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Rediscovering the Sabbath

What is Rediscovering the Sabbath?

- comprehensive holistic sabbatical experience grounded in the art of Reflective Living
- process of reflection
- process that clears the clutter from your life
- process that assists in reflecting on life with the purpose of being able to engage with life differently, e.g. thoughtfully, gently, openheartedly, appreciatively
- sabbatical experience in the service of experiencing life differently, e.g., appreciatively, joyfully, peacefully
- process that softens, opens, and heals

- process grounded in participant's unique story
 - how the person facilitates openness in order to cultivate the unfolding of heart
 - how has the person been hurt, clogged up
 - how does the person facilitate openness in order to cultivate self-awareness, wholeness, and peacefulness
- based on FCS's Structured Autobiography
- based in FCS's Reflective Living process

- in-depth content with enduring value
- individualized for the specific requirements of each participant, flexible and adaptive
- process is warm, gentle, nurturing

- accompaniment and facilitation by experts, pioneers in the field of human formation, who are keenly aware of the challenges that religious and clergy encounter today
- comprehensive process, leaving no stone unturned

- time and duration of sabbatical, e.g. three weeks to three months, remains at the discretion of the participant
- beginning and concluding dates determined by the participant's schedule and needs
- Sabbath House residence,
- your home away from home, a space to rest, designed for rejuvenation that supports our guest's process, a visually inviting and physically beautiful space of comfort and safety with uninterrupted quiet and tranquility

For a comprehensive 10-page description of our Rediscovering the Sabbath, please click to our website, www.fcs-bilotta.com/pages/cfSabbath.cfm in order to download and examine detailed literature on Rediscovering the Sabbath.