

PSYCHO-SPIRITUAL INSTITUTE (PSI)

Of

Lux Terra Leadership Foundation

STUDENTS' HANDBOOK



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Marist International University College
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WELCOME

Dear students,

You are welcome to the Psycho-Spiritual Institute (PSI) here at the Marist International College, (MIC) Karen, Nairobi, Kenya. We are very happy to have you here and we believe that your studies in psycho-spirituality will be very enjoyable and rewarding. The students, administration and faculty are all privileged to be a part of this ground breaking Institute which is charting a new path in the African Church. PSI offers you great opportunity to grow and change, to make new supportive and caring friends, to explore the rich diversity of differences in peoples and cultures, and to take great steps to become the person God wants you to be. Feel at home.

This student's Handbook is designed to provide you with basic information to orient you to what is expected of you, and to help you settle down. It may also help to answer some of your questions about the program. The handbook provides some basic information about living in Kenya and about the MIC campus. It covers in some detail the history of PSI, its vision, mission and goal, the academic and disciplinary rules, and the policies and ethics guiding general life and relationships that apply to everyone in the PSI community. You will read about the courses offered in PSI and the importance we place on self-processing, leading to personal spiritual integration and growth, as what distinguishes us from other counselling institutes. Please do take the time to read through this booklet.

Life in a new environment can be confusing. It takes some people very little time to settle in, while others may need more time. Your happiness and wholeness is our concern, aim, and joy. Do not hesitate to seek help, academic, personal or otherwise, from any member of the PSI community whenever you need it. Whatever questions you have, please reach out to us. Everyone here wants you to be comfortable and to succeed. We are here to help.

Once again, you are very welcome to PSI. We look forward to meeting you at different formal and informal activities.

Wishing you happiness, good health, wholeness of life, freedom, and meaning

Fr John Baptist Masayi

Director PSI, Nairobi

GENERAL INFORMATION FOR STUDENTS:

CURRENT PSI STATUS: The institute is accredited to the Catholic University of East Africa (CUEA), who will award a Master's degree to students who will have proved themselves worth upon completion of a two years programme.

LIVING IN KENYA

Overview: Kenya as a country has a population of about 44 million. It gained its independence in 1963. Major cities include Nairobi, the state capital then Mombasa, Nakuru and Kisumu. There are two major official spoken languages, these are English and Kiswahili. The major religion is Christianity and Islam with a few traditional worshippers. Tourism is a major attraction in Kenya; major sites are Nairobi National Park, Masaaai Mara, Lake Nakuru National Park, Mount Kenya, etc. There are frequent local and international flights.

Currency: The currency is Kenya shillings (Ksh) in coins and notes, exchange rate fluctuates; (1\$: 102 Ksh); (1U.K Pound: 158 Ksh); (1Euro: 111 Ksh). There are Forex Bureaus and Banks to cater for these services. International Debit Cards are used (Visa, Master cards, etc). There are other money services like the M-pesa, Money Gram, Western Union money transfers.

Exchange Rates: How to change money? Can international debit cards (Visa, MasterCard) be used? Yes in some banks.

Getting around: The major means of transport within Nairobi town is the "Matatu" – mini buses, 'Citty Hoppa' or Kenya Bus Services (KBS).The charges are reasonable (ranging from 20 Ksh to 100 Ksh) depending on the distance and time of the day. Usually charges go up during peak hours (before 10am and from 3pm to 7pm). However, taxi hires are available at an average of Ksh 2,500 for one hour taxi ride.

Weather: Season, temperature, rainfall, etc there are three seasons, August to December (short rains and cold period); January to mid March is the dry season, the weather is dry and temperatures are high; mid March to July ending is the long rains, weather is cold and wet. Nairobi and especially our area of residence can be very cold and you need warm clothing.

THE MARIST INTERNATIONAL CENTRE (MIC), KAREN, NAIROBI:

Marist International Centre is located in the Karen area, along Langata road, 10 kms away from the hustle and bustle of Nairobi city. There are close to 800 students of the Marist International Centre.MIC has provided room and board for PSI, classroom, sports facilities, and office space for the faculty and associated administrative support for students.

