

### Vision Statement

The Retreat House is a space for integral human flowering. It is an enabling environment to develop our human potential in the physical, mental, emotional, and social dimensions in order to heighten awareness of our deepest spiritual roots, and to grow in interconnectedness to others, to society, and to nature. Harmony among all in their rich diversity of faiths and cultures, and with nature in all its colourful variety and beauty, is the most precious fruit of this integral human flowering.

### Main Activities

- Spiritual Retreats
- Meditation and Contemplation
- Psychological Growth and Well-being Programmes
- Inter-Religious and Spiritual Dialogue
- Environmental Care and Social Outreach

### Other Services Offered

- Individual Guided Retreats, Spiritual Direction, and Counselling.
- Dialogues on Inter-Religious Concerns and deep human questions
- Meditation, Contemplation, Vipassana Yoga, and Dance therapy
- Certified Courses on Scripture and Transactional Analysis
- Residential and non-residential facilities for Seminars, Workshops, and Retreats

### The Team

The Retreat House team consists of a blend of experience and professional training in different spheres: spirituality, counselling, spiritual direction, philosophy, world religions and dialogue. Its members are engaged at various levels in instructing and guiding priests, religious and lay people within the country and abroad:

Alban D'Melo, S.J.  
Fiorello Mascarenhas, S.J.  
Simon D'Souza, S.J.  
Lancy Prabhu, S.J.

### Please Note:

You are welcome to spend a day in silence and alone with God in the quiet and tranquil environment of the Retreat House. A guide if needed will be available. Meals and a room will be provided. A contribution towards the "Poor Retreatants Fund" is welcome. Register 2 days in advance.

The Jesuit Priests are available for individual Guided/Group Retreats depending on the availability of accommodation either at the Retreat House or elsewhere.

The Retreat House is also available to groups that organize their own programmes on days other than those scheduled by the Retreat House.

### Paschal Triduum Retreat: Journeying with Jesus

A meditative and prayerful journey with Jesus through his Passion, Death and Resurrection, enabling the "Passover" or the movement from death to Life, from darkness to Light in our everyday life. Resource persons: Retreat House Team

13 April, am 15 April, pm 2017

### The Parables of Jesus The Challenge of the Kingdom: (Scripture Series):

The parables are among the best known of Jesus' words. Constituting over a third of the Gospels they illumine the key themes of Jesus' teaching. Using them with great creative skill, Jesus challenged his listeners to a radical change in perception conveying an extraordinary sense of the mystery of God. The Series will bring out the special flavor of Jesus' parables, draw out their meanings, and highlight their challenging wisdom for our times. 25 September, 9, 16 & 23 October & and 6 November 2016. Resource persons: Fr. Simon D'Souza, S.J. and Fr. Lancy Prabhu, S.J.

### Nurturing Our Spiritual Life Everyday (Spirituality Series):

Important themes like many coloured threads that interweave and intersect the garment of our daily spiritual life will be the focus. Sessions will include inputs, reading material, spiritual practices, Eucharist, and discussion and sharing. Compassion, Devotion, Gratitude, Forgiveness, Reverence, Beauty and Faith are some of the major themes that will be explored.

22 & 29 January, 5,12, 19 & 26 February 2017. Resource Person: Fr. Lancy Prabhu, S.J.

### NLP Basic Training:

By Dr (Fr.) Anthony J. D'Souza, S.J.

6 November, am. 10 November, pm 2016 (May arrive the previous evening)

Neuro-Linguistic-Programming (NLP) offers a pragmatic model of understanding the process involved in human behaviour and communications. A non-invasive approach, its principles help to understand and make changes in many areas of life. NLP provides the widest range of choices and possibilities for behaviour.

Dr (Fr) Anthony D'Souza, S.J. has a PhD in Clinical Psychology from Wright State University, USA. He has trained in the United States in NLP. He has counselling and therapy experience of over 25 years.

Total fee (Residential): 16,000/-: Rs 4000/- Registration (non-refundable deposit) + 6000/- Course fee + Rs 6000/- Board and Lodge.

Total fee (Non-Residential): 14,000/-: Rs 4000/- Registration (non-refundable deposit) + Rs 6000/- Course fee +4000/- Breakfast and Lunch.

## PROGRAMMES: JUNE 2016 MAY 2017

### 30-Day Spiritual Exercises of St Ignatius:

By Alban D'Mello, S.J.

27 June, pm 28 July, pm; Jan. 10, pm Feb. 10, pm.

The Spiritual Exercises of St Ignatius are a process of reorganizing one's life in accordance with the living example of Jesus in order to live more authentically.

### 8 Day Guided Retreats for Religious:

By Alban D'Mello, S.J.

