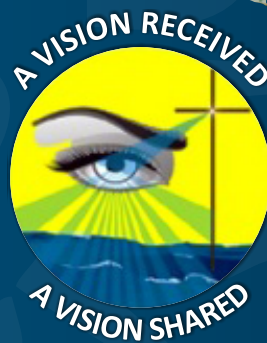


PRERANA

IGNATIAN SPIRITUALITY CENTRE



COURSES

January – December 2021



MOUNT ST JOSEPH

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Log on to our website for online registration

COURSES AT PRERANA - 2021

February 01 – March 29, 2021

COURSE IN PREPARATION FOR FINAL PROFESSION

(with weekend integration and personal accompaniment)

Topics: Religious Life, Biblical Spirituality, Psycho-Sexual & Psycho-Spiritual Integration, Intensive Journal, Workshop on Inner Child, Discernment of Spirits, Spirituality of Social Justice, Feminist Spirituality and Life Skills. During the course the group will have group processing and personal integration.

Total fee (Stipend+ Board+ Lodging): Rs 27,550

(Arrival on January 31 by 5 PM; Departure on 29 March by 1 PM)

FINAL PROFESSION COURSE OUTLINE

(Weekly Modules are open to all)

February 02 - 06: **A NEW WAY OF BEING RELIGIOUS** (Fr Freddie D'Silva SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3500; (Arrival on February 01 by 5 PM; Departure on 06 February by 4 PM)

February 08 - 12: **COVENANTAL SPIRITUALITY** (Fr Pius James D'Souza OCD)

Total fee (Stipend+ Board+ Lodging): Rs 3500; (Arrival on February 07 by 5 PM; Departure on 12 February by 4 PM)

February 15 - 17: **PSYCHO-SEXUAL INTEGRATION** (Fr Jossy Rodrigues SJ)

Total fee (Stipend+ Board+ Lodging): Rs 2,100; (Arrival on February 14 by 5 PM; Departure on 17 February by 4 PM)

February 18 - 20: **PSYCHO-SPIRITUAL INTEGRATION** (Fr William Sequeira SJ)

Total fee (Stipend+ Board+ Lodging): Rs 2,100; (Arrival on February 17 by 5 PM; Departure on 20 February by 4 PM)

February 22 - 26: **INTENSIVE JOURNAL** (Fr Francis Menezes SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on February 21 by 5 PM; Departure on 26 February by 4 PM)

March 01 - 05: **WORKSHOP ON THE INNER CHILD** (Br Yuju Francis SG)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on February 28 by 5 PM; Departure on 05 March by 4 PM)

March 09 - 13

DISCERNMENT, FREEDOM & JOY OF LIFE (Fr Prashanth D'Souza SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on March 08 by 5 PM; Departure on 13 March by 4 PM)

March 15 - 17: **SPIRITUALITY OF SOCIAL JUSTICE** (Fr Cyprian Tellis SJ)

Total fee (Stipend+ Board+ Lodging): Rs 2,100; (Arrival on March 14 by 5 PM; Departure on 17 March by 4 PM)

March 18 - 20: **FEMINIST SPIRITUALITY** (Sr. Sahana BS)

Total fee (Stipend+ Board+ Lodging): Rs 2,100; (Arrival on March 17 by 5 PM; Departure on 20 March by 4 PM)

March 22 - 24

MISSION OF JESUS, MISSION OF THE RELIGIOUS (Fr Jossie Lobo SJ)

Total fee (Stipend+ Board+ Lodging): Rs 2,100; (Arrival on March 21 by 5 PM; Departure on 24 March by 4 PM)

March 25 - 27: **LIFE SKILLS** (Fr Brian Pereira SJ)

Total fee (Stipend+ Board+ Lodging): Rs 2,100; (Arrival on March 24 by 5 PM; Departure on 27 March by 4 PM)

April 07 - 17, 2021: RELIGIOUS LEADERSHIP

(For present and would be community animators and directors of works)

This course will deal with Community as Context for Leadership, Team-Building, Stages of & Consultation in Community, Authority, Role & Characteristics of a Religious Leader, Principles of Spiritual Leadership & Religious Governance, Mistakes to Avoid, Coping with Stress & Burn-out. Decision Making, Dealing with Difficult People, Leadership Styles, Power Dynamics, Anger & Conflict Management, Assertive Skills of a Leader, Finance Management.