THE PSYCHO-SPIRITUAL INSTITUTE

VISION OF THE INSTITUTE

The overall vision is to bring spiritual healing, personality integration and peace to those in difficult life situations, as well as foster enhanced self-awareness and ongoing personal growth and transformation among pastoral agents and the entire Christian faithful.

MISSION OF THE INSTITUTE:

Drawing from the best of the Christian spiritual tradition, and using up- to- date psychological and spiritual tools, and methodologies, PSI will offer high quality professional training for pastoral agents who will function as Christian counsellors and psychotherapists in dioceses and religious congregations across Africa.

A BRIEF HISTORY OF THE PSYCHOSPIRITUAL INSTITUTE

The Psycho-Spiritual Institute (PSI) was established in 2012 by LUX TERRA Leadership Foundation, in collaboration with MISSIO Aachen, with the aim of training and graduating experts in Psycho-Spiritual Therapy for African Countries. The programme was inaugurated on August 5th, 2013 by the President of the Catholic Bishops Conference of Nigeria, Archbishop I.A. Kaigama. Also in attendance was Rev. Fr. George Ehusani, the Executive Director of the LUX TERRA Leadership Foundation. Rev. Fr John Baptist Masayi is the current Director of the Nairobi PSI Centre which is the first PSI Centre to be opened in Africa. The Nairobi PSI Centre is currently located at the Marist International University College, Karen - Nairobi, Kenya.

The emergence of the Institute is a response to what many have identified as an urgent need to offer professional psychological and spiritual care to the increasing number of clerical, religious and lay pastoral agents who now and again find themselves in difficult life situations of an emotional and psychological nature; but who often do not find adequate support. Many in the past have ended up with professional psychotherapists who are not grounded in, or do not share in the theological and spiritual traditions of the people seeking help, and so could not offer holistic

support for the required healing process. Others have ended up with deeply spiritual counsellors, who however are not conversant with such modern skills and approaches in psychotherapy, that when combined with their spiritual tools, would have more easily facilitated healing for the people seeking help. It is hoped that the training of personnel in psycho-spiritual therapy will effectively meet both spiritual and psychological needs of pastoral agents of the Church in Africa.

PINOEERS OF PSI TRAINING OF TRAINERS (TOT) MEMBERS 2013

Sr. Olivia Nakayenze (ESM), from Uganda, Fr. John Baptist Masayi, Archdiocese of Tororo, Uganda, Sr. Marilyn G. Atimango, SHS from Uganda, Sr. Sapientia U. Shihule (Sr. Marie-Goretti), FSJ from Kenya, Fr. George Maina, Archdiocese of Nyeri, Kenya, Sr. Lucy Gakere, ASN from Kenya, Sr. Margaret OvayozaYusufu, SSL from Nigeria, Fr. Joyzy Pius Egunjobi, Diocese of Oyo, Nigeria, Sr. Maria Ogochukwu Manu, SHCJ from Nigeria, Sr. Okechi Bernardine Njoku, MSHR from Nigeria, Fr. James Shimbala, SMA from Tanzania

FACULTY MEMBERS INCLUDE:

Rev. Fr. George Ehusani, Mr. Toni Goertz, Bro. Albert Nzabonalibe, Dr. Simone Lindorfer, Dr. John Ekore, Rev. Prof. Patrick Isichei, Mary Moran, Rev. Fr. Joseph Gatamu, Rev. Sr. Ngozi Okpalenwe, Dr. Jonas Norstrom, Mrs. Melissa, Rev. Sr. Jacqueline G, Mrs. Harriet Tiko and team, Rev. Sr. Olivia Nakayenze

ON THE ADMINISTRATIVE TEAM WERE:

Most Rev. Dr. Ignatius Ayau Kaigama, Rev. Fr. George Ehusani, Mr. Toni Goertz, Dr. Joanna Nwosu, Dr. Fidelia Ajibogun, Rev. Fr. Dominic Adeiza

ADMINISTRATION OF THE PSYCHO-SPIRITUAL INSTITUTE

The Psycho-Spiritual Institute is an institute of the Lux Terra Leadership Foundation whose central administration is in Abuja, Nigeria. For the moment however, PSI has an administrative office in Nairobi that is headed by a Director. This office takes care of the day-to-day administrative and logistic issues of the Institute.

