

COURSES OFFERED FROM OCTOBER 2017 TO MARCH 2018

Oct 2 – 6	Eucharist: Source of Christian life	Fr. Boniface Pinto
Oct 9 -13	Canonical aspects of Religious life	Fr. James Pampara
Oct 16 – 20	Mariology	Fr. Vinod Lobo OCD
Oct 23 – 27	Psycho-spiritual maturity	Sr. Lorraine Pinto SJC
Oct 30 – Nov 3	Discernment of Spirits	Fr. Terrence Farias SJ
Nov 6 – 10	Contemplative Formation	Fr. Gregory D'Souza OCD
Nov 13 – 17	Covenant & Discipleship	Fr. Mathew Kavukatt SVD
Nov 20 – 24	Ryshi – In search of Truth	Fr. Joachim Fernandes
Nov 27 – Dec 1	Women in the Bible	Sr. Virginia Rajkumari SAB
Dec 4 – 8	Ethical Challenges in Spirituality	Fr. Archibald Gonsalves OCD
Dec 11 – 15	Theology of the Body	Mr. Vally & Mrs. Anna
Jan 2 – 6	Journeying with the suffering Jesus	Fr. Jomen Nalpathilchira
Jan 8 – 12	Evangelization & Mission	Fr. Silvestre D'Souza OCD
Jan 15 – 19	Christology	Fr. Albert Lewis OfmCap
Jan 22 – 26	Ageing gracefully	Dr. Laveena
Jan 29 – Feb 2	Pauline Spirituality	Fr. George Santhumayor OCD
Feb 5 – 9	Woman know thyself: St. Edith Stein	Fr. Oswald Crasta OCD
Feb 12 – 16	Discipleship & Intimacy in the 4 th Gospel	Fr. Simao Fernandes
Feb 19 - 23	Interior Castle: Stages of Prayer	Fr. Joachim Rodrigues OCD
Feb 25 – Mar 14	Two weeks Contemplative Retreat	Fr. Alvito Fernandes OCD

SUMMER SPECIAL 2018 (APRIL – MAY – JUNE)

Dates (2018)	Title of the Course	Professor
April 09 – 14	Psycho-spiritual maturity	Fr. Praveen D'Souza OCD
April 09 – 14	Psycho spiritual sexual integration (theology of body)	Fr. Joseph D'Souza OCD
April 16 - 21	Consecrated life and Mysticism	Fr. Alfred J. Menezes OCD
April 23-28	Biblical Perspectives of Religious Life	Fr. Pius James D'Souza OCD
April 29-05 May	Contemplative Retreat	Fr. Alvito Fernandes OCD
May 07 – 12	Psycho-spiritual maturity	Fr. Arun Lobo
May 07 - 12	Psycho spiritual sexual integration (theology of body)	Fr. Joseph D'Souza OCD
May 14 - 19	Consecrated life and Mysticism	Fr. Alfred J. Menezes OCD
May 21-26	Covenantal love in the Bible	Fr. Pius James D'Souza OCD
May 27-02	JuneContemplative Retreat	Fr. Alvito Fernandes OCD
June 07-09	Psycho- sexual integration (Body)	Fr. Joseph D'Souza OCD
June 11-16	Psycho-emotional Integration (mind)	Fr. Praveen D'Souza OCD
June 18-23	Psycho-spiritual integration (spirit)	Fr. Alfred J. Menezes OCD
June 25-26	Theology of the body	Fr. Joseph D'Souza OCD

Summer Programme (Birds eye view)

April 09 -May 5	Jubilarians' Renewal (One month)
April 09-May 5	Tertians intensive preparation for Final Vows (one month)
April 08 – May 5	Art of Inner silence and contemplative prayer (one month)
April 08 -21	Art of Contemplative Prayer (2 weeks)
May 07- June 02	Joy of being religious (esp. for Jubilarians) (One month)
May 07 – June 02	Tertians (Final Vows) intensive preparation (one month)
May 6- June 02	Art of Inner silence and contemplative prayer (one month)
May 6- May 19	Art of Contemplative Prayer (2 weeks)
June 07 – 26	Psycho-spiritual-sexual integration

Retreats in Ryshivana

• (From 1 Oct 2017 to 31 March 2018)

One Week Retreats: Every Week the retreat begins on Sunday evening and ends on Saturday noon. (Can be extended to 8 days too)

Two Weeks *Growth in Prayer* Retreats:

Oct 1-13; Nov 5-18; Dec 3-16; Jan 2018, 2-13; Feb 4-14, Feb 25-March 12

One Month *Contemplative* Retreat: Jan 2-31, 2018.

