

## Applying

Qualifications for applicants:

- Being Catholic priest or religious.
- Having been in ministry for at least 7 years.
- Those in transition from one ministry to another will find it beneficial.
- Being recommended by one's superior / bishop.
- Having a reasonable mastery of English.
- Willing to be open to share oneself with others for mutual enrichment and growth.

Application deadline: November 30<sup>th</sup>, 2018

Application form can be downloaded from [www.icofprogram.org/application/sabbatical](http://www.icofprogram.org/application/sabbatical)



A quiet and spacious space conducive for prayer, reflection and rest

### Founding Congregations:

Congregation of the Holy Spirit (Spiritans)  
Missionaries of Africa (White Fathers);  
Missionary Sisters of Our Lady of Africa (MSOLA)  
Society of African Missions (SMA)

## Fees and scholarships

The full cost of the program is 6000 US Dollars. Candidates who will qualify for scholarships will pay only 4200 US Dollars.

The following will have been covered

- Full board (room, breakfast, lunch, supper, 10.00 am and 4:00 pm tea.)
- Tuition,
- Accompaniment fees,
- Library and wi-fi for internet connection.



### CONTACTING US

Inter-Congregational Ongoing Formation (ICOF) Program, C/o Marian University College, P.o. Box 47 Bagamoyo, Tanzania.

Tel. Secretary: +255 627 452 271  
Fr. James Kulwa Shimbala, sma  
Tel. +255 628 897 504/ +255 753072299  
Whatsapp +254727729146  
Sr. Bijundi Bashige, MSOLA  
Tel. +255 683 134 782 / +255 789 471 327  
Email: [icofprogramsecretarytz@gmail.com](mailto:icofprogramsecretarytz@gmail.com),  
[icofprogram@gmail.com](mailto:icofprogram@gmail.com)  
Website: [icofprogram.org](http://icofprogram.org)  
Blog: <http://icofprogram.blogspot.com>



Inter-Congregational Ongoing Formation (ICOF) Program

"Come, and rest for a while." (Mark 6:31)

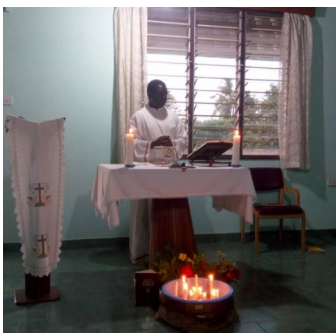
## Sabbatical Renewal Program

For Catholic priests and religious in Africa.



**Place:** Canosian spiritual renewal Centre, Arusha, Tanzania

**Dates:** January 13th-June 20th, 2019



Creative liturgy during the program

**Vision:** Integrated priests and religious in Africa giving joyful gospel witness in their personal, spiritual and pastoral lives.

**Mission:** To provide Catholic priests and religious in Africa with opportunity, space and time for personal renewal with a view of better service of the Gospel in the concrete reality of Africa today.

### Objectives:

- Provide an opportunity, time and place for renewal
- Provide skills and opportunity for addressing personal challenges.
- Provide space and time for reflecting on and integrating their lived experiences.
- Training in pastoral skills.
- Academic updating on Scripture, current trends in mission in the context of Africa and on the latest magisterial documents.

### Core values:

**accountability,**  
**charity,**  
**collaborative ministry,**  
**communion,**  
**contextual relevance,**  
**faith,**  
**fruitfulness,**  
**fullness of life,**  
**healthy relationships,**  
**hope,**  
**interiority,**  
**professionalism,**  
**self acceptance.**

### Methodology:

The methodology includes personal prayer and reflection, time, rest, input sessions, one-on-one accompaniment and working with growth groups. There will be multicultural community living and team working.

### Program Contents

The renewal covers the four areas of formation: Human, Spiritual, Pastoral and Academic. The program will cover the following:

- Capacitar for resilience
- Challenges of faith in Africa
- Emotional intelligence and resilience
- Graceful Transitioning in life
- Holistic living (self care)
- Intercultural living
- Integral Renewal
- Introduction to pastoral counseling / helping skills
- Justice, peace, integrity of creation
- Leadership and Management
- Myers-Brigg Type Indicator (MBTI)
- Retreat
- Scripture and mission
- Signature Strengths for mission
- Theory -U: being led by an emerging future

In the process of covering the above, participants will be introduced to:

- Appreciative discernment
- Community building exercises (based on "Fraternal Life in Community")
- Conflict transformation
- Exploring different ways of meditating
- Human Sexuality
- Addiction: awareness and prevention
- Inner child work
- 'Laudato si' – towards Integral Human development),
- Loss, Bereavement and grief,
- Midlife Transition
- Ministering in a globalized world
- PRH
- The Joy of the Gospel