



17th
annual



COPTIC ORTHODOX PATRIARCHATE
Diocese of Mississauga, Vancouver
and Western Canada
Church of Virgin Mary and St. Athanasius

Bible Retreat 2025

Father Dawood Lamei

إِرَادَةُ اللَّهِ: قَدَاسَتُكُمْ
تسالونيكي الأولى (٣:٤)

For this is the will of God,
your sanctification

1 Thessalonians (4:3)

Sat, May 17th to Mon, May 19th
Victoria Day long weekend

NIAGARA FALLS



Revelation 3: 1-6

¹ “And to the angel of the church in Sardis write, ‘These things says He who has the seven Spirits of God and the seven stars: “I know your works, that you have a name that you are alive, but you are dead. ² Be watchful, and strengthen the things which remain, that are ready to die, for I have not found your works perfect before God. ³ Remember therefore how you have received and heard; hold fast and repent. Therefore if you will not watch, I will come upon you as a thief, and you will not know what hour I will come upon you. ⁴ You have a few names even in Sardis who have not defiled their garments; and they shall walk with Me in white, for they are worthy. ⁵ He who overcomes shall be clothed in white garments, and I will not blot out his name from the Book of Life; but I will confess his name before My Father and before His angels. ⁶ “He who has an ear, let him hear what the Spirit says to the churches.”

رؤيا يوحنا اللاهوتي ٣: ١-٦

وَكَتَبْتُ إِلَى مَلَاكِ الْكَنِيسَةِ الَّتِي فِي سَارْدِسَ: «هَذَا يَقُولُهُ الَّذِي لَهُ سَبْعَةُ لُؤَاحِ اللَّهِ وَالسَّبْعَةُ الْكَوَاكِبُ: أَنَا عَارِفُ أَعْمَالِكَ، لَنَ لَكَ اسْمًا أَنْكَ حَيٌّ وَأَنْتَ مَيِّتٌ. كُنْ سَاهِرًا وَشَدِّدْ مَا بَقِيَ، الَّذِي هُوَ عَتِيدٌ أَنْ يَمُوتَ، لِأَنِّي لَمْ أَجِدْ أَعْمَالَكَ كَامِلَةً لِّمَامِ اللَّهِ. فَادْكُرْ كَيْفَ أَخَذْتَ وَسَمِعْتَ، وَاحْفَظْ وَتُبْ، فَإِنِّي إِن لَمْ تَسْهَرْ، أُقَدِّمُ عَلَيْكَ كِلِصًّا، وَلَا تَعْلَمُ يَتَّةَ سَاعَةٍ أُقَدِّمُ عَلَيْكَ. عِنْدَكَ لِسْمَةٌ قَلِيلَةٌ فِي سَارْدِسَ لَمْ يُنَجِّسُوا ثِيَابَهُمْ، فَسَيَمَشُونَ مَعِيَ فِي ثِيَابٍ بِيضٍ لِأَنَّهُمْ مُسْتَحِقُّونَ. مَنْ يَغْلِبُ فَذَلِكَ سَيَلْبَسُ ثِيَابًا بِيضًا، وَلَنْ لَمَحُو اسْمَهُ مِنْ سِفْرِ الْحَيَاةِ، وَسَلَعَتِ رُفُ بِاسْمِهِ لِمَامِ أَبِي وَلِمَامِ مَلَائِكَتِهِ. مَنْ لَهُ أُذُنٌ فَلْيَسْمَعْ مَا يَقُولُهُ الرُّوحُ لِلْكَنَائِسِ».



Ephesians 3: 13 - 21

¹³ Therefore I ask that you do not lose heart at my tribulations for you, which is your glory. ¹⁴ For this reason I bow my knees to the Father of our Lord Jesus Christ, ¹⁵ from whom the whole family in heaven and earth is named, ¹⁶ that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, ¹⁷ that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what is the width and length and depth and height— ¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. ²⁰ Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, ²¹ to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

رسالة بولس الرسول إلى أهل أفسس ٣: ١٣-٢١

لِذَلِكَ أَطْلُبُ أَنْ لَا تَكَلُّوا فِي شِدَائِدِي لِأَجْلِكُمُ الَّتِي هِيَ مَجْدُكُمْ. بِسَبَبِ هَذَا أَحْنِي رُكْبَتِي لَدَى أَبِي رَبَّنَا يَسُوعَ الْمَسِيحِ، الَّذِي مِنْهُ تُسَمَّى كُلُّ عَشِيرَةٍ فِي السَّمَوَاتِ وَعَلَى الْأَرْضِ. لِكَيْ يُعْطِيَكُمْ بِحَسَبِ غِنَى مَجْدِهِ، أَنْ تَتَّيَّنُوا بِالْقُوَّةِ بِرُوحِهِ فِي الْإِنْسَانِ الْبَاطِنِ، لِيَجَلَّ الْمَسِيحُ بِالْإِيمَانِ فِي قُلُوبِكُمْ، وَأَنْتُمْ مُتَّصِلُونَ وَمُتَلَسِّسُونَ فِي الْمَحَبَّةِ، حَتَّى تَسْتَطِيعُوا أَنْ تُدْرِكُوا مَعَ جَمِيعِ الْقَدِيسِينَ، مَا هُوَ الْعَرَضُ وَالطُّوْلُ وَالْعُمُقُ وَالْعُلُوُّ، وَتَعْرِفُوا مَحَبَّةَ الْمَسِيحِ الْفَائِقَةَ الْمَعْرِفَةَ، لِكَيْ تَمْتَلِنُوا إِلَى كُلِّ مِلَّةٍ اللَّهِ. وَالْقَادِرُ أَنْ يَفْعَلَ فَوْقَ كُلِّ شَيْءٍ، أَكْثَرَ جِدًّا مِمَّا نَطْلُبُ لَوْ نَفْتَكِرُ، بِحَسَبِ الْقُوَّةِ الَّتِي تَعْمَلُ فِيْنَا، لَهُ الْمَجْدُ فِي الْكَنِيسَةِ فِي الْمَسِيحِ يَسُوعَ إِلَى جَمِيعِ أَجْيَالِ نَهْرِ النَّهْرِ. آمِينَ



Psalm 96

Oh, sing to the Lord a new song! Sing to the Lord, all the earth. ² Sing to the Lord, bless His name; Proclaim the good news of His salvation from day to day. ³ Declare His glory among the nations, His wonders among all peoples. ⁴ For the Lord is great and greatly to be praised; He is to be feared above all gods. ⁵ For all the gods of the peoples are idols, But the Lord made the heavens. ⁶ Honor and majesty are before Him; Strength and beauty are in His sanctuary. ⁷ Give to the Lord, O families of the peoples, Give to the Lord glory and strength. ⁸ Give to the Lord the glory due His name; Bring an offering, and come into His courts. ⁹ Oh, worship the Lord in the beauty of holiness! Tremble before Him, all the earth. ¹⁰ Say among the nations, "The Lord reigns; The world also is firmly established, It shall not be moved; He shall judge the peoples righteously." ¹¹ Let the heavens rejoice, and let the earth be glad; Let the sea roar, and all its fullness; ¹² Let the field be joyful, and all that is in it. Then all the trees of the woods will rejoice ¹³ before the Lord. For He is coming, for He is coming to judge the earth. He shall judge the world with righteousness, And the peoples with His truth.