Prerana Team

Total fee (Stipend+ Board+ Lodging): Rs 7,700

(Arrival on April 06 by 5 PM; Departure on 17 April by 4 PM)

April 19 - May 20: COURSE ON RETREAT DIRECTION

(For those who are in or will go into retreat ministry)

This course will elaborately deal with Faith Journey, Spirituality, Introduction to and Dynamics of the Spiritual Exercises, Discernment of Spirits, Counselling, Spiritual Direction, Skills Training, 8 – day Ignatian Retreat, Supervised Retreat Direction, Preparation and Presentation of Retreat themes.

Prerana Team

Total fee (Stipend+ Board+ Lodging): Rs 20,800

(Arrival on April 18 by 5 PM; Departure on 20 May by 4 PM)

June 07 - August 27

THREE MONTHS COURSE IN PREPARATION FOR FINAL PROFESSION

(with weekend integration and personal accompaniment)

Topics: Religious Life, Growing in intimacy with Prayer, Biblical Spirituality, Psycho-Sexual & Psycho-Spiritual Integration, Intensive Journal, Workshop on Inner Child, Counselling and Spiritual direction, Discernment in Daily Life, Spirituality of Social Justice, Feminist Spirituality, Mission of the Religious and Life Skills. During the course the group will have group processing and personal integration.

Total fee (Stipend+ Board+ Lodging): Rs 38,950

(Arrival on June 06 by 5 PM; Departure on 27 August by 1 PM)

FINAL PROFESSION COURSE OUTLINE

(Weekly Modules are open to all)

June 08 - 12: **A NEW WAY OF BEING RELIGIOUS** (Fr Freddie D'Silva SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on June 07 by 5 PM; Departure on 12 June by 4 PM)

June 14 - 18: **GROWING IN INTIMACY WITH PRAYER** (Fr Ronald Pais SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on June 13 by 5 PM; Departure on 18 June by 4 PM)

June 21 - 25: **BIBLICAL SPIRITUALITY** (Fr Sunil Ranjar SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on June 20 by 5 PM; Departure on 25 June by 4 PM)

June 28 - July 02: **PSYCHO-SEXUAL INTEGRATION** (Fr Jossy Rodrigues SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on June 27 by 5 PM; Departure on 02 July by 4 PM)

July 05 - 09: **PSYCHO-SPIRITUAL INTEGRATION** (Fr Joe Mathias SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on July 04 by 5 PM; Departure on 09 July by 4 PM)

July 12 - 16: **INTENSIVE JOURNAL** (Fr Francis Menezes SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on July 11 by 5 PM; Departure on 16 July by 4 PM)

July 19 - 23: **WORKSHOP ON THE INNER CHILD** (Br Yuju Francis SG)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on July 18 by 5 PM; Departure on 23 July by 4 PM)

July 27 - 31

DISCERNMENT, FREEDOM & JOY OF LIFE (Fr Prashanth D' Souza SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on July 26 by 5 PM; Departure on 31 July by 4 PM)

August 02 - 06: **COUNSELLING & SPIRITUAL DIRECTION** (Fr Edward Philip SJ)

Total fee (Stipend+ Board+ Lodging): Rs 3,500; (Arrival on August 01 by 5 PM; Departure on 06 August by 4 PM)

August 09 - 11: **SPIRITUALITY OF SOCIAL JUSTICE** (Fr Cyprian Tellis SJ)

Total fee (Stipend+ Board+ Lodging): Rs 2,100; (Arrival on August 08 by 5 PM; Departure on 11 August by 4 PM)

August 12 - 14: **FEMINIST SPIRITUALITY** (Sr. Sahana BS)

Total fee (Stipend+ Board+ Lodging): Rs 2,100; (Arrival on August 11 by 5 PM; Departure on 14 August by 4 PM)

August 17 - 20: **LIFE SKILLS** (Fr Brian Pereira SJ)

Total fee (Stipend+ Board+ Lodging): Rs 2,800; (Arrival on August 16 by 5 PM; Departure on 20 August by 4 PM)

August 23 - 25

MISSION OF JESUS, MISSION OF THE RELIGIOUS (Fr Jossie Lobo SJ)

Total fee (Stipend+ Board+ Lodging): Rs 2,100; (Arrival on August 22 by 5 PM; Departure on 25 August by 4 PM)

September 02 - 30 **RENEWAL PROGRAMME FOR SILVER JUBILARIANS**

The renewal Programme is an occasion to revisit one's past, rejuvenate one's present and reorient one's future as a Religious by reflecting and assimilating these aspects of Religious Life: Mid-Life Transition, Journey through Silver years, Spirituality – A faith journey, Discernment in Daily Life, Psycho-Sexual & Spiritual Integration, Intensive Journal ending with an 8-days Retreat.

Prerana Team

Total fee (Stipend+ Board+ Lodging): Rs 18,850

(Arrival on September 01 by 5 PM; Departure on 30 September by 5 PM)

September 13 - 30 **RENEWAL PROGRAMME FOR GOLDEN JUBILARIANS**

The renewal Programme is an occasion to revisit one's past, rejuvenate one's present and reorient one's future as a Religious by reflecting and assimilating these aspects of Religious Life: Journey through Golden years, Growing Old Gracefully, Psycho-Sexual & Spiritual Integration, Intensive Journal ending with an 8-days Retreat.

Prerana Team

Total fee (Stipend+ Board+ Lodging): Rs 11,700

(Arrival on September 12 by 5 PM; Departure on 30 September by 5 PM)

October 04 - 30 **PASTROL COURSE FOR THE DIOCESAN DEACONS AND NEW PRIESTS**

This course is a new initiative to respond to the Young Diocesan Clergy. It offers both theory and practical guidelines from experienced persons in the following areas: Spirituality of a Diocesan Priest, Counselling and Spiritual Direction, Conflict Management, Psycho-Sexual & Spiritual Integration, Discernment in daily Life and Pastoral Leadership today. The course ends with an eight days guided retreat.

Prerana Team

Total fee (Stipend+ Board+ Lodging): Rs 14,500

(Arrival on October 3 by 5 PM; Departure on 30 October by 5 PM)

November 04 - 11: AWARENESS RETREAT FOR ALL

It is an eight-day residential retreat for lay people, religious and priests. The retreat consists of inputs, guided meditations, personal reflections and structured exercises in an atmosphere of silence. The retreat is a synergy of psychology and spirituality from an eastern perspective. The retreatants are helped to get in touch with themselves and discover deeper resources within that will bring joy, freedom, peace and love into their lives. The structured exercises will help the retreatants free themselves from aspects of their lives that keep them stuck and fearful and open the door to the source of joy. The ultimate goal of the retreat is to help the retreatants to discover their hearts – compassion towards themselves and others.

Fr Anthony (Tony) J. D'Souza SJ

Total fee (Stipend+ Board+ Lodging): Rs 5,600

(Arrival on November 03 by 5 PM; Departure on November 11 by 1 PM)

November 22 - 29: PSYCHO SPIRITUAL RETREAT WITH ENNEAGRAM

This is a Psycho-Spiritual Retreat. It is based on a spirituality rooted in the gospels, with proper theological and psychological understanding to assist us in integrating values and concepts gleaned from our Scripture & Tradition and our life experiences as Religious and priests to reflect on and direct our life and mission in the future.

Each participant will be assisted through three online tests to understand one's personality, temperament and aptitudes for community life, handling responsibility and relationship. Handouts would be provided as well as a website for further study.

Fr Tony Thampi Kayala C.S.C

Total fee (Stipend+ Board+ Lodging): Rs 8,000

(Arrival on November 21 by 5 PM; Departure on November 29 by 5 PM)

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