

A deposit of 4,000 Ksh (40 US\$) is requested in order to confirm your reservation.

Payment in full of the final invoice is due prior to the completion of the Program.

For those who wish to arrive early or extend their stay, arrangements can be made at the time of registration.

All above rates include up to three meals per day (including Tea breaks).

Please notify the staff of any dietary restrictions.

## Incoming intakes

### Year 2018:

21st October 2018 – 30th November 2018 (6 weeks)  
2nd December 2018 – 12th January 2019 (Final Vows Preps)

### Year 2019:

10th March 2019 – 26th April 2019 (6 weeks)  
28th April 2019 – 7th May 2019 (6 weeks)  
9th May 2019 – 27th July 2019 (Final Vows Preps)  
20th October 2019 – 29th November 2019 (6 weeks)  
1st December 2019 – 10th January 2020 (Final Vows Preps)

### Year 2020:

8th March 2020 – 24th April 2020 (7 weeks)  
26th April 2020 – 12th June 2020 (7 weeks)  
14th June 2020 – 31st July 2020 (Final Vows Preps)  
18th October 2020 – 27th November 2020 (6 weeks)  
1st December 2020 – 10th January 2021 (Final Vows Preps)

### Cost

Accommodation & Feeding is Kes 2,000 daily  
Tuition: Kes 10,000

### NB:

At your request, each program can be followed by individually guided retreats (3 – 6 days)



If you desire to see to how best you can live as the unique person God created and if you wish to discover the possible light and presence of God within your daily experiences,

Come and enjoy our programs,  
Design with us your own renewal or (mini) sabbatical program with periods of silence and rest and with daily spiritual readings and teachings.

Please notify your participation on time!

### Please, Contact Us:

#### Marist International Centre (MIC)

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# MARIST INTERNATIONAL CENTRE (MIC)

Short Spiritual Renewal Courses / Sabbatical programs  
for Priests, Consecrated men & Women & Lay



The metaphor of the “fire” fits well with our spiritual journey and the story of Peter around the fire (Luke 22: 54-62) is our paradigm for spiritual journey for lay, priestly and religious life.

## THEME:

“Rekindling the inner fire through self-awareness and integration”



## MARIST INTERNATIONAL CENTRE (MIC)

**M.I.C.** (in abbreviation) is an ideal environment for Formation, Spiritual Renewal and (mini) Sabbatical programs. Many like M.I.C. because of its intimate, nurturing, healing, environment. It is localized in the suburb of Nairobi, KAREN. It is a tranquil urban setting, peaceful, serene, relaxing, and faith-based.

It offers opportunities for personal development and learning practical ministerial skills (Capacity Building) through:

1. Daily prayers
2. Daily Eucharistic celebrations
3. Lectures, Trainings, and Workshops
4. Spiritual Directions and / or Counseling and Therapeutic Sessions
5. Community Experiences
6. Retreats (3 – 6 days) and Prayer Days
7. Weekends in groups and weekends as individuals
8. Other Activities like Sports and Cultural festivities.

### Marist International Centre (MIC), a special heart-space

MIC has 20 single self-contained rooms and 20 semi single self-contained rooms providing a variety of amenities to enhance our physical and spiritual development as well as our well-being, including the following:

- Main chapel and Small meditation Oratories
- Prayer gardens for reading and meditation
- Resource Library, Conference rooms & Sports Facilities
- Computer Access, IT, Internet, and free WiFi facilities
- Outdoor Space: Friendly nature with trees, grounds, flowers
- Laundry Access and Garden Access
- Wellness Rooms, Liturgy groups, Meditation Halls, ... and a
- Supportive Community of Young and Senior Marist Brothers living in Fraternities.

All who desire to grow in or better understand their relationship with God will find a residential place that is conducive for Psycho-Spiritual and Theological updating that integrates Spirituality and Psychology. MIC can enhance your sense of wellness and sense of belonging!

### Needs Assessment

Most of the time, in our individual lives, we normally deal with issues that trigger a low and poor self-esteem, sometimes relentless shame, guilt and resentment, and ultimately losing that intimate connection with our loving God. Our programs use risk-based preventive interventions. Each one needs to see to that in a quiet, intimate and inspiring environment.

### The question is where? and when?

MIC is offering a six-week or seven-week series of Short Renewal Courses and Intensive Mini-Sabbatical programs for Priests, Consecrated people and Lay.

### Our mission

MIC designs affordable programs for human and spiritual experiences for personal change and transformation by providing you with an array of opportunities that attend to the inner life of the spirit: opportunities that envelope a whole person approach for growth, healing and renewal but also opportunities for group / institutional processes.

### Objectives:

Through Seminars / Workshops, the programs intend to enhance personal spirituality and integrate spiritual formation, academic understanding, capacity building, and practical ministerial skills.

For those who are attending Short Spiritual Renewal Courses / Sabbatical programs, our Modules are presented in the morning hours during the week (from 9.00 to 12.30) so as to allow participants have ample opportunity for prayer, for spiritual direction (and psycho-spiritual therapy / counseling), for reading and reflecting on the assigned articles and chapters every other week.

Our Weekly Modules focus on different aspects of Psychology and Spirituality. We provide theoretical perspectives, personal therapy, spiritual direction, and group processes. And for those who are interested, we offer Weekends Modules and we can also conduct specific workshops at your request!

### Our Programs' Approaches:

MIC, in collaboration of Psycho-Spiritual Institute (P.S.I. in abbreviation), is offering such opportunities to experience healing, wellness, and wholeness. Different Psycho – Spiritual approaches are used: i.e. Psychosynthesis (Dr. R. Assagioli), Spiritual Direction (Spiritual Exercises of St. Ignatius of Loyola), Positive Psychology (Dr. M. Seligman), Appreciative Inquiry (Prof. D. Cooperrider), Journaling as prayer (Dr. I. Progoff), Non – Violent Compassionate Communication (Dr. M. Rosenberg).



### PROGRAM OVERVIEW:

1. Prayer: Encounters with God and Learning to be a person of faith
2. Awakening the soul within or Expanding consciousness & Prayer Methods
3. Spirituality: Praying with Mystics & Healing our images of God
4. Answering Christological questions: Who do you say that I am?
5. Self-Knowledge and Self-Esteem with MBTI and / or Enneagram
6. Family Tree or Genogram and Healing the past & Releasing Creativity
7. Emotional Intelligence & Healing Emotions & Frozen feelings
8. Healing Family Relationships and Community Wounds
9. Life Transitions and articulating Vision and Mission statements
10. Human Sexuality & Celibate chastity: Truth & Consequences
11. Non Violent Communication (NVC): Compassion & Sacred living
12. Stress and Ministry Burn-Out: Healing Addictions & Compulsions
13. Discernment and Mission Re-Entry: Rekindling the inner fire!