سفر المزامير ٩٦

رَنِّمُوا لِلرَّبِّ تَرْنِيمَةً جَدِيدَةً. رَنِّمِي لِلرَّبِّ يَا كُلُّ الْأَرْضِ. رَنِّمُوا لِلرَّبِّ، بَارِكُوا اسْمَهُ، بَشِّرُوا مِنْ يَوْمٍ إِلَى يَوْمٍ بِخَلَاصِهِ. حَدِّثُوا بَيْنَ الْأُمَمِ مَجْدِهِ، بَيْنَ جَمِيعِ الشُّعُوبِ بِعَجَائِبِهِ. لِأَنَّ الرَّبَّ عَظِيمٌ وَحَمِيدٌ جِدًّا، مَهُوبٌ هُوَ عَلَى كُلِّ الْإِلَهِةِ. لِأَنَّ كُلَّ آلِهَةِ الشُّعُوبِ أَصْنَامٌ، لَمَّا الرَّبُّ فَقَدْ صَنَعَ السَّمَوَاتِ. مَجْدٌ وَجَلَالٌ قُدَّامَهُ. الْعِزُّ وَالْجَمَالُ فِي مَقْدِسِهِ. قَدِّمُوا لِلرَّبِّ يَا قَبَائِلَ الشُّعُوبِ، قَدِّمُوا لِلرَّبِّ مَجْدًا وَقُوَّةً. قَدِّمُوا لِلرَّبِّ مَجْدَ اسْمِهِ. هَاتُوا تَقْدِمَةً وَادْخُلُوا دِيَارَهُ. اسْجُدُوا لِلرَّبِّ فِي زِينَةٍ مُقَدَّسَةٍ. ارْتَعِدِي قُدَّامَهُ يَا كُلُّ الْأَرْضِ. قُولُوا بَيْنَ الْأُمَمِ: «الرَّبُّ قَدْ مَلَكَ. أَيْضًا تَثَبَّتِ الْمَسْكُونَةُ فَلَا تَتَزَعَّزُعُ. يَدِ يَنْ الشُّعُوبَ بِالاستِقَامَةِ». لِتَفْرَحِ السَّمَوَاتُ وَلِتَبْتَهِجَ الْأَرْضُ، لِيَعِجَّ الْبَحْرُ وَمِلْؤُهُ. لِيَجْذَلَ الْحَقْلُ وَكُلُّ مَا فِيهِ، لِتَتَرَنَّمَ حِينَئِذٍ كُلُّ أَشْجَارِ الْوَعْرِ. لَمَّا الرَّبُّ، لِأَنَّهُ جَاءَ. جَاءَ لِيَدِ يَنْ الْأَرْضِ. يَدِ يَنْ الْمَسْكُونَةَ بِالْعَدْلِ وَالشُّعُوبَ بِلَمَانَّتِهِ.

1 Peter 1: 13 - 25

¹³ Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; ¹⁴ as obedient children, not conforming yourselves to the former lusts, as in your ignorance; ¹⁵ but as He who called you is holy, you also be holy in all your conduct, ¹⁶ because it is written, “Be holy, for I am holy.” ¹⁷ And if you call on the Father, who without partiality judges according to each one’s work, conduct yourselves throughout the time of your stay here in fear; ¹⁸ knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, ¹⁹ but with the precious blood of Christ, as of a lamb without blemish and without spot. ²⁰ He indeed was foreordained before the foundation of the world, but was manifest in these last times for you ²¹ who through Him believe in God, who raised Him from the dead and gave Him glory, so that your faith and hope are in God. ²² Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart, ²³ having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever, ²⁴ because “All flesh is as grass, And all the glory of man as the flower of the grass. The grass withers, And its flower falls away, ²⁵ But the word of the Lord endures forever.” Now this is the word which by the gospel was preached to you.

رسالة بطرس الرسول الأولى ١: ١٣-٢٥

لِذَلِكَ مَنْطِقُوا أَحْقَاءَ ذِهْنِكُمْ صَاحِينَ، فَأَلْقُوا رَجَاءَكُمْ بِالتَّمَلُّمِ عَلَى النِّعْمَةِ الَّتِي يُؤْتِي بِهَا إِلَيْكُمْ عِنْدَ اسْتِعْلَانِ يَسُوعَ الْمَسِيحِ. ١٣ كَوَلَادِ الطَّاعَةِ، لَا تُشَاكِلُوا شَهَوَاتِكُمْ السَّابِقَةَ فِي جَهَالَتِكُمْ. ١٤ بَلْ نَظِيرَ الْقُلُوسِ الَّذِي دَعَاكُمْ، كُونُوا أَنْتُمْ أَيْضًا قِدِّيسِينَ فِي كُلِّ سِيرَةٍ. ١٥ لِأَنَّهُ مَكْتُوبٌ: «كُونُوا قِدِّيسِينَ لِأَنِّي أَنَا قُلُوسٌ». ١٦ وَإِنْ كُنْتُمْ تَدْعُونَ أَبَا الَّذِي يَحْكُمُ بِغَيْرِ مُحَابَاةٍ حَسَبَ عَمَلٍ كُلِّ وَاحِدٍ، فَسِيرُوا زَمَانَ غُرْبَتِكُمْ بِخَوْفٍ، ١٧ عَالِمِينَ أَنَّكُمْ افْتَدَيْتُمْ لَا بِأَشْيَاءٍ تَفْنَى، بِفِضَّةٍ أَوْ نَهَبٍ، مِنْ سِيرَتِكُمْ الْبَاطِلَةِ الَّتِي تَقَلَّدْتُمُوهَا مِنَ الْآبَاءِ، ١٨ بَلْ بِدَمِ كَرِيمٍ، كَمَا مِنْ حَمَلٍ بِلَا عَيْبٍ وَلَا دَنَسٍ، دَمِ الْمَسِيحِ، ١٩ مَعْرُوفًا سَابِقًا قَبْلَ تَلْسِيسِ الْعَالَمِ، وَلَكِنْ قَدْ أُظْهِرَ فِي الْأَزْمِنَةِ الْآخِرَةِ مِنْ أَجْلِكُمْ، ٢٠ أَنْتُمْ الَّذِينَ بِهِ تُؤْمِنُونَ بِاللَّهِ الَّذِي أَقَامَهُ مِنَ الْأَمْوَاتِ وَلَعَطَاهُ مَجْدًا، حَتَّى إِنَّ إِيْمَانَكُمْ وَرَجَاءَكُمْ هُمَا فِي اللَّهِ. ٢١ طَهَّرُوا أَنْفُسَكُمْ فِي طَاعَةِ الْحَقِّ بِالرُّوحِ لِلْمَحَبَّةِ الْآخَوِيَّةِ الْعَدِيمَةِ الرِّبَاءِ، فَاحْبَبُوا بَعْضُكُمْ بَعْضًا مِنْ قَلْبٍ طَاهِرٍ بِشِدَّةٍ. ٢٢ مَوْلُودِينَ ثَانِيَةً، لَا مِنْ زَرْعٍ يَفْنَى، بَلْ مِنْ مِمَّا لَا يَفْنَى، بِكَلِمَةِ اللَّهِ الْحَيَّةِ الْبَاقِيَةِ إِلَى الْأَبَدِ. ٢٣ لِأَنَّ «كُلَّ جَسَدٍ كَعُشْبٍ، وَكُلُّ مَجْدٍ إِنْسَانٍ كَزَهْرٍ عُشْبٍ. الْعُشْبُ يَبِسَ وَزَهْرُهُ سَقَطَ، وَلَمَّا كَلِمَةُ الرَّبِّ فَتَثْبُتُ إِلَى الْأَبَدِ». ٢٤ وَهَذِهِ هِيَ الْكَلِمَةُ الَّتِي بُشِّرْتُمْ بِهَا



KIDS PROGRAM

SATURDAY				
Time	JK, SK and G1	G2, G3 and G4	G5 and G6	G7 and G8
11:45 AM – 03:15 PM	TRIP ▶ Park	ROOM 206 Prayer, Songs, Games	TRIP ▶ Mini Golf	ROOM 207 Prayer, Ice breakers, Activities
04:45 PM – 08:30 PM	ROOM 205 Prayer, Games, Outdoor Park	TRIP ▶ Park	ROOM 207 Prayer, Games, Songs	TRIP ▶ Trampoline
SUNDAY				
11:45 AM – 03:45 PM	ROOM 205 Lesson and Craft, Movie	TRIP ▶ Mini Golf	ROOM 207 Lesson and Activity	TRIP ▶ Clifton Hill
05:45 PM – 07:45 PM	ROOM 205 Songs and Games, Science	ROOM 206 Lesson and Activity	TRIP ▶ Trampoline	ROOM 207 Lesson with Guest Speaker
MONDAY				
10:45 AM – 02:00 PM	TRIP ▶ Indoor Playground	ROOM 206 Craft, Songs and Games	TRIP ▶ Park	TRIP ▶ Park

HIGH SCHOOL PROGRAM

SATURDAY	
11:45 AM – 02:30 PM	Gathering and Outing
02:30 PM – 03:15 PM	First Session – Fr. George Ibrahim
04:45 PM – 07:30 PM	Outing – Go Kart
07:30 PM – 08:30 PM	Hymns
08:30 PM – 09:30 PM	Q&A English Session with Youth – Father Dawood Lamei and Father Pishoy Wasfy – Fallsview Theatre
SUNDAY	
08:00 AM – 10:00 AM	Holy Liturgy – Fallsview Theatre
11:45 AM – 03:15 PM	Outing – CLIFTON HILL
04:45 PM – 05:15 PM	Second Session – Fr. Takla Labib
05:15 PM – 06:30 PM	Group Outing – Walk to Nearby Shops
06:45 PM – 08:00 PM	Q&A English Session with Youth – Father Dawood Lamei and Father Pishoy Wasfy – Fallsview Theatre
MONDAY	
07:00 AM – 09:00 AM	Holy Liturgy – Fallsview Theatre
10:45 AM – 11:15 AM	Third Session – Fr. Gawargious Michael
11:30 PM – 02:00 PM	Outing – Beaver Tail & Ice Cream

GENERAL PROGRAM

FALLSVIEW THEATRE

SATURDAY	
11:45 AM	Conference Registration
12:15 PM – 12:30 PM	Prayer
12:30 PM – 01:45 PM	First Session
01:45 PM – 02:00 PM	Break
02:00 PM – 03:15 PM	Second Session
03:15 PM – 05:00 PM	Lunch Break and Hotel Check-In
05:00 PM – 06:30 PM	Third Session
06:30 PM – 06:45 PM	Break
06:45 PM – 08:15 PM	Fourth Session
08:15 PM – 08:30 PM	Break
08:30 PM – 09:30 PM	Q&A English Session with Youth – Father Dawood Lamei and Father Pishoy Wasfy
SUNDAY	
08:00 AM – 10:00 AM	Holy Liturgy
10:00 AM – 12:00 PM	Breakfast Break
12:00 PM – 01:30 PM	Fifth Session
01:30 PM – 01:45 PM	Break
01:45 PM – 03:15 PM	Sixth Session
03:15 PM – 05:00 PM	Lunch Break
05:00 PM – 06:30 PM	Seventh Session
06:30 PM – 06:45 PM	Break
06:45 PM – 08:00 PM	Q&A English Session with Youth – Father Dawood Lamei and Father Pishoy Wasfy
MONDAY	
07:00 AM – 09:00 AM	Holy Liturgy
09:00 AM – 11:00 AM	Breakfast Break And Hotel Check-Out
11:00 AM – 12:30 PM	Eighth Session
12:30 PM – 12:45 PM	Break
12:45 PM – 02:15 PM	Ninth Session