

## UPDATING AND RENEWAL

3<sup>rd</sup> TO 30<sup>th</sup> NOVEMBER

**November 3<sup>rd</sup>**

Arrival for Dinner and Introduction

**November 4<sup>th</sup> to 6<sup>th</sup>**

Women in the Bible  
Fr. Dilan, SJ

**November 7<sup>th</sup> to 9<sup>th</sup>**

Self-Identity  
Sr. Nilanthi, FMM

**November 10<sup>th</sup>**

Free Day

**November 11<sup>th</sup> to 13<sup>th</sup>**

Care for Our Common Home in *Laudato si'* &  
*Laudato Deum*  
Fr. Ahilarajah, SJ

**November 14<sup>th</sup> to 16<sup>th</sup>**

Back to Biblical Jesus - Jesus the Asian  
Fr. Jeyaraj, SJ



**November 17<sup>th</sup>**

Day of Integration

**November 18<sup>th</sup> to 20<sup>th</sup>**

Spirituality of Non-Violence  
Fr. Mariyathas, SJ

**November 21<sup>st</sup> to 23<sup>rd</sup>**

The Spirituality of Communion and Formation  
for Synodal Life  
Fr. Milroy, SJ

**November 24<sup>th</sup>**

Free Day

**November 23<sup>rd</sup> to 27<sup>th</sup>**

Understanding Why You Are the Way You Are!  
Fr. Ahilarajah, SJ

**November 28<sup>th</sup> to 29<sup>th</sup>**

Becoming and Being Contemplatives in Action  
Fr. Jeyaraj, SJ

**November 30<sup>th</sup>**

Integration and Departure after Lunch

Cost (All Inclusive): Rs. 100,000/=

**December 8<sup>th</sup> to 13<sup>th</sup>**

Mind, Heart, and Behaviour Management  
Fr. William Sequeira, SJ

**December 15<sup>th</sup> to 20<sup>th</sup>**

Spirituality of the Midlife Years (35 plus)  
Fr. William Sequeira, SJ

ON REQUEST

(INDIVIDUALS & GROUPS)

RETREATS & RECOLLECTIONS

ARE AVAILABLE.



**LEWELLA, KANDY**



**PROGRAM**

**FOR THE YEAR**

**2024**



## RETREATS

**January 12<sup>th</sup> to 20<sup>th</sup>**

8-Day Retreat  
Fr. Edward, SJ

**March 3<sup>rd</sup> to 11<sup>th</sup>**

8-Day Retreat  
Fr. Kamal, SJ

**April 19<sup>th</sup> to 27<sup>th</sup>**

8-Day Retreat  
Fr. Jude, SJ

**August 11<sup>th</sup> to 19<sup>th</sup>**

8-Day Retreat  
Fr. Jeyaraj, SJ

**August 29<sup>th</sup> to September 6<sup>th</sup>**

8-Day Retreat  
Fr. Mariyathas, SJ

**September 15<sup>th</sup> to 23<sup>rd</sup>**

8-Day Retreat  
Fr. Jeyaraj, SJ

**November 1<sup>st</sup> to 30<sup>th</sup>**

30-Day Retreat  
Fr. Ahilarajah, SJ

Cost (All Inclusive):

8-Day Retreat: Rs. 24,000/=

30-Day Retreat: Rs. 75,000/=

**FATIMA RETREAT HOUSE  
2024**

## PROGRAM FOR FINAL COMMITMENT

**APRIL 1<sup>ST</sup> TO MAY 8<sup>TH</sup>**

AT ARRUPPE HOUSE WITHIN FRH PREMISES

**April 1<sup>st</sup>**

Arrival for Lunch and Introductory Sessions

**April 2<sup>nd</sup> to 4<sup>th</sup>**

Healing Our Images of God for Inner Healing  
Fr. Jeyaraj, SJ

**April 5<sup>th</sup> to 6<sup>th</sup>**

Self-Motivation  
Sr. Nilanthi, FMM

**April 7<sup>th</sup>**

Free Day

**April 8<sup>th</sup> to 9<sup>th</sup>**

Spirituality of Non-Violence  
Fr. Mariyathas, SJ

**April 10<sup>th</sup> to 11<sup>th</sup>**

Discernment as a Way of life  
Fr. Ahilarajah, SJ

**April 12<sup>th</sup> to 13<sup>th</sup>**

Self-Exploration  
Sr. Nilanthi, FMM

**April 14<sup>th</sup>**

Free Day

**April 15<sup>th</sup> to 18<sup>th</sup>**

Finding Meaning in Adversity  
Fr. Ahilarajah, SJ

**April 19<sup>th</sup> to 20<sup>th</sup>**

Self-Discovery  
Sr. Nilanthi, FMM

**April 21<sup>st</sup>**

Free Day

**April 22<sup>nd</sup> to 24<sup>th</sup>**

Befriending your body  
Fr. Stephen, SJ

**April 25<sup>th</sup> to 27<sup>th</sup>**

Back to Biblical Jesus - Jesus the Asian  
Fr. Jeyaraj, SJ

**April 28<sup>th</sup>**

Free Day

**April 29<sup>th</sup> 30<sup>th</sup>**

Consecrated Life for the 21<sup>st</sup> Century  
Fr. Jeyaraj, SJ

**May 1<sup>st</sup> to 8<sup>th</sup>**

8-Day Retreat (Optional)

Cost (All Inclusive):

Inclusive of Rereate: Rs. 125,000/=

Exclusive of Retreat: Rs. 100,000/=

