



# Spiritual Journey 2024

## St. Pauls' Family Life Ministry



### Mission:

That our families may exceedingly thrive based on Christian values in the Parish & beyond.

### Vision:

A value based family Institution that is recognised, supported, promoted and considered as the basic unit of a sustainable society.

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## Theme: New evangelisation for Active Participation in Christian Life

This theme combined with the church in Synodality, calls us to reach out to both individuals, families or children who may have fallen by the way in their spiritual journey due to various reasons either of omission or commission. It is a call to spiritual renewal, living the values of our catechism as well as being our brothers keeper.

Towards this, the St Paul's Family life Ministry draws this second segment of the calendar that augments its core programs of Marriage encounter cell, Marriage Preparation classes and couples enrichment schedule. In this spirit, we have drawn up 10 topics of reflective sharing to be discussed online every last friday of the month. These borrows from the Apostolic Exhortation Familiaris Consortio as a guide.

### 29th Mar 2024 | Emerging threats to the family unit (Week 5 - Lenten Campaign 2024)

The family unit remains under threat of many visible and invisible causes. It is in identifying the threats, accepting the challenges they pose to the family that we can put in place counter measures & thrive.

### 26th April 2024 | The identity and mission of the family

Every particular task of the family is an expression and concrete actuation of that fundamental mission bestowed upon it. It is with the the understanding that love forms the reference point to the four general tasks of the family namely: Forming a community of persons, Serving life, Active participation in development of the society and Sharing in the life and mission of the Church (cf;Familiaris consotio,Gaudium et spes) that we shall build cohesiveness and respect.

### 31st May 2024 | The domestic church: A pillar for evangelization, serving evangelization

The second Vatican Council writes.."the Christian family which springs from marriage as a reflection of the loving covenant uniting Christ with the Church, and as a participation in the covenant, manifests to all people the Saviours living presence. (Gaudium et Spes 48, Familiaris Consortio)

### 28th June 2024 | The human and Christian demands: Family, work & life balance

Returning to the wisdom of St. John Paul II, "Man ought to imitate God both in working and also in resting, since God himself wished to present his own creative activity under the form of work and rest. ... Therefore man's work too not only requires a rest every 'seventh day,' but also cannot consist in the mere exercise of human strength in external action.

### 26th July 2024 | The education of children: A primary and inalienable right ..Lessons from Catechism

Parents are the first teachers of the children. We must trustingly and courageously train children in the essential values of human life. For this reason, imparting sex information dissasociated from moral principles and values only serves to open the way to vices instead of imparting knowledge.

### 30th August 2024 | Nurturing friendship through the Marriage seasons; The fun we lost

The four phases of marriage (Dream stage, Dissillusionment stage, Discovery Stage and Depth stage) can be daughtingly easy or difficult depending on the foundation so set by the couple in the union. All in all, there are some key componets that once ignored sets the union on the rocks. These include but not limited to marital goals, communication, feelings, differences, conflict, intimacy, roles, and being intentional about having fun.

### 27th September 2024 | Striving for holiness in family, the spiritual growth question

We should follow Christ and become like him, seeking the Father's will in all things, the glory of God and the good of our neighbor. We should use our personal gifts and fulfill our duties in the spirit of faith working through love.

### 25th October 2024 | The family in Modern times

Many argue that the modern family is an anachronistic institution whose demise is only a question of time. Looking to the family's future, the eminent sociologist Brigitte Berger argues that despite being weakened and embattled, the family will survive as a fundamental social institution. Pope Francis's comments about family in a recent sitting, said family consists largely of a tidal wave of empathy for people struggling with unemployment and low wages, parents who made immature choices and the much bigger existential challenge of how to commit in a world where choice seems limitless.

### 29th November 2024 | The family hurts, why they hurt deeply

Being betrayed by a friend or a family member is one of the worst feelings ever. Sometimes the emotional pain is far worse than that of physical pain. The question is, how do we handle betrayal? The first thing our flesh wants to do is get revenge. If not physically, then in our minds. But Christ taught us the best way of handling betrayal through washing the disciples feet, dining with all including the one out to betray him.

