & Youth Group Pictures			
Group Pictures	1:30 PM - 2:00 PM	Farewell & Group Pictures – Grand Ballroom & Group Pictures with Fr. Daoud Lamei			

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The 23rd Annual Good Shepherd's Servants' Retreat Youth Agenda
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	Youth Program for 14-18 years old	Youth Program for 9-13 years old	
	THEME: The Furnace of Humility	THEME: The Furnace of Humility	
	Guest Speaker: Various	Guest Speaker: Various	
Saturday	Grove 2 Conference Room	Glen Conference Room	Saturday
10:00 AM - 3:00 PM	Registration@ Lobby HOTEL CHECK-IN TIME is 4:00 PM		10:00 AM - 3:00 PM
11:30 AM - 1:30 PM	Teambuilding Activities	Teambuilding Activities	11:30 AM - 1:30 PM
1:30 PM - 2:30 PM	Free Time 1:30 PM – 2:30 PM		1:30 PM - 2:30 PM
2:30 PM – 4:00 PM	(I) The Furnace of Humility	(I) The Furnace of Humility	2:30 PM – 4:00 PM
4:00 PM - 4:30 PM	BREAK (4:00PM – 4:30 PM)		4:00 PM - 4:30 PM
4:30 PM - 6:00 PM	Activities	Activities	4:30 PM - 6:00 PM
6:00 PM - 8:00 PM	DINNER		6:00 PM - 8:00 PM
8:00 PM – 9:00 PM	(II) The Furnace of Humility	(II) The Furnace of Humility	8:00 PM – 9:00 PM
9:00 PM – 10:00 PM	The Furnace of Humility- Grand Ballroom with Guest Speaker Fr. Daoud Lamei	The Furnace of Humility- Grand Ballroom with Guest Speaker Fr. Daoud Lamei	9:00 PM – 10:00 PM
10:00 PM - 11:00 PM	Tasbeha with Fr. Daoud Lamei @ Grand Ballroom		10:00 PM - 11:00 PM
11:00 PM	GOOD NIGHT		11:00 PM
Sunday	Grove 2 Conference Room	Glen Conference Room	Sunday
7:00 AM - 9:00 AM	The Holy Liturgy @ Grand Ballroom		7:00 AM - 9:00 AM
9:00 AM – 11:00 AM	BREAKFAST		9:00 AM – 11:00 AM
11:00 AM – 11:30 AM	Praise and Worship Songs	Praise and Worship Songs	11:00 AM - 11:30 AM
11:30 AM – 1:00 PM	(III) The Furnace of Humility	(III) The Furnace of Humility	11:30 AM – 1:00 PM
1:00 PM - 2:15 PM	Activities	Activities	1:00 PM - 2:15 PM
2:15 PM – 3:30 PM	Free Time 2:15 PM – 3:30 PM		2:15 PM – 3:30 PM

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	Youth Program for 14-18 years old	Youth Program for 9-13 years old	
	THEME: The Furnace of Humility	THEME: The Furnace of Humility	
	Guest Speaker: Various	Guest Speaker: Various	
	Youth Program for 14-18 years old	Youth Program for 9-13 years old	
	THEME: The Furnace of Humility	THEME: The Furnace of Humility	
	Guest Speaker: Various	Guest Speaker: Various	
Sunday	Grove 2 Conference Room	Glen Conference Room	Sunday
3:30 PM - 5:00 PM	(IV) The Furnace of Humility	(IV) The Furnace of Humility	3:30 PM - 5:00 PM
5:00 PM - 6:15 PM	Movie	Movie	5:00 PM - 6:15 PM
6:15 PM – 8:15 PM	DINNER		6:15 PM - 8:15 PM
8:15 PM - 9:15 PM	The Furnace of Humility@ Grand Ballroom with Guest Speaker Fr. Daoud Lamei	The Furnace of Humility@ Grand Ballroom with Guest Speaker Fr. Daoud Lamei	8:15 PM - 9:15 PM
9:15 PM - 11:00 PM	Open Discussion/Debate		9:15 PM - 11:00 PM
11:00 PM	GOOD NIGHT		11:00 PM
Monday	Grove 2 Conference Room	Glen Conference Room	Monday
7:30 AM - 9:00 AM	The Holy Liturgy @ Grand Ballroom		7:30 AM - 9:00 AM
8:00 AM - 10:00 AM	BREAKFAST		8:00 AM - 10:00 AM
10:00 AM - 11:00 AM	CHECK OUT		10:00 AM - 11:00 AM
11:00 AM - 11:30 AM	Praise & Worship	Praise & Worship	11:00 AM - 11:30 AM
11:30 AM - 12:30 PM	(V) The Furnace of Humility	(V) The Furnace of Humility	11:30 AM - 12:30 PM
12:30 PM – 1:00 PM	Retreat Conclusion	Retreat Conclusion	12:30 PM – 1:00 PM
1:00 PM - 2:00 PM	Farewell & Youth Group Pictures		1:00 PM - 2:00 PM

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