

## Weekend Workshops (Calendar 2018)

**26th January – 28th January 2018**

Theme: Problems with relationships: How to use the “Non Violent Compassionate Communication” approach (Dr. M. Rosenberg),

**23rd February – 25th February 2018**

Theme: Fostering a holistic integration through Psycho-Synthesis perspectives (Dr. R. Assagioli)

**23rd March – 25th March 2018**

Theme: Living a happy life: A “Positive Psychology” approach (Dr. M. Seligman)

**27th April – 29th April 2018**

Theme: The sense of identity: Cultural Collective Identity vs. Individual or Personal Identity

**25th May– 27th May 2018**

Theme: Personal giftedness for ministry & Stress and Burn out management

**29th June – 1st July 2018**

Theme: Human Sexuality and Celibate Chastity : Friendships and Vulnerability

**27th July – 29th July 2018**

Theme: Transformational change through “Appreciative Inquiry” approach (Prof. D. Cooperrider)

**24th August– 26th August 2018**

Theme: Dealing with emotions: emotional intelligence (Daniel Goleman) and Spiritual Intelligence (Dr. Daniel Goleman)

**28th September – 30th September 2018**

Theme: Deepening intimacy with God & Journaling as prayer (Dr. Ira Progoff)

**26th October – 28th October 2018**

Theme: Mary, as the Model of the Church in worship.

**23rd November – 25th November 2018**

Theme: Faith journey, through life transitions and transformation

**28th December – 30th December 2018**

Theme: Healing the whole person: father and mother’s wounds, childhood wounds, family relationships, ...

## Participants at the Weekend Workshops will arrive at MIC

- Arrival: Friday evening (6.00 pm)
- Departure: Sunday after Mass (9.00 am)

## Residential (2 nights - full accommodation):

- Single Self-contained rooms (Kes 3,000 per person, all inclusive)
- Semi-Single Self-contained rooms (Kes 2,800 per person, all inclusive).

## Non-Residential (Tea and 2 Lunches):

- Tuition (Kes 1,500 per person, all inclusive).

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, Contact Us:

**Marist International Centre (MIC)**

**Physical Address: Marist Lane (Off Langata Road)**

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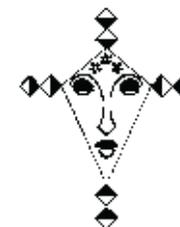
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# MARIST INTERNATIONAL CENTRE (MIC)

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 through:

1. Daily prayers
2. Daily Eucharistic celebrations
3. Lectures, Trainings, and Workshops
4. Spiritual Directions and / or Counseling Sessions
5. Community Experiences
6. Retreats 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. It provides 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 Room, 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. 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 series in December – Mid January and in May – Mid June; and Mid June – End of July as short Renewal Courses and Intensive mini-Sabbatical programs for Priests, Consecrated people and Lay. MIC offers at the same time monthly residential or non-residential weekend programs (cf. Calendar2018). You can also design your program with us!

### 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 (9.00 – 12.00) 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).

### Methodology

1. Classroom Lectures (theoretical and practical Inputs) and experiential discussions
2. Sharing our own journey stories, Use of stories, Case Studies and Role Play
3. Private study, Guided readings, Written reflection papers
4. Individual Spiritual Direction (SD) or / and individual counselling sessions
5. Guided meditations, exercises and reflective journal
6. Group work (dyads, triads), Small weekly integration groups
7. Personal assessment and capacity building

8. Use of white boards, Videos, LCD projections and humor
9. Balanced life through daily prayer, work, study, sports, recreation, and rest.

The Staff is interested to help people come to a greater self-awareness, to find God in the present moment, to awaken oneself to the presence of God within and without, to grow closer in relationship to God, and to heal from the brokenness and woundedness of the past. The approach is holistic, practical, personalized but working within the African context of fraternity, grace, spiritual counseling and therapy among others.

### Short Spiritual Renewal Courses / Sabbatical programs (Calendar 2018)

Participants at the December 2017 – January 2018 intake will arrive at MIC

- Arrival: Sunday 3rd December 2017 (6.00 pm)
- Departure: Saturday 13th January after Mass (7.00 am).

Participants at the May 2018 – Mid June 2018 intake will arrive at MIC

- Arrival: Monday, 30th April 2018 (6.00 pm)
- Departure: Friday 15th June 2018 after Mass (7.00 am)

Participants at the Mid June 2018 – July 2018 intake will arrive at MIC

- Arrival: Sunday 17th June 2018 (6.00 pm)
- Departure: Tuesday 31st July 2018 after Mass (7.00 am)

### Costing for Short Spiritual Renewal Courses / Sabbatical programs:

#### 6 weeks (42 days)

- a. Single self-contained rooms: Kes 63,000/
- b. Semi single self-contained rooms: Kes58,800/

#### 5 weeks (35 days)

- a. Single self-contained rooms: Kes52,500/
- b. Semi single self-contained rooms: Kes 49,000/

#### 4 weeks (28 days)

- a. Single self-contained rooms: Kes42,000/
- b. Semi single self-contained rooms: Kes 39,200/

A deposit of 4,000Ksh (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.