

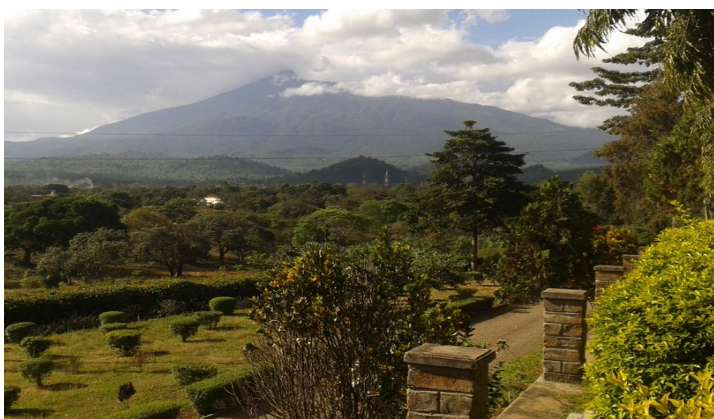
Applying

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: September 30th, 2020

Application form can be downloaded from www.icofprogram.org/application/sabbatical



A pristine and spacious place, with beautiful views of Mount Meru, 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)
- * Missionary Sisters of Our Lady of Apostles (OLA)
- * Society of African Missions (SMA)

Participation Fees

There are three options, depending on which cycle one is participating in:

- * USD 2500 (or its equivalent) for the Wholeness cycle (January to March)
- * USD 2500 (or its equivalent) for the Good Shepherd's cycle (April to June)
- * 4500 for the Full Cycle (both of the above cycles) from January to June

This participation fee covers the following

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



CONTACTING US

Inter-Congregational Ongoing Formation (ICOF) Program, C/o SMA Fathers, P.o. Box 10936, Mwanza, Tanzania.

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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: Poullart Des Places Center, at Tengeru, Arusha. Tanzania

Dates: there are three options to choose from:

- * Wholeness Cycle: January 11h—March 27th, 2021
- * Good Shepherd's Cycle: April 6th - June 19th, 2021
- * The Full Cycle: January 11h— June 19th, 2021



An experience of intercultural community living in shared life and liturgy.

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: Charity, Collaborative Ministry, Communion, Contextual relevance, Faith, Fullness of life, Healthy Relationships, Hope, Interiority, Professionalism, and Self Acceptance.

Program Contents

The renewal covers the four areas of formation: Human, Spiritual, Pastoral and Academic. The program is done in two cycles: the Wholeness Cycle, and the Good Shepherd's Cycle. Participants may choose to attend both or either of them.

1. The Wholeness Cycle

January 11th—March 26th,

Focuses on Personal (human) and Spiritual renewal, while having some practical aspects of the pastoral and academic renewal.

- * Addiction: awareness and prevention
- * Appreciative discernment
- * Capacitar for resilience
- * Community building exercises
- * Consecrated Celibacy and Affective Maturity (5)
- * Emotional intelligence and resilience
- * Enneagram
- * Exploring different ways of meditating
- * Graceful Transitioning in life (Including Midlife Transitioning)
- * Holistic living (self-care)
- * Inner child work (based on Ego-States)
- * Integral Renewal
- * Loss, Bereavement and Grief,
- * PRH (Personality & Human Relations)
- * Retreat (8 days, directed)
- * Signature Strengths for mission
- * Therapeutic Exercises

2. The Good Shepherd's Cycle

April 6th— June 19th,

Focuses more on pastoral Skills and on some key Academic updates, while having some practical aspects of the human and Spiritual renewal.

- * Capacitar for resilience
- * Challenges of faith in Africa
- * Community building exercises
- * Conflict transformation
- * Engaging our Diversity in Interculturality
- * Holistic living (self-care)
- * Introduction to pastoral counseling / helping skills
- * Justice, peace, integrity of creation
- * 'Laudato si' – towards Integral development),
- * Leadership and Management
- * Myers-Brigg Type Indicator (MBTI)
- * Relevance of consecrated life today
- * Retreat (5 days, preached)
- * Scripture and mission
- * The Joy of the Gospel and other recent Vatican Documents
- * Therapeutic Exercises

Methodology

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