

REGISTRATION

Application forms are available at the Hekima University College Office.

Registration should be done as early as possible since there are a limited number of opportunities available.

Registration Fee (non-refundable)
Ksh 3,000/-

Course Fee

Ksh 17,000/-

Deadline: August 25, 2018

Resource Persons

- ❖ Fr. Bienvenu Matanzonga, SJ
- ❖ Fr. Joachim Zoundi, SJ
- ❖ Sr. Ingrid Vornier, SA



HEKIMA UNIVERSITY COLLEGE
A CONSTITUENT COLLEGE OF THE CATHOLIC UNIVERSITY OF
EASTERN AFRICA

Joseph Kangethe Road,
Off Ngong' Road,
Nairobi.

+254-20-3876608/9
+254-20-3999000
+254-722 20 12 88
+254-734 20 12 88

DIRECTED RETREAT CERTIFICATE COURSE 2018-2019



Weekly Course on Saturdays
(20 weeks spread out in two semesters)

August 25, 2018 - November 24, 2018
January 5 - March 23, 2019
8.30 AM - 12.30 PM

AIM

To train persons who have made Directed Retreat to "give" Directed Retreat to others

"A Directed Retreat is a guided prayer experience in which the retreatant enters into a process of listening and responding to God's Word spoken through the Sacred Scriptures under the day-to-day guidance and assistance of a spiritual guide."

NB:

This course is strictly meant for those priests, religious and lay persons who are or are being prepared to be formators or prayer guides.

REQUIREMENTS

To have made the "Directed Retreat" at least once (strictly necessary)

Letter of approval/recommendation from the Superior or parish priest

Capacity and readiness to share at a 'personal level' with the members of the group

To write a paper (2500 words) on a theme in consultation with the guide

Committed to follow the programme till the end (Non-attendance with serious reasons cannot exceed one)



COURSE CONTENT

- ❖ Introduction to the dynamics of giving directed retreat: what a Directed Retreat is/is not
- ❖ Fundamental steps in giving a Directed Retreat
- ❖ Structure and dynamics of the Directed Retreat
- ❖ Essential qualities of a Retreat Director
- ❖ Methods of Ignatian meditation, prayer, contemplation
- ❖ Spiritual Accompaniment/Direction during the Retreat
- ❖ Interactive exercises on "life situations", "one-to-one" and group sharings
- ❖ Exercises on listening skills/role plays
- ❖ Selecting Scriptural passages for the Retreat
- ❖ Discernment in the Retreat Director and the Retreatant
- ❖ Giving points during the Retreat
- ❖ Dynamics of the interview with the Retreatant
- ❖ Preparing and presenting an 8-Day Retreat Outline
- ❖ Giving a Retreat (3-Day, 5-Day, or 8-Day) under supervision