

ABOUT CENTRE FOR RENEWAL

Centre For Renewal was inspired by the spirit of 2nd Vatican Council to foster the integral development of the Christian laity, Religious men and women and Clergy of Nigeria through programmes of spiritual enrichment, human development, leadership and understanding of biblical themes and vision of the human person, life, society and church. Centre For Renewal had served priests and Religious men and women in West Africa – Ghana, Gambia, Liberia, Sierra Leone and of course Nigeria in the 80's and 90's when it was the only such Centre and today continues to serve the church in Nigeria & Ghana.

Over the years – 42 years now since the foundation of Centre For Renewal in 1980 - participants have experienced renewal, and expressed satisfaction, delight and amazement with the approach and dimensions of the themes of the workshops.

People who attended any of CFR programmes will remember how they were helped to renew their lives.

PARTICIPANTS SHARE THEIR EXPERIENCES

- ✦ "Centre For Renewal is a place of renewal".
- ✦ "It is an Oasis"
- ✦ "I rediscovered life".
- ✦ "I found my God"
- ✦ "I rediscovered myself".

SPIRITUAL DIRECTION/DIRECTED RETREAT TRAINING

PHASE I
PHASE II : 30-DAY RETREAT
PHASE III
PHASES IV & V

At your request, the Centre is available to bring the following programmes to your locale:

RETREATS

- ✦ 3, 6 and 8 days Retreat
- ✦ Holy week Retreat
- ✦ Directed, Guided or Private Retreats

OTHER PROGRAMMES

- ✦ Workshop on Peace Building
- ✦ Sabbatical Programme
- ✦ Workshop on the Environment
- ✦ Communication Workshop
- ✦ Programme for Schools
- ✦ Leadership Styles
- ✦ Counselling Skills
- ✦ Workshop on MBTI
- ✦ Workshop on Human Sexuality
- ✦ Workshop on Enneagram
- ✦ Chapter Facilitation
- ✦ Workshop on Community Building
- ✦ Social Teachings of the Church
- ✦ Sexuality
- ✦ Accountability
- ✦ Relationships
- ✦ Conflict & Stress Management
- ✦ Collaborative Ministry

HOSPITALITY SERVICES

If you are interested in any of the programmes, this year will be an opportunity not to be missed.

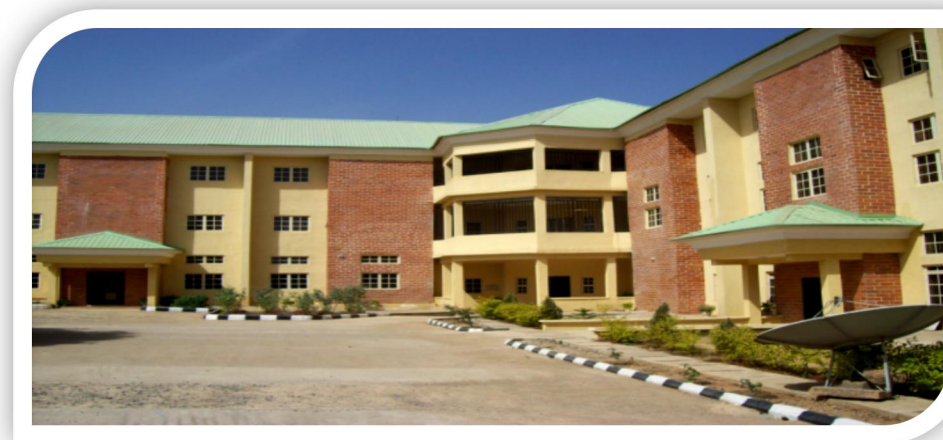
CONTACTS

To apply call the following phone numbers:
08131843353(Director), 08060129833(Assistant Director)
080 69056606 (Office), 08060105399, 08148449366
OR write through email centreforrenewaljos@yahoo.com,
www.centreforrenewaljos.org

CENTRE FOR RENEWAL 1 UTAN LANE, ALGADAMA JUNCTION
OFF GOODLUCK EBELE JONATHAN ROAD P.O. BOX 5281, JOS
PLATEAU STATE, POSTAL CODE 930006, NIGERIA

CENTRE FOR RENEWAL JOS

SISTERS OF THE HOLY CHILD JESUS



NOVEMBER 2022 TO DECEMBER 2023
CALENDAR OF PROGRAMMES

NOVEMBER 2022

4th – 8th AACSS Workshop for Sisters (1-24 years)
10th – 30th Spiritual Direction/Directed Retreat
Training (SD/DRT) Programme, Phase I

This programme is intended for persons called to the ministry of spiritual direction, formation in Seminaries and Religious congregations, and in the Church. It is also meant for those who are already in the ministry seeking to update their knowledge or sharpen their skills in directing. The aim is to train competent persons who will direct retreats, journey with Christians seeking deeper relationship with God in on-going spiritual direction, as well as to help them to live discerning lives in union with God's will. This training includes a 30-Day Retreat. **The SD/DRT programme is affiliated to Veritas University for Certificate and Diploma awards.**

DECEMBER 2022

18th –21st
22nd

Advent Retreat
Renewal Programmes
SHCJ Triduum
Staff Retreat

JANUARY 2023

11th

30-Day Retreat (*Arrival*)

A directed retreat is a one-on-one experience within an atmosphere of silence. A director is assigned to meet with a directee individually on daily bases. Your director helps you to process your prayer, and to discern the movement of the spirit. There is time for personal prayer, reflection, Penitential rites and Eucharist.

FEBRUARY 2023

13th
22nd

30 – Day Directed Retreat (*Departure*)
Ash Wednesday

MARCH 2023

8th – 31st

Spiritual Direction/Directed Retreat
Training Phase III

APRIL 2023

2nd
9th
17th–19th

Renewal Programmes
Palm Sunday
Easter Sunday
Workshop for spiritual year seminarians in Kano

MAY 2023

3rd

Spiritual Direction/Directed Retreat
Training Phases IV & V (*Arrival*)

JUNE 2023

12th
15th

Spiritual Direction/Directed Retreat
Training Phases IV & V (*Departure*)
Communication Workshop

The goal of this programme is to assist novices and seminarians in their Human Development, to further their communication abilities and to improve their personal effectiveness as people aspiring to be ministers and leaders. Its aim is to provide them with basic practical knowledge and skills of communication, offer them an opportunity to interact, learn and improve their interpersonal relationships, leadership skills and self-confidence. They may be introduced to basic skills in mass communication.

JULY 2023

Retreat / Programmes on Request

AUGUST 2023

Break Break Break

SEPTEMBER 2023

Retreat / Programmes on request

OCTOBER 2023

Retreat / Programmes on Request

NOVEMBER 2023

4th – 22nd

Spiritual Direction / Directed Retreat
Training Phase I

DECEMBER 2023

Retreat / Programmes on Request

WORKSHOP PROCESS

Generally we employ applied and participatory approaches.

Participants will be invited to:

- ♣ Learn, practice and live contemplative prayer.
- ♣ Reflect and pray on the meaning of themes.
- ♣ Share experiences in small & large groups.
- ♣ Make journeys to their inner selves.
- ♣ Do theological reflections
- ♣ Work in groups to find ways to emerge creatively with themes and life issues.
- ♣ Have contemplative faith sharing.
- ♣ Discover through activities how they apply themes to life and situations.
- ♣ Read and study and do systematic journaling.
- ♣ Direct Retreats.
- ♣ Have fun, recreate / socialize, exercise together in a relaxed atmosphere and learn to live, work, play together

GENERAL INFORMATION

For our programmes, the current suggested offering for Room and Board (including meals) is 7,500 Naira/day. Please discuss other fees when booking. We welcome free-will offerings and appreciate other services we receive. These enable the Centre to run its programmes effectively.

Groups and individuals are welcome to use Centre For Renewal facilities for their own programmes and events. We can accommodate up to fifty (50) persons.