4 June, pm 12 June, pm; January 16, pm January 24, pm; 18 April, pm 26 April, pm.

A grace-filled opportunity to spend time in quiet prayer and meditation to discover oneself in the light of the Spirit and deepen union with God.

### 8 Day Diwali Vacation Retreat:

By Fr. Simon D'Souza, S.J.

27 October pm 4 November 2016

An opportunity to be alone in prayerful silence with God, to listen to him, to face yourself and your life in truth, and to realize deeply God's unique, passionate love.

### 8 Day Summer Vacation Retreat:

By Fr. Lancy Prabhu, S.J.

2 May pm. 10 May pm 2017

This is an inward journey that integrates the complementary approaches of wisdom and love. Meditation on significant themes that interweave our inner life enabling deep communion with the Lord and living truly and religiously in our world will be the predominant focus.

### Awareness Retreat: A Way to Liberation

By Fr. Anthony J. D'Souza, S.J.

12 May 22 May 2017

This retreat is designed to help participants discover and integrate spiritual and psychological aspects of their personality through the process of self-awareness. They are led to understand themselves within a psycho-spiritual framework which is based on the wisdom of Western Psychology and Eastern Spirituality. Through various exercises the participants will learn a spiritual way of daily living is mindful and choice-ful, leading to deeper freedom and joy.

### 3 Day Seasonal Retreats:

MONSOON: An inner pilgrimage to open oneself to showers of divine blessings.

23 June, pm 26 June, pm: Simon D'Souza, S.J.

14 July, pm 17 July, pm: Alban D'Mello, S.J.

25 Aug. pm 28 Aug. pm: Lancy Prabhu, S.J.

### 1 Day Thematic Retreats (9.00 am 5.00 pm):

2016: 19 June; 6 July; 17 August; 12 September; 11 October; 14 November; 12 December.

2017: 15 January; 12 February. Resource persons: Fr. Lancy Prabhu, S.J. and Fr. Simon D'Souza, S.J.

ADVENT: A preparation for the celebration of Christ's joyous birth anew in our hearts.

1 December, pm 4 December, pm: Lancy Prabhu, S.J.  
8 December, pm 11 December, pm: Simon D'Souza, S.J.  
15 December, pm 18 December, pm: Alban D'Mello, S.J.

LENT: A deep loving identification with Christ in his passage through passion and death to the resurrection.

9 March, pm 12 March, pm: Alban D'Mello, S.J.  
16 March, pm 19 March, pm: Lancy Prabhu, S.J.  
23 March, pm 26 March, pm 2016: Simon D'Souza, S.J.

### Retreats for Youth (non-residential):

One or two day retreats (9 am 4 pm) for youth particularly college students will be conducted by the Jesuit Fathers through arrangements made in advance.

**Note:** In addition to the above dates, the Retreat House Jesuits will also be available to individuals and groups for retreats of varied time-periods throughout the year.

### Fee for Retreats:

**30 Day Retreat:** Self-contained room: Rs 2000/-  
Registration (non-refundable) + Rs 18000/- Board and Lodge = Rs 20000/-

**8 Day Retreat:** Self-contained room: Rs 800/-  
Registration (non-refundable) + Rs 4800 Board and Lodge (self-contained room) = Rs 5600/-  
Non-self-contained  
Rs 800/- Registration (non-refundable) + Rs 4000/-  
Board and Lodge = Rs 4800/-

**5 Day Retreat:** Self-contained room: Rs 500/-  
Registration (non-refundable) + Rs 3000/- Board and Lodge = Rs 3500/-  
Non-self-contained  
Rs 500/- Registration (non-refundable) + Rs 2500/-  
Board and Lodge = Rs 3000/-

**3 Day Retreat:** Self-contained room: Rs 250/-  
Registration (non-refundable) + Rs 1800/- Board and Lodge = Rs 2050/-  
Non-self-contained  
Rs 250/- Registration (non-refundable) + Rs 1500/-  
Board and Lodge = Rs 1750/-

