

FACILITIES



auditorium



prayer room



aircon function rooms



lounge



library

individual conference /
spiritual direction rooms



Zen garden



Audio visual room



Trellises

MICS PROGRAMS

- ▶ Sabbatical Program
- ▶ One month renewal program for RVM Sisters celebrating their 25th and 50th Anniversaries
- ▶ 15 Day Renewal Program for RVM Sisters Within 15—20 years of RVM life.
- ▶ Renewal Program for Priests, Religious Brothers and Sisters
- ▶ Modular classes during the year or during summer – open to Priests, Religious Brothers and Sisters and Lay (3 days, 5 days, 7 days duration):

“Spirituality is an effort to bring all of life TOGETHER in an integrated synthesis of on going growth and development”

Sandra Schneiders, IHM

For inquiries please call :
Landline: (02)5794118; 725-35-87
Information-In-Charge
Email: micsdirectress@gmail.com
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Mother Ignacia Center for Spirituality
214 N. Domingo St.
1111 Quezon City
Philippines



Mother Ignacia

Center for

Spirituality

Religious of the Virgin Mary
214 N. Domingo Street
1111 Quezon City

VISION

A transformative society empowering individuals for global transformation in Christ.

MISSION

In response to the needs of the Church today, the Mother Ignacia Center for Spirituality has for its mission the on-going formation of the RVM Sisters and the wholistic formation of individuals especially women, both lay and religious, as effective evangelizers through an inculturated and contextualized spirituality.

Created in 1995, the Mother Ignacia Center for Spirituality is a service arm to the RVM Superior General and Council primarily for the Congregation's continuing formation of Sisters and the wider community as service to the Church and to the world.

OBJECTIVES

- to provide opportunities for the continuing formation
- to facilitate the growth in the Ignacian Spirituality making them open, discerning and creatively responsive to God's will in the service of the Church
- to offer programs for the renewal of one's spirit, mind and body and explore new possibilities for growth
- to develop understanding of discernment as a process leading to good individual and group decisions making discernment a way of life

SUMMER 2014 OFFERINGS

MODULES:

VISUAL JOURNALING

Visual Journaling is a process that was developed to encourage people to express their inner language on a regular basis. Within all of us is a silent language that reveals the truth of our thoughts, feelings and emotions far more fluently than words. Instead of words, visual journaling involves one's inner vision to imagine what a thought, feeling or emotional reaction would look like if it were expressed as a color, shape or image.

FOCUSING

Focusing is skill of awareness that involves sensing inwardly, sensing a certain kind of inner experience that everyone has but we haven't learned as important. Focusing is listening carefully to your body felt sense of a situation, or issue or challenge in your life. You learn to sense the whole of a situation in your experience. At first very vaguely then more and more comes just in noticing. In focusing we also get to listen to our inner wisdom. We can actually use the awareness of these subtle sensations for positive life changes and feel results in our body.

BETTER HEALTH: SACRED WELLNESS

To present certain approaches of managing personal health for better and longer quality life for the mission of Christ.

LIVING IN THE LIGHT OF OUR TRUE IDENTITY

We are meant to live from our core, from the deepest part of ourselves, or from the spark of divinity within each of us. We are meant to live Spirit-led lives as "Imago Dei" - Images of God that we are. However, no matter how successfully we have been living our lives there is always some dissatisfaction with ourselves. There is a longing for more - a hunger to BE more. This course will help us look closely on how our true self and true identity has been covered beneath the layers of our self-created image of ourselves or our illusory self. Awareness of the patterns of behavior that put us in stuck places or in

repetitive negative situations will help us change from the inside. With greater awareness we can choose to live Spirit-led lives and allow ourselves to be formed into the likeness of Jesus.

LIVING IN THE LIGHT OF OUR IDENTITY AS CONSECRATED PERSONS

There is always a value to return to our calling as religious - as consecrated persons. There is a need for us to know not only who we are but who we are called to be. The Church's documents on consecrated life are a rich source for our reflection and meditation. We take to heart our vocation and identity as persons consecrated to God.

GROUP SPIRITUAL DIRECTION: Seeking God Together

The gift that we can give to one another is our presence and deep listening. When we listen deeply to ourselves, we can also listen deeply to others and to God. In listening deeply to ourselves we let our lives speak to us. In listening to others, we receive into our heart the soul of the other. As we grow in ability to listen this way, we give the gift of "hearing each other into speech." When we become attentive to our spirit - we become more attuned to the stirrings of God's spirit within us. Then together we can become companions in our journey towards self, others and God. It is in Group Spiritual Direction that we experience being listened to and loved.

SACRED SCRIPTURES

SCRIPTURE AND LIFE: THE BOOK OF GENESIS
This is the first of a series of modules on Scriptures to deepen appreciation and love for the Word of God. Each module of the series focuses on a book of the Bible and offers opportunities for an informed and reflective reading with discussion of issues and themes related to faith, spirituality and mission. Module 1 introduces the series with the topic of Scripture in the life of the Church and deals with the Book of Genesis.

Module 1: The Book of Genesis - 4 days

Other Modules of the Series:

Module 2: The Books of Exodus, Leviticus and Numbers - 4 days;
Module 3: The Book of Deuteronomy - 3 days; Module 4: The Books of 1 and 2 Samuel - 4 days; Module 5: The Books of 1 and 2 Kings - 4 days; Module 6: The Books of Amos and Hosea - 4 days; Module 7: The Book of Isaiah - 3 days; Module 8: The Book of Micah - 3 days; Module 9: The Book of Jeremiah - 3 days; Module 10: The Book of Ezekiel - 3 days

**MICS MODULAR OFFERINGS
SUMMER 2014**

April 21

- REGISTRATION

April 22 (1 Day)

- VISUAL JOURNALING

April 23-24 (2 Days)

- FOCUSING

April 25 - May 03 (8 Days)

**- LIVING IN THE LIGHT OF OUR
TRUE IDENTITY**

May 05 - May 08 (4 Days)

**- LIVING IN THE LIGHT OF OUR
IDENTITY AS CONSECRATED
PERSONS**

May 09 - 10, 12 - 14 (5 Days)

**- SEEKING GOD TOGETHER
(GROUP SPIRITUAL DIRECTION)**

May 15 - 17 (3 Days)

- DREAM WORKSHOP



- 15-day Renewal Program for RVM Sisters
October 13-31, 2014
- 30-day Renewal Program for RVM Sisters
Silver and Golden Jubilarians
December 27, 2014- January 27, 2015
- For the RVM Sisters on Sabbatical Leave: if
you have not joined the Renewal Program
from 2009 up to the present, you are
encouraged to join the schedules on
October 2014 and December 2014 to
January, 2015.

If you had your Renewal Program within
2009-2013, then you are ready for the
next module on: ***My Sacred Story***
(A reflection on one's Autobiography) This
can be done at your own time and space
but you can avail of an accompaniment as
you journey through your life history either
on a one-on-one session or a small group
session.

For Summer Participants:

- ♦ These Program Offerings are part of the
Continuing Formation of the RVM Sisters
which we are opening to other Religious
Congregations of Brothers and Sisters,
Clergy and Laity. If you desire to grow in
self-knowledge and deepen your commit-
ment to God and His Church, these
modules are a great help.
- ♦ Fees:

Tuition Fee: Php500.00/day/pax. A
miscellaneous Fee of Php500.00/pax
for handouts and other activities is
required.

- ♦ Board & Lodging: This can be
arranged with Betania Retreat House,
Quezon City @ Php650/day/pax –
discounted rate for MICS module
participants. Call Tel. # (02)725-1744.
- ♦ An 8-day Directed Retreat can also be
arranged after May 17, 2014. This can
be arranged with the MICS Directress.
- ♦ The Modules on *Better Health, Sacred
Wellness* and *Sacred Scripture* will not
be offered this Summer but maybe
offered during the school year.

For reservations and inquiries please call :
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Website: www.rvmonline.net

RVM TEAM OF FACILITATORS:

S. Ma. Eulalia Banawis, RVM; S. Ma. Marigie
Barangan, RVM; S. Ma. Erlinda Bolasoc, RVM;
S. Ma. Anicia Co, RVM; S. Ma. Rosabella
Gallo, RVM; S. Ma. Virginia Lape, RVM;
S. Ma. Aurora Medel, RVM; S. Ma. Angela
Nenette Santiago, RVM; S. Ma. Lilia
Semeniego, RVM; S. Ma. Merma Liza
Shalah, RVM; S. Ma. Stella Suico, RVM;
S. Mar. Lourdes Tan, RVM