Spiritual Retreats
directed by priests of Opus Dei
for ordinary people

2017

www.tigonistudycentre.org
What is a Spiritual Retreat?

A Spiritual Retreat is time spent away from your ordinary occupations, during which you can reflect on how you live your faith in your everyday work, family life and relationships with others.

The atmosphere of personal prayer and recollection which is maintained throughout helps you to consider all aspects of your life and identify the areas in which you can improve.

How is a Spiritual Retreat conducted?

Meditations are given by the priest on the central themes of the Catholic faith. These are combined with times for private prayer and examination of conscience, and other devotional exercises such as the Stations of the Cross and the Rosary. Mass is celebrated daily. The Spiritual
Retreat is undertaken in silence to facilitate personal prayer and reflection.

Participants may also talk over their own situation with the priest or organiser to obtain advice which is appropriate to their specific circumstances.

**Content of a Spiritual Retreat**

The meditations and talks cover the following themes:

- The meaning of our life
- God’s designs for humanity
- Our life in the light of God’s Revelation
- God and individual freedom
- Jesus Christ, true God and true man
- The passion of Christ and the mystery of Redemption
- Eternal life
- Family and Christian life
- The vocations to marriage and celibacy
- Ordinary work and holiness
- Prayer and the sacraments in the life of the Christian
- The greatness of ordinary life
- The apostolate of the Christian
- Our Lady, model of sanctity

**The Spiritual Retreats** are directed by Opus Dei, a personal prelature of the Catholic Church. Opus Dei aims to help people of all walks of life to strive for holiness and to evangelise in a natural manner wherever they are, especially through their daily work.
Tigoni Study Centre

Weekend:
Thursday 7pm - Sunday 4pm

February 2 - 5*
May 4 - 7**
June 22 - 25*
July 6 - 9**
July 20 - 23*
October 26 - 29*
November 30 - December 3**

Weekday:
Monday 10am - Wednesday 4pm

March 20 - 22**
May 29 - 31*
June 5 - 7**
August 7 - 9*
August 28 - 30**
October 2 - 4**
December 4 - 6*

Tigoni House

Weekend:
Thursday 7pm - Sunday 4pm

April 27 - 30***
August 17 - 20*** In Kiswahili
November 9 - 12***

Reservations:
* Samara: +254 722530449 or 0202406491
** Olokira: +254 722625468
***Watani: +254 720892247

for women
Tigoni House
Young Professionals
Weekend: Thursday 7pm - Sunday 4pm
March 23 - 26 (at Kimlea Clinic)
May 4 - 7
September 7 - 10
November 2 - 5
Reservations: Roshani: +254 703228653

School Girls
Weekend: Thursday 7pm - Sunday 4pm
April 10 - 12
August 14 - 16
November 20 - 22
Reservations: Faida: +254 721243131

Hospitality Students
April 17 - 19*
April 20 - 23* (at Kimlea Clinic)
April 24 - 26**
December 4 - 6**
December 4 - 6* (at Kimlea Clinic)
Reservations:
*Watani: +254 720662159
**Kianda Catering: +254 774175424

University & College Students
Weekend: Thursday 7pm - Sunday 4pm
February 16 - 19**
March 2 - 5*
June 22 - 25*
July 20 - 23**
October 12 - 15*
November 16 - 19**
Reservations:
* Fanusi: +254 708242699
** Keri: +254 724501852 or +254 703034480/1
for men

**Tigoni Study Centre**
Weekend: Thursday 7pm - Sunday 4pm

- March 9 - 12
- June 1 - 4
- June 29 - July 2
- July 27 - 30
- August 31 - September 3
- September 21 - 24
- November 23 - 26

**Tigoni House**
Weekend: Thursday 7pm - Sunday 4pm

- June 15 - 18 **In Kiswahili**

**Tigoni Study Centre**
Spiritual Retreat for Priests
Weekday: Monday 10am - Friday 10am

- May 8 - 12

**Tigoni House**
Seminar for Seminarians
Weekday:
Monday 10am - Friday 10am

- May 8 - 12

**Reservations:**
*Imara Educational Foundation*
+254 717381280
M-Pesa Paybill no. 982600.
Account Name: Retreat date-month
for young men

Tigoni House
Spiritual Retreats for University Students & Young Professionals

Weekend:
Thursday 7pm - Sunday 4pm

January 26 - 29
June 1 - 4
June 29 - July 2
July 27 - 30
August 24 - 27
September 21 - 24
October 5 - 8
October 19 - 22
November 23 - 26

Reservations: +254 720278295

Tigoni House
Spiritual Retreats for School boys

Weekend:
Thursday 7pm - Sunday 4pm

February 23 - 26
February 27 - March 1
August 21 - 23
October 9 - 11
November 27 - 29
December 7 - 9

Reservations: +254 738406311
Directions

Tigoni Study Centre
Limuru Road,
500m from Kentmere Club,
Kenya