Lectures are geared towards personal experience.

FOR WHOM?

THE PROGRAMME IS OPEN to Religious, those in leadership and in various ministries in their Congregation and the Church. Those who have been in Ministry for at least ten years

Those that need space to reflect on their ministry or change their ministry.

Those seeking a greater awareness of themselves and a deepening of their relationship with self. God and others

Status: For all religious

WHERE?
Association of Sisterhoods of Kenya
CHEMCHEMI YA UZIMA,
KAREN, LANGATA
NAIROBI, KENYA

Rich Cultural Diversity

Further Information, please write to:
Institute of St. Anselm
Chemchemi—Kenya
P.O.BOX 24105 (00502)
KAREN—NAIROBI
KENYA

Email: enrolment@aoskenya.org
Or
chemchemi@aoskenya.org

ASSOCIATION OF SISTERHOODS OF KENYA

Come as you are....

DURATION:
FOUR (4)
MONTHS
**The Mission statement of AOSK**

Through the leaders of the congregation to bring together and animate the Religious women for their prophetic role in the society, coordinating them and representing them in regard to the Church, the government and the society at large. Provide skills, preparation, formation and the space to all members in order to empower them in the prophetic services they give for the extension of the kingdom, especially in the issues of women, youth and children.

**The Vision of AOSK**

Rooted in our identity as consecrated women in the globalized world of today, we are a UNITED BODY, who come together as an association for spiritual, moral and social support and challenge, offering and authentic and prophetic witness to the Gospel values and actively involved in the transformation of the Church and society in Kenya.

**The Aim of St. Anselm Sabbatical Program**

- The Program aims at enabling the sisters, brothers and priests
- to achieve a greater self-awareness and a greater deepening of their relationship with self (that is, the integration of the whole personality), God and others.

It is a holistic view of human development and growth, inspired by the

**MOTTO “COME AS YOU ARE”**

**Nature of the Course:**

This course is residential and focuses on personal, spiritual and emotional growth with particular emphasis on relationships to self, others, God and the environment.

**OUTLINE OF THE PROGRAMME**

The Sabbatical Programme lays emphasis on both Spiritual as well as Psychological Dimensions and will cover a wide variety of subjects or areas.

**I. LECTURES**

Lectures on Spirituality, Relationships, Emotional growth, Developmental Growth, Relatedness to self, Christian Communication, Communication Skills, the Spirituality and Management of stress and burn out, Crisis Opportunity for Growth, etc.

**II. PERSONAL GROWTH WITH ACCOMPANIMENT**

Each Participant receives Growth Facilitation Sessions with a Member of the Team who will accompany them on their Growth Journey.

We believe that our Mission / Ministry flows out of our own Personal Emotional and Spiritual Growth.

**III. GROWTH COMMUNITIES (GROUP WORK)**

The Participants will work in small Community Building Groups and in Growth groups. The Program places emphasis on community living as a valuable resource and support for our daily lives. Therefore, we invite the members to use it as an opportunity where they can grow and call each other to growth, a “Mutual Evangelization!”

**IV. TIME FOR REFLECTION**

As Socrates said, “The unreflected life is not worth living”, participants are encouraged to be responsible to use time for personal reflection and for writing a Personal Journal, etc.

**V. WORKSHOPS**

There will be opportunities to follow prayer and discernment, spiritual development and Journaling.

**VI. PRACTICALS**

There will be opportunities to practice some communication exercises to improve Interpersonal Communication and Relationships.

**COURSE REQUIREMENTS:**

- Acceptance Letter
- Recommendation letter from your superior
- Priest
- Mental and physical stability.
- Compulsory attendance of classes.
- Must have good speaking and working knowledge of English.
- Be freed from congregational responsibilities.
- Provide two recent passports
- Academic Certificates
- Curriculum vitae, names of two referees and their contacts.
- Full residential for all sisters
- New Breviary for Morning & evening prayer & Bible
- A 4 loose-leaf folder
- A file for private journaling
- Personal Effects e.g. bed sheets, towels, soap, a torch, warm Sweater, track suit, Jacket
- 100 dollars for visa application (For Non Kenyans)
- Text books Ksh. 2,000/= (kept by participants)
- Medical Certificate of Good Health