

Registration

Application forms are available at the Hekima University College Office.

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



Registration Fee
(Non - Refundable)
Ksh 3,000



Course Fee
Ksh. 20,000
Deadline: August 28th 2021



Resource Persons
Sr. Ingrid Vorner SA
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Let's Connect

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**DIRECTED RETREAT
CERTIFICATE COURSE
YEAR 2021 - 2022**



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

Course Schedule

Weekly Course on Saturdays
(20 weeks spread out over semesters)
August 28th - November 27th 2021
January 8th - March 12th 2022
8:15AM - 12:30PM





AIM

To train persons who have made a Directed Retreat to “give” Directed Retreats to others.

“A Directed Retreat is a guided prayer experience in which the retreatant enters into the 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.”

N.B. :

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

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.
- Interactive exercises on “life situations”, “one - to - one” and group sharing.
- Exercise on listening skills/ role plays.
- Selecting scriptural passages for the Retreat.
- Discernment in the Retreat Director and Retreatant.
- Giving points during retreat.
- Dynamics of the interview with Retreatant.
- Preparing and presenting an 8-day Retreat Outline.
- Practice in accompanying during short Retreat in ordinary life.

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 personal level with the members of the group.

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

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