One week Retreat, April, May, June 2018

Journey to Emmaus (Joy of Easter) Fr. Pius

April 02 Morn – 07 Noon

Unless you are born again

April 08-14

Fr. Alvito

Your joy may be complete

April 15– 21

Fr. Joseph

Do you love me?

April 22 - 28

Fr. Alfred

Inner Silence and contemplation

April 29-05 May

Fr. Alvito

Freedom of the Reborn

May 06-12

Fr. Alvito

Your joy may be complete

May 13- 19

Fr. Joseph

Do you love me?

May 20-26

Fr. Alfred

Inner Silence and contemplation

May 27- 02 June

Fr. Alvito

In the bosom of the Father

03-09

Fr. Alfred

Your joy may be complete

June 10-16

Fr. Joseph

Two weeks Contemplative Retreats: Fr. Alvito
Inner silence and contemplation: April 08 -21
and May 6-19

One month retreat: Fr. Alvito
Art of Contemplative Prayer (April 08 – May 5
and May 6- June 02)

One month courses:
Jubilarians' renewal Course (One month: April
09 -May 5 and May 07- June 02): It is a four-week
programme consisting of input sessions on
Biblical perspectives of religious life, psycho-
spiritual maturity and joy of being religious. The
programme ends with a retreat in which one will
be initiated into the art of contemplative prayer.

Tertians (Final vows) intense preparation
(One month: April 09 -May 5 and May 07- June
02): This intense programme is for those who
prepare themselves for the final vows. The input
sessions include Biblical aspects of religious life,
vows and their implications, psycho-spiritual
dynamism. The programme ends with a
contemplative retreat with an emphasis on inner
silence.

Psycho-sexual-spiritual integration (Three
weeks: June 07-26) This three week programme
focuses on striking a balance between sexuality
(body), Psychology (mind), and spirituality
(spirit).

ANNUAL PROGRAMMES

Rv1: Eight Months Certificate Course in Spirituality for Women Religious –with special emphasis on Inner silence, Sacred Scripture, Spirituality, Religio-psycho spiritual maturity, Holistic integration and Personal guidance into the path of Contemplative prayer. **No exams, no seminars, no dissertations.**

From August 1, 2018- March 17, 2019.

Rv2: Six months Short Term Renewal Programme –
in spirituality for men and women religious with special
focus on Sacred Scripture, emotional maturity, religious
life and Contemplative prayer.

(1)1 Aug. to 20 Dec 2018 (2).1 Oct 2018 to 17 Mar 2019

Rv3: Three months short term renewal Programme –
1 August to 26 Oct 2018; 1 Oct to 20 Dec 2018;
2 Jan 2019 to 17 March 2019

Weekly Course: Welcome to attend any course for a week/
month or more. One week course is also open to the laity



Distance from Mangalore City-Centre : 10kms
Train Station: Mangalore Central or Mangalore Junction
(Pre-paid autos available)

City Bus Route : Bus No. 44B, 44M, 44R
(Bus Stop - Ryshivana Gate, Near Ranipura Church)

Contact Address

Director : Fr. Alfred J. Menezes OCD
RYSHIVANA

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PROGRAMME 2017-2018

Ryshivana, situated in the vicinity of Mangalore, is the nature's bounty with a panoramic view of the valley and the ecstatic scene of the Netravathi river flowing into the Arabian Sea. This Institute, internationally known for Inner Silence and Contemplation, organizes courses, seminars and retreats for priests, religious and laity. The centre is also available for outsiders to conduct their own programmes.

RYSHIVANA

A Centre for Inner Silence and Contemplation

Relax and contemplate on the lap of Mother Nature