## OTHER PROGRAMS

ACTIVITY	VENUE	DATE	COST
Consultations - 2023 Program review	Online meeting	12th January	Nil
World Marriage day Dinner	St. Pauls University chapel	9th February	TBA
Session 1: Marriage Preparation classes	St. Pauls University chapel	8th Feb- 28th Mar	Nil
Marriage Accompaniment Sessions	St. Pauls University chapel	13th April	TBA
Spiritual recollection	JJ MacArthy Centre	18th May	TBA
All Singles sharing meeting	St Pauls University Chapel	24th May	TBA
Session 2: Marriage Preparation classes	St. Pauls University chapel	13th June - 25th Jul	Nil
Marriage Accompaniment Sessions	St. Pauls University chapel	27th July	TBA
Session 3: Marriage Preparation classes	St. Pauls University chapel	19th Sept - 14th Nov	Nil
Marriage Accompaniment Sessions	St. Pauls University chapel	16th Nov	TBA
** ME Promotional Talk	Church (All Masses)	Day of Mass animation	Nil
** ME cell meetings	Host couples home	Quartely	Nil
** Marriage & Family life online sessions	Online	Last Friday every month	Nil

( Join via Zoom every last friday of the month; Meeting ID: 845 260 340 78 Passcode: 961 662 )



## MARRIAGE ENCOUNTER ARCHDIOCESE OF NAIROBI SCHEDULE

ACTIVITY	VENUE	DATE	COST
1st original weekend	St Francis Spiritual Centre Kasarani	2nd- 4th Feb	12,000
World Marriage day	All parishes	11th February	APP
1st Engaged couples weekend	Karen (Little daughters of St. Joseph)	8th -10th March	12,000
2nd Original weekend	St Francis spiritual Centre Kasarani	12th- 14th April	12,000
3rd Original weekend	Subiaco Retreat Centre, Karen	7th- 9th Jun	14,000
2nd Engaged couples weekend	Karen (Little daughters of St. Joseph)	12th - 14th July	12,000
4th Original weekend	St Francis spiritual Centre Kasarani	9th - 11th August	12,000
ME mass with the Bishop	TBA (All encountered couples in Nrb)	7th September	TBA
World Priest Day	All Parish	27th October	Nil
Act of Mercy	All Parishes (chose their day)	23rd Nov	TBA
5th Original weekend	Subiaco Retreat Centre, Karen	8th-10th Nov	14,000
Holy Family Sunday	All Dioceses & Parishes	29th Dec	Nil

### 2ND MARRIAGE PREPARATION SESSIONS 2024

TOPIC	SPEAKER	DATE
1. Love and Courtship	by Otienos'	13th June, 2024
2. The sacrament of marriage	by Fr. Wamuti/FrKaigua	20th June, 2024
3. Communication in Marriage	by Otienos'	27th June, 2024
4. Dialogue, Intimacy & Sex in Marriage	by Sakwas'	4th Jul, 2024
5. Family planning	by Mainas'	11th July, 2024
6. Marriage in todays' world	by Thigas'	18th July, 2024
7. Handling Finances in Marriage	by Otienos'	25th July, 2024
8. Parenting in the 21st Century	by Kairarias	1st Aug 2024

### 3RD MARRIAGE PREPARATION SESSIONS 2024

TOPIC	SPEAKER	DATE
1. Love and Courtship	by Sakwas'	19th Sept, 2024
2. The sacrament of marriage	by Fr. Wamuti/Fr Kaigua	26th Sept, 2024
3. Communication in Marriage	by Otienos'	3rd Oct, 2024
4. Dialogue, Intimacy & Sex in Marriage	by Sakwas'	17th Oct, 2024
5. Family planning	by Mainas'	24th Oct, 2024
6. Marriage in todays' world	by Thigas'	31st Oct, 2024
7. Handling Finances in Marriage	by Otienos'	7th Nov, 2024
8. Parenting in the 21st Century	by Kairarias	14th Nov, 2024

Prepared by St Paul's Family Life Ministry.

March, 2024