

Sabbath Renewal Procedures:

- Dialogue with your regional superior expressing your interest in this opportunity.
- Dialogue with the pastor, principal, administrator etc. about the possibility of permission for taking a leave from your ministry.
- Complete the application that may be found in the *Sisters' Section* of the website and forward it to your Regional Superior.
- The Regional forwards the application to the Council Liaison for the Sister's Ministry area
- The application is reviewed by the general Council.
- The applicants will be notified in a timely manner.



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**“Come away by yourselves to a
desolate place and rest a while.”**

- Mark 6:31

IHM
Sabbath Renewal

What is IHM Sabbath Renewal?

The IHM Sabbath Renewal Program fosters a Sister's spiritual, apostolic and personal formation in Christ in light of the Spirit's harvest of the biblical notion of Sabbath renewal, Alphonsian simplicity and the ongoing call to rekindle the flame of our religious consecration.

❧
“Be Still and Know
that I am God.”

—Psalm 46:10



IHM Sabbath Renewal is a time:

- to come apart and to integrate;
- to stir into flame and to live more fully;
- to enhance and to deepen;
- to search for and to share;
- to offer the treasures received so as to enrich the impoverished whom we serve;
- to empty the heart, that God might fill it.

IHM Sabbath Criteria



WHO:

Any member of the congregation who is ten years professed.

WHAT:

A request for a certain amount of time (ordinarily from four to six weeks with the possibility of an extended time), during which the sister may experience and/or explore on a spiritual, apostolic, personal level renewal which will enhance her service to the church through the congregation.

WHERE:

A place of the sister's informed choice, in keeping with Alphonsian simplicity and within the means of the congregation's finances designated for such opportunities in turn.

WHEN:

Any time after the sister's request is submitted and when the congregation and her place of ministry can afford to allow this kind of opportunity to occur (in terms of personnel and finances).

Ordinarily there would be no more than two or three sisters on a Sabbath Renewal at the same time or during the same year.

WHY:

In order to be renewed for the sake of personal development, spiritual revitalization and effective apostolic service.



Applicants will be notified in a timely manner.

IHM Sabbath Renewal is Founded Upon:

- The Biblical tradition of Sabbath (located within the Code of Holiness), as a time for the earth to rest that it might be renewed for more fruitful service.
- The focus of Consecrated Life, the stirring into flame of our desire to follow Christ more closely, so as to live more fully our vowed lives.
- The Alphonsian context of poverty – in spirit and in fact – the emptying of the heart that God might fill it; mindfulness of the abandoned poor and the peoples among whom we serve.
- The exhortation in Faithful Witness, “to effect our own continuing formation by attending earnestly to our spiritual, apostolic, and personal development.”

