



Retreats

— 2012 —



What is a Retreat?

A 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 the 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 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 the retreat

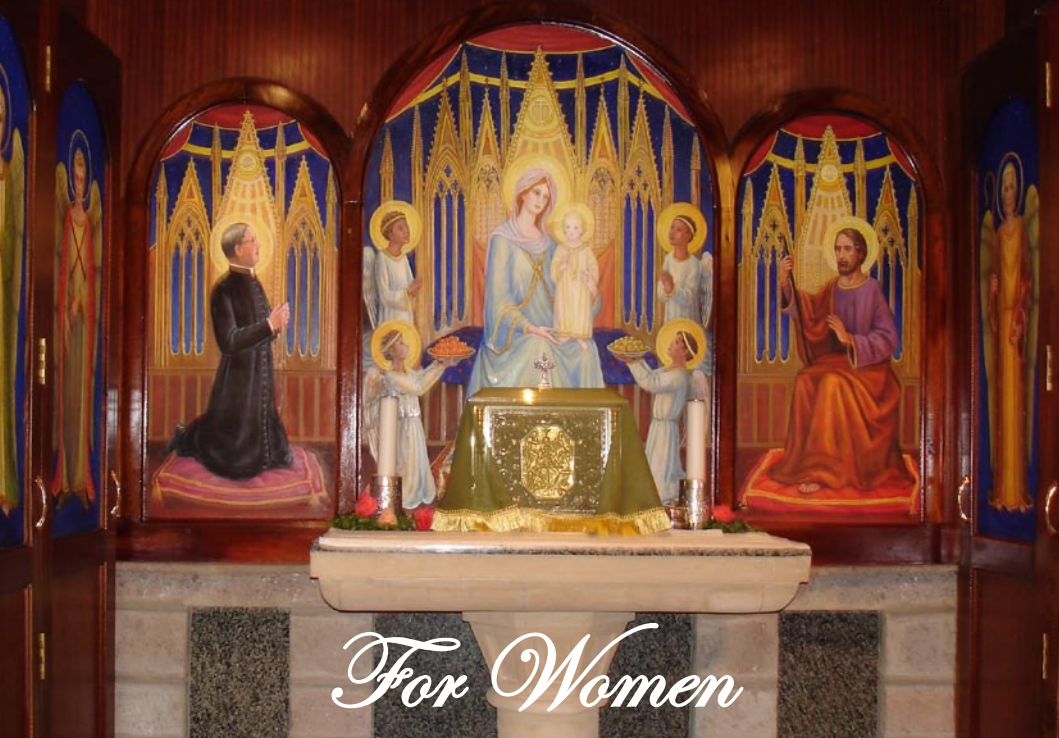
The meditations and talks cover the following themes:

- 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 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.



For Women

Tigoni Study Centre

March 01 - 04

May 14 - 16

July 19 - 22

August 13 - 15

September 06 - 09

November 26 - 28

December 06 - 09

Reservations

Samara

2406491/0721582285

kianda@africaonline.co.ke

Tigoni House

April 19 - 22

November 22 - 25

Reservations

Watani 0720892247

In Kiswabili

August 16 - 19

Reservations

Watani 0720892247

Jahazi Conference Centre

March 26 - 28

May 17 - 20

June 04 - 06

August 09 - 12

September 03 - 05

October 04 - 07

December 03 - 05

Reservations

Olokira

6006987/0722625468

olokira@africaonline.co.ke

October 18 - 21

Reservations

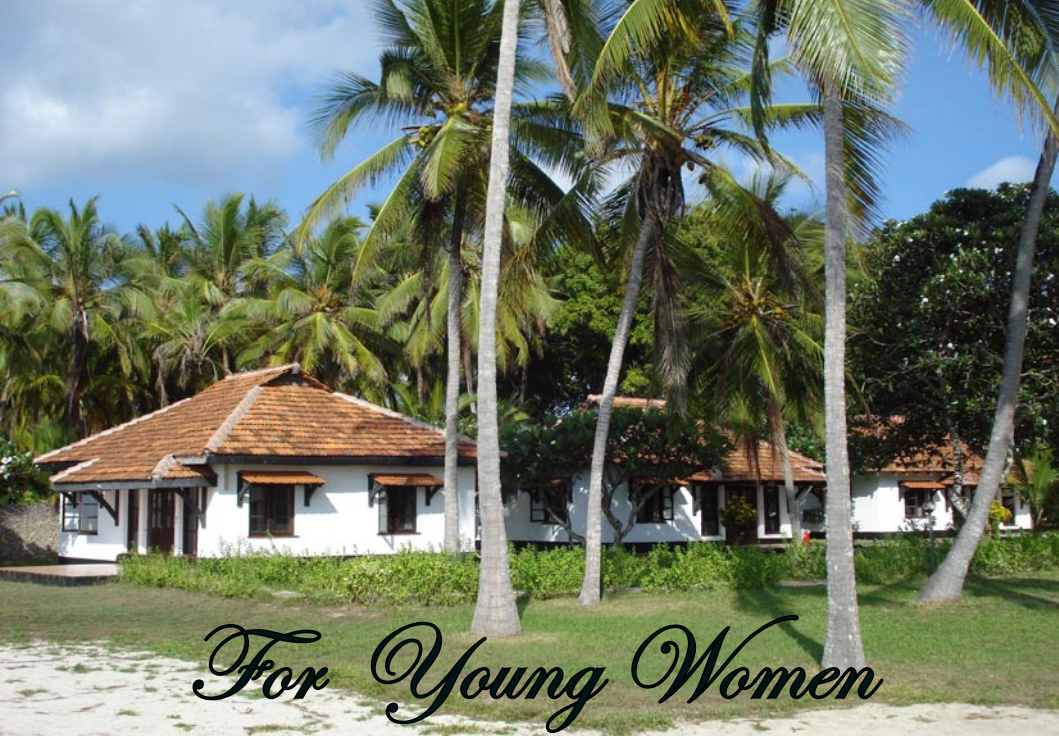
0722 891311 / 0735 789226

tewat@gmail.com

KEY:

Starts at 10am

*All others start at 7pm



For Young Women

Professionals

Tigoni House

March 22 - 25
 April 26 - 29
 July 26 - 29
 November 08 - 11

Reservations

Roshani 2712258/0719339963
 roshanicentre@gmail.com
 Kimlea
 2014388/0721248694
 kimlea@wananchi.com

School Girls

Tigoni House

April 09 - 11
 August 13 - 15
 December 03 - 05

Reservations

Faida 0733972436
 faidacentre@gmail.com

University & College Students

Tigoni House

February 02 - 05
 March 01 - 04
 29 - 01 April
 June 21 - 24
 July 19 - 22
 September 06 - 09
 November 01 - 04

Reservations

Fanusi 2694139/0720327504
 Keri 6008770/0712292768
 keri@strathmore.edu

Tigoni House

January 23 - 25
 February 20 - 22
 April 23 - 25
 30 - 02 May
 September 13 - 16
 October 25 - 28
 December 06 - 09

Reservations

Kianda Catering 2675198
 kiandacatering@yahoo.com
 Watani 0729258882
 watanicentre@gmail.com



For Men

Tigoni Study Centre

March 08 - 11
 May 10 - 13
 June 07 - 10
 July 12 - 15
 September 27 - 30
 November 29 - 2 Dec

Reservations
Imara Educational Foundation
 4348063 / 0725394512
 M-Pesa 0717381280
 ZAP 0733381281

Jahazi Conference Centre

February 23 - 26
 October 25 - 28

Bungoma

August 16 - 19

Reservations
Imara Educational Foundation
 4348063 / 0725394512
 M-Pesa 0717381280
 ZAP 0733381281

For Priests

Tigoni Study Centre

May 28 - 1 Jun

Jahazi Conference Centre

December 26 - 31

For Seminarians

Tigoni House

May 28 - 1 Jun

Reservations
Fr. Conor 0725870110

Tigoni House

In Kiswahili

June 1 - 3

Reservations

Eastlands Centre
 0721769053

KEY:

Starts at 10am

*All others start at 7pm



For Young Men

University Students
&
Young Professionals

Tigoni House

February 09 - 12
March 08 - 11
June 14 - 17
July 12 - 15
August 23 - 26
September 27 - 30
October 11 - 14
18 - 21
November 29 - 2 Dec

Reservations

Satima Study Centre
3743446/0720366012

www.satima.org

Mbagathi Study Centre
3555382/0720219152

mbagathistudycentre@gmail.com

Sudek

0721546031

director@sudek.org

School Boys

Tigoni House

January 27 - 30 Hod.
May 10 - 13 Riv.
24 - 27 Hod.
June 07 - 10 Riv.

Reservations

Hodari

0720278295

hodariclub@gmail.com

Riverside

0721396977

Strathmore Residence

April 12 - 15
August 09 - 12
December 06 - 09

Reservations

Eastlands Centre

0721769053



Directions

Tigoni Study Centre

Limuru Road, 500m from Kentmere Club.

Tel: 020 2397412

www.tigonistudycentre.org

Jahazi Conference Centre

Vipingo, (North Coast)

Tel: 0726411448

Bungoma

Tel: 0771144050