COURSE ELIGIBILITY

This course is designed for training priests and religious men and women across African countries in psycho-spiritual therapy. In due time, the training will be open to the laity as well.

1. Train and graduate experts in psycho-spiritual therapy
2. Offer professional psychological and spiritual care to agents of evangelization
3. Respond to an urgent need to rescue Church personnel in difficult life situations particularly in Africa.
4. Re-integrate psychological and spiritual tools that will more easily facilitate healing to people in need.
5. Train counsellors who will integrate African values in psycho-spiritual counselling practice.
6. Ground psycho-spiritual counselling/therapy in the African culture.
7. Empower psycho-spiritual professionals who can facilitate self-awareness and ongoing holistic spiritual and psychological growth and transformation among psycho-spiritual clients.
8. Train professional psycho-spiritual counsellors for the work within the church, who will support church workers in difficult life situations.
9. Equip pastoral agents with modern didactics, pedagogical, progressive skills and approaches necessary for psycho-spiritual integration and transformation.
10. Train leaders in fundamental multi-cultural and faith lived community models of psycho-spiritual integration, community leadership, and resource management.
11. Train pastoral agents to meet the needs of the church in the modern world.
 12. Facilitate the personal growth of the person of the counsellor in order to become more effective.

LIFE IN THE PSI COMMUNITY

Members of the PSI community currently live together in Basilio House on the Marist International Centre as brothers and sisters caring and respecting each other in the spirit of the Gospel. We eat together, pray together and work together. We recognize that each of us struggles with the human condition and are ready to listen to each other into life. We are guided by the same rules and regulations of the Institute as indicated in the policies and ethical conducts and reflected in the core values.

PSI CORE VALUES

LOVE – love of God, neighbour, all creation and for work and service

UNITY- one heart one mind (Acts 2:46)

RESPECT –respect for the human person, life, lawful authorities and colleagues, and the environment

CARE AND CONCERN – for the other person

INTEGRITY – Honesty to self, others and God

COMPASSION– Feeling with and being there for the suffering and vulnerable

TRUST- having honour and qualities of reliance and confidence

OPENNESS – to self, others, to learn, to growth, to change

SENSITIVITY- awareness of others presence, feelings and needs

AVAILABILITY- readiness and willingness to offer self, time and talents in service of others

SELF-DISCIPLINE

CONFIDENTIALITY – protection of name, image, identity, worth and feeling of the other rooted in love and respect

PRAYER – from Him we come, on Him we depend and to Him we return

GENERAL RULES AND REGULATIONS

RECEPTION OF VISITORS

- i. We normally receive visitors on weekends.
- ii. Visitors should not be received in private rooms. They will be received in the visitors' parlour.
- iii. If you wish your visitor to stay for lunch, please ensure that you inform a PSI member in charge of the kitchen management in good time. Food must not be taken to Basilio house for visitors.
- iv. Visitors will normally be served food or drinks in the dining room.
- v. Visitor be advised; if they are not staying overnight to leave by 5.00 pm, in order to allow the members to prepare for evening prayers.

- vi. Students are encouraged, among other things, to dedicate their weekends for personal process and studies.

PHOTOCOPYING/TYPING SERVICES

Photocopying and typing service and facilities are available on the campus.

CAFETERIA

The campus cafeteria offers on sale soft drinks, snacks, and light lunches. The cafeteria management encourages comments on how best to review meals to your satisfaction. The canteen operates from Monday to Friday from 7.30a.m to 5.00pm daily but remain closed over the weekends, unless there is a special request

NOTICE BOARD

Students should always read information displayed on the notice boards in the campus .Writing on notice boards is prohibited and so is the use of abusive language on notice boards. All information for the notice board are supposed to pass through the office secretary, as well as all mails addressed to PSI.

