

2014 Midwest Family & Youth Conference

Workshop Topics

As part of the conference experience, seven different workshop sessions have been made available for all our participants. We invite each conference participant to read through the following workshop topic summaries and attend the topics of your interest/choice. We have allotted 4 time slots for workshops to be held on Thursday & Friday afternoon of the conference. Each participant can attend 4 out of the 7 workshop topics.

Workshop 1 - "Knowing One's Self to be in a Relationship: (1 hour 15 minutes)

Presenter: Dr. Maggie Bishay

Available Times: Thursday, July 17th (3:15 - 4:30 PM) & Friday, July 18th (1:45 - 3:00 PM)

This workshop is intended for those who are both single and married as we focus on how to get to *know* the other person. To know the other person and to know the different personality types may help understand who you are, what the other person may think like, or explain why they behave the way they do.

Workshop 2 - "Stress Management" (1 hour 15 minutes)

Presenter: Dr. Maggie Bishay

Available Times: Thursday, July 17th (1:45 - 3:00 PM) & Friday, July 18th (3:15 - 4:30 PM)

We will discuss stress from a Biblical and psychological perspective. Participants will learn how to identify stress/stressors in their lives as well as practical strategies/techniques for reducing stress. Participants will also discuss what the Bible has to say about stress and how we can overcome it as Christians.

Workshop 3 - "Positive Parenting" (1 hour 15 minutes)

Presenter: Rev. Dr. Mathew Koshy

Available Times: Thursday, July 17th (3:15 - 4:30 PM) & Friday, July 18th (1:45 - 3:00 PM)

There are certainly challenges that we often come across as parents. Often times we feel inadequate as parents and find difficulty in interacting with our children and meeting their growing needs. This workshop will discuss a few skills that promote positive parenting with a focus on communication between parents and their children.

Workshop 4 - "A Healthy Family: The Role of Partners" (1 hour 15 minutes)

Presenter: Rev. Dr. Mathew Koshy

Available Times: Thursday, July 17th (1:45 - 4:30 PM) & Friday, July 18th (3:15 - 4:30 PM)

A marriage journey usually begins with a conversation among couples and continues with the ability to remain intact even in the midst of conflict. The role of partnership in marriage is a key to maintaining a healthy family. Join us for this workshop as we focus on communication and understanding between couples in order to foster a healthier marriage and family life.

Workshop 5 - “Nothing New Under the Son” (1 hour)

Presenter: Rev. Fr. Andrew Jarmus

Available Times: Thursday, July 17th (3:15 – 4:15 PM) & Friday, July 18th (2:00 – 3:00 PM)

Popular culture makes the claim that many of the things we do as Orthodox Christians are outdated and unnecessary. This workshop will look at scientific research into practices that are at the heart of Eastern Orthodox spirituality. Far from being outdated, we will “discover” insights about human life that the Gospel has proclaimed for centuries.

Workshop 6 - “Missions & Evangelism” (1 hour)

Presenter: Rev. Fr. Teji Abraham

Available Times: Thursday, July 17th (2:00 – 3:00 PM) & Friday, July 18th (3:15 – 4:15 PM)

The Orthodox Church is said to be the original evangelical church established by Christ and the Apostles, but questions have arose as to whether or not the Orthodox Church still practices mission and evangelism in the modern world. Join us in this workshop as we discuss where mission and evangelism fits into our lives today.

Workshop 7 - “Scripture & Tradition” (1 hour)

Presenter: Rev. Dn. Arun Varghese

Available Times: Thursday, July 17th (2:00 – 3:00 PM) & Friday, July 18th (3:15 – 4:15 PM)

You have probably heard it said that the only thing we can rely on is the scriptures or “The Word of God” and everything else is just man made traditions. Join us in this workshop as we seek to learn how scripture is neither above nor below tradition; rather, it is part of the written tradition of the Church and is viewed as one of the many expressions of God’s revelation.