

RETREATS

JANUARY 15TH TO 23RD

8-DAY RETREAT
Fr. Thusara, SJ

APRIL 21ST TO 29TH

8-DAY RETREAT
Fr. Robert, SJ

MAY 16TH TO 24TH

8-DAY RETREAT
Fr. Jude, SJ

JULY 18TH TO 26TH

8-DAY RETREAT
Fr. Benedict, SJ

AUGUST 4TH TO 12TH

8-DAY RETREAT
Fr. Mariyathas, SJ

AUGUST 15TH TO 23RD

8-DAY RETREAT
Fr. Jeyaraj, SJ

SEPTEMBER 5TH TO 13TH

8-DAY RETREAT
Fr. Jeyaraj, SJ

DECEMBER 1ST TO 9TH

8-DAY RETREAT
Ahilaraj, SJ

30-DAY RETREAT

On Request

PROGRAM

JUNE 21ST TO 22ND

Embrace mental wellness and inner
discovery of self
Sr. Nilanthi, FMM

JULY 25TH TO 26TH

Positive Dealing of digital devices and
addiction
Sr. Nilanthi, FMM

AUGUST 23RD TO 24TH

Engage in new mind sets of Gen Z or
mentoring and well-being of new gener-
ation
Sr. Nilanthi, FMM

DECEMBER 10TH TO 15TH

Finding Meaning in Adversity & Under-
standing Why You Are the Way You Are!
(For Juniors)
Fr. Ahilaraj, SJ

DECEMBER 17TH TO 21ST

Leadership

We are challenged in the Church “reimagine in a turbulent, fast-changing, and sometimes unsettling” 21st century. We need a paradigm shift as to re-envision how we live out our religious commitment and engage in the evangelizing mission of the Church. Pope Francis “has already been articulating a vision” - a synodal vision- that not only challenges the Church but also necessitates that we “scrap the traditional, narrow vision of leadership and adopt a model” where everyone leads.

PILGRIMS OF HOPE

JUBILEE YEAR 2025



**PROGRAM
FOR THE YEAR
2025**



EXPERIENCE OF IGNATIAN SPIRITUALITY THROUGH THE SPIRITUAL EXERCISES

AUGUST 1ST TO 11TH

THE COURSE CONSISTS OF THE FOLLOWING

The Book of the Spiritual Exercises

The Structure, Dynamics &
Method of the Spiritual Exercises

Annotations, Additions & Focuses

Exercises of the First, Second, Third
and Fourth Weeks

Rules for Discernment and Other
Rules

Spiritual Direction in the Context of
the Retreat

Arrival: August 1st before 6.00 pm

Departure: August 11th after lunch

CONTACT PERSONS:

Fr. Jeyaraj, SJ - Mobile: 0777822420

Fr. Ahilaraj, SJ - Mobile: 0742818084

Board & Lodging and Course Fees
Rs. 50,000.00/=

Only a limited number of
participants will be admitted on the
basis of first come first served.

There will be a brief follow-up
session in the future.

Please bring your bible and a copy of
the Spiritual Exercises of St. Ignatius
(if you have)



Contact us:

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Email:

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On request
(Individual & group retreats and
recollection)