SECURITY ISSUES AND EMMERGENCY

a) safety: each student

1. is responsible for undertaking only those duties and sporting activities in which he/she is in full control and can ensure maximum safety;
2. has the obligation to adhere strictly to prescribed safety standard
3. has to ensure that he/she does not overlook the safety measures put up by the college;
4. should report incidents involving injury or near-misses(potholes, broken glasses, dangerous tools) to the administration for appropriate action

b) handling emergencies

In the case of emergency on campus, students should contact the campus security office or any available staff member. When reporting, precision on nature and location of the emergency's occurrence is very important.

SELF-CARE- SPORTS/GAMES/PHYSICAL EXERCISE

All students are eligible for participation in any of the institute sporting activities. The sports codes currently available include:

- a) Football
- b) Basketball
- c) Volleyball
- d) Handball
- e) Lawn Tennis
- f) Table Tennis
- g) Karate
- h) Rugby
- i) Badminton
- j) Track Events
- k) Board Games

HEALTH, HEALTH INSURANCE AND MEDICAL SERVICE

Clinic: the institute will use the MIUC health services to serve the primary health care needs of the students

The health services will offer first aid and cater for minor injuries, headaches, coughs, skin disease, malaria and other common ailments.

The atmosphere is informal as it can be, and the services are confidential. Modest fee is charged for medication.

Since the clinic does not cater for physiotherapy, dentistry, optometry and other ancillary/paramedical services, students are referred to a good hospital for major treatments. In this

case the students are expected to meet the full cost of admission, ambulance, consultation, paramedical cost and any other cost involved.

Insurance policy: Health and insurance policy covers all the students registered. This will only apply to those who are covered by the insurance policy. Mandatory for all foreign students (about Ksh 65,000 per year)

IMMIGRATION LAWS

It is the responsibility of foreign students to ensure they have valid documents.

All foreign students have to pay a fee in order to get an Alien card and students pass, this fee is paid per year.

STUDENTS' REPRESENTATIVE- DESCRIPTION OF ROLE

The student representative has several roles in the institution these include:

- helping in orientation of the new students
- updating the students in the new issues within the institution that involve the students
- Organizing the student's activities and events in the institution.
- pass students grievances to the management
- promoting better understanding of the institution policies and activities
- Helping students to uphold the regulations and core values of the institute.

USE AND CARE OF FACILITIES

The institute and MIC facilities should be used in proper way to reduce expenses such as repairing fees.

If in any case there is damage of a facility when using it then one should take the responsibility to report to the respective person.

PSI COMMUNITY LIFE PLAN

At the beginning of the academic year, community prepares its own life plan, based on the theme chosen for the year.

The plan may include the following:

- ❖ An objective
- ❖ The rationale for the choice of the objective
- ❖ The strategies to achieve the objective;
- ❖ The frequency of its evaluation;
- ❖ the following are details of the community life:
 - The general timetable which includes the time for daily community prayer (specify place, private prayer, review of the day, shared prayer, adoration, prayer of the Church and time of silence etc.
 - Programme for the year, indicating the date and the frequency of events such as community meetings, general meetings, etc.
 - recreation times

The plan is to be approved by PSI community.

PSI community will compile a booklet annually containing:

- The community life plan
- A short resume of the life of each member in the community

Prayer in the community -

1. Psycho-spiritual members are called to be men and women of prayer
 - a) Morning and evening prayers of the church will normally be conducted in the community.
 - b) Contemplation will normally take place in the morning. The leader of the day/week will create the conditions that encourage the members to use well the time of contemplative prayer.
 - c) Once a week the community devotes time for Adoration of the Blessed Sacrament. This is a time of thanksgiving and worship of the gift of the Eucharist, and special attention should be given to its preparation.
 - d) During the course of the day we take the opportunities that present themselves for recollection, in order to rekindle our love for Christ and our intimacy with him.

- e) The Blessed Sacrament should be renewed every week.
- f) On Thursdays morning prayer and the Eucharist are celebrated together in Basilio Chapel. (However this may be adjusted according to community needs.)
- g) On Sundays morning and evening prayers are private
- h) The priest / sister responsible for the day's prayer prepares the programme in advance.
- i) Posture, direction, pace, singing, silence, and creativity are all elements conducive to good prayer.

