



# St. Mary & St. Mina

C H U R C H

COPTIC ORTHODOX PATRIARCHATE  
DIOCESE OF NEW YORK & NEW ENGLAND



## *St. Mary & St. Mina First Annual Great Lent Retreat*

*March 31 – April 2, 2023*

*Upper Middle & High School Youth (Grades 7 – 12)*

*Heron's Hideaway on Oneida Lake*

*1241 Palmer Circle, Bridgeport, NY 13030*



### *Retreat Theme*

*“Yet Even now, says the Lord, return to Me with  
your whole hearts...” (Joel 2:12)*

### **Day 1 – Friday, March 31, 2023**

3:00 PM – 6:00 PM	Evening Divine Liturgy at Church
6:30 PM	Leave Church to Retreat House
7:00 PM – 8:00 PM	Dinner
8:00 PM – 9:00 PM	Topic 1 with Brother Antonious
9:00 PM – 10:00 PM	Games
10:00 PM – 12:00 AM	Fellowship/Free Time
12:00 AM – 12:30 AM	Snacks
12:30 AM	Adjourn to Bedrooms



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## Day 2 – Saturday, April 1, 2023

8:30 AM – 10:30 AM	Divine Liturgy at Retreat House
10:30 AM – 11:30 AM	Brunch
11:30 AM – 2:00 PM	Games & Fellowship Time
2:00 PM – 3:00 PM	Topic 2 with Abouna Kyrillos
3:00 PM – 4:00 PM	Quiet Time with the Lord
4:00 PM – 5:00 PM	Dinner
5:00 PM – 7:00 PM	Games & Fellowship Time
7:00 PM – 7:30 PM	Vespers
7:30 PM – 8:30 PM	Topic 3 with Febe Mansour
8:30 PM – 9:00 PM	Snacks/Smores
9:00 PM – 10:00 PM	Mid-night praises
10:00 PM – 12:30 AM	Fellowship and Free Time
12:30 AM – 1:00 AM	Snacks
1:00 AM	Adjourn to Bedrooms

## Day 3 – Sunday, April 2, 2023

9:00 AM – 9:15 AM	Morning Prayer
9:15 AM – 10:00 AM	Quiet Time
10:00 AM – 11:00 AM	Breakfast and Check-out
11:00 AM – 1:00 PM	Time by the Lake (weather permitting)
1:00 PM	Return to Church