**Note:** - The above rates are subject to revision.

## Programme at a Glance June 2016 May 2017

DATE	EVENT	RESOURCE PERSON
<b>2016</b>		
4 June - 12 June	8 Day Guided Retreat	Fr. Alban D'Mello S.J.
5 June - 5 July	30 Day Retreat	Fr. Alban D'Mello S.J.
19 June	1 Day Thematic Retreat	Fr. Lancy Prabhu S.J.
23 June -26 June	3 Day Monsoon Retreat	Fr. Simon D'Souza S.J.
27 June - 28 July	30 Day Retreat	Fr. Alban D'Mello S.J.
6 July	1 Day Thematic Retreat	Fr. Simon D'Souza S.J.
14 - 17 July	3 Day Monsoon Retreat	Fr. Alban D'Mello S.J.
17 August	1 Day Thematic Retreat	Fr. Simon D'Souza S.J.
25 - 28 August	3 Day Monsoon Retreat	Fr. Lancy Prabhu S.J.
12 September	1 Day Thematic Retreat	Fr. Lancy Prabhu S.J.
25 September	Parables of Jesus :	Fr. Lancy Prabhu S.J.
2 October	Parables of Jesus	Fr. Simon D'Souza S.J.
9 October	Parables of Jesus	Fr. Lancy Prabhu S.J.
11 October	1 Day Thematic Retreat	Fr. Simon D'Souza S.J.
11 October	Parables of Jesus	Fr. Simon D'Souza S.J.
16 October	Parables of Jesus	Fr. Lancy Prabhu S.J.
23 October	Parables of Jesus	Fr. Lancy Prabhu S.J.
27 Oct -4 Nov	8 Day Diwali Vacation Retreat	Fr. Simon D'Souza S.J.
5 Nov - 10 Nov	NLP Basic Training Course	Fr. Anthony J. D'Souza S.J.
14 November	1 Day Thematic Retreat	Fr. Lancy Prabhu S.J.
1 - 4 December	3 Day Advent Retreat	Fr. Lancy Prabhu S.J.
8 - 11 December	3 Day Advent Retreat	Fr. Simon D'Souza S.J.
15 - 18 December	3 Day Advent Retreat	Fr. Alban D'Mello S.J.
<b>2017</b>		
10 Jan - 10 Feb	30 Day Retreat	Fr. Alban D'Mello S.J.
16 January	1 Day Thematic Retreat	Fr. Simon D'Souza S.J.
16 - 24 January	8 Day Guided Retreat	Fr. Alban D'Mello S.J.
22 January	Nurturing Our Spiritual Life	Fr. Lancy Prabhu S.J.
29 January	Nurturing Our Spiritual Life	Fr. Lancy Prabhu S.J.
5 February	Nurturing Our Spiritual Life	Fr. Lancy Prabhu S.J.
12 February	1 Day Thematic Retreat	Fr. Simon D'Souza S.J.
12 February	Nurturing Our Spiritual Life	Fr. Lancy Prabhu S.J.
19 February	Nurturing Our Spiritual Life	Fr. Lancy Prabhu S.J.
26 February	Nurturing Our Spiritual Life	Fr. Lancy Prabhu S.J.
9-12 March	3 Day Lenten Retreat	Fr. Alban D'Mello S.J.
16-19 March	3 Day Lenten Retreat	Fr. Lancy Prabhu S.J.
23-26 March	3 Day Lenten Retreat	Fr. Simon D'Souza S.J.
13 - 15 April	Paschal Triduum Retreat	Jesuit Fathers
18 26 April	8 Day Guided Retreat	Fr. Alban D'Mello S.J.
2 - 10 May	8 Day Summer Vacation Retreat	Fr. Lancy Prabhu S.J.
12 - 22 May	Awareness Retreat	Fr. Tony J. D'Souza S.J.

### Management

Sr. Lia Barretto, SCC: Programme Coordinator

Sr. Anjali Kujur, SCC: Hospitality

### General Information

Advance Booking preferable by e-mail.  
Confirmation only on payment of the non-refundable registration fee.

Participants' arrival time: 6.00 pm. Departure: 4.00 pm.  
Please bring towel, bed linen, toiletries, writing material, and a small padlock

The Retreat House is a non-profit organization. With the minimum cost we encourage all people to avail of the facilities provided.

### Directions to Reach the Retreat House

- ❖ From anywhere you are, get to Bandra Station (West)
- ❖ Bus # 211 (Fr. Agnel Ashram): Alight at Bandstand, second last bus stop. Walk up Kane Road (150 metres) the third building on the left.
- ❖ Autorickshaw: Get down at Mount Mary's Basilica and turn right to Kane Road, the third building on the right.
- ❖ From the airport: Take any conveyance to Bandra and reach Mount Mary's Basilica. Then follow the instructions as above.

### For Registration and Enquiry

Contact:

Programme Coordinator

Monday Saturday

9.00 a.m. - 12.30 p.m.; 3.00 p.m. - 5.00 p.m.

Tel: (022) 2641 6653, 2642 2095, 2645 5296

Email: bandraretreathouse@gmail.com

## THE RETREAT HOUSE BANDRA

### Centre for Spirituality and Dialogue



## PROGRAMMES JUNE 2016 MAY 2017

The Retreat House  
6 Kane Road, Bandra (W)  
Mumbai 400 050

Tel: (022) 2641 6653, 2642 2095, 2645 5296

Email: bandraretreathouse@gmail.com

Website: www.retreathousebandra.com;

www.bandraretreathouse.in