CELEBRATING MASS

Priests are to observe the rules and regulations of the given Diocese/ Archdiocese. Foreign or visiting priests (students) are required to come along with the CELEBRETE. PSI priests while at Marist International Centre / Marist International University College will be guided by the Marist Brothers administration of how to function within the setting under the Archdiocese of Nairobi.

DAILY CHORES (TO BE MENTIONED IN THE COMMUNITY LIFE PLAN)

Co-operation in daily chores is a fine way of developing family spirit. Members should take pride in our living quarters and surroundings. Community responsibilities:

- o Chapel
- o Prayer
- o Kitchen
- o Food
- o Weekend cooking
- o Sitting room
- o Television Room
- o Surroundings
- o Socials

- o Community Spirit
- o Equipment
- o Classroom/Time Keeper
- o Student Rep.

RECREATION AND SOCIAL LIFE IN THE COMMUNITY

- 1) Recreation together is an important way of creating mature relationships and building family and community spirit, it also helps our psychological balance.
- 2) It is a great opportunity in the day for the members of the community to be together to relax and enjoy the gift of each other and share jokes.
- 3) Outings/picnics are encouraged and can be planned by the community (Students and or Staff) with affordable time and expense.

BIRTHDAYS

The celebration of each member’s birthday is an opportunity to join as family to thank the Lord for the gift of life to our community. In order to foster community and family spirit, it is important that all be present for the celebration. All birthdays occurring within the same month are celebrated together by the community on the last Sunday of the month. This will take place as organised by the social group.

DIET ISSUES:

It is very important to look into such issues which pertain to health. The institute highly recommends that a student who has health issues requiring special diet makes adequate preparations for his/her diet with the knowledge of his/her Superior/Bishop. It will not be the responsibility of the institute to resolve any special diet requirements.

RELATIONSHIPS WITH THE HOST COMUNITY- MARIST INTERNATIONAL COMMUNITY (MIC)

PSI will fully participate in the life of MIC with the Marist Brothers through the set structure below:

- a. The meeting points at the Marist international community:

Function	Together	PSI
23 rd August official welcome	all	-
List of birthdays	all	-
Anniversaries- Religious/priestly	-	-
Independence anniversaries	all	-
Bereavements	all	-
Marist brothers' founder day	all	-
02 January Beginning of Institute	all	-
PSI DAY	25 March	PSI

b. Mic Commissions

- Liturgy
- Kitchen
- Maintenance
- Calendar
- Health
- Culture

PSI CODE OF CONDUCT

Training of psycho-spiritual therapists is subject to the laws of the country in which the centre is established in all matters of conduct. In addition, trainee counsellors' conduct should be in consonance with the highest standards of a Catholic institute.

CONFIDENTIALITY

Confidentiality is held within the main training group consisting of the trainees and staff. Personal issues shared in confidence with other trainees or member of staff may not be communicated to other members. Only in particular circumstances would confidentiality be broken.

REGULARITY AND PUNCTUALITY

Trainees in psycho-spiritual therapy are encouraged and expected to attend all sessions and on time. Attendance to all sessions is mandatory. Any trainee counsellor who absents him/herself from training sessions without permission from the appropriate authority will face disciplinary measures. In terms of punctuality, every trainee is expected to be respectful to others in being punctual. Hence, disrespect for time is being disrespectful of others. Every trainee counsellor must be seated 5 minutes before any function begins. In that vein, any trainee who comes late to any session will not be allowed to interrupt the session and this will further count him/her in terms of absenteeism

SEXUAL INTEGRITY

The PSI Centre upholds the dignity of every human person and encourages mutual respect in all interpersonal relationships. The opportunity of studying in PSI Centre presents the trainees with scope of interaction with others which challenges each person's level of sexual responsibility. Trainees should strive to attain and uphold high standard of self-respect and respect for others. In addition, all should endeavour to remain faithful to the standard of our Christian morality. All forms of sexual misconduct are unacceptable to the Catholic ethos of the centre and will not be tolerated.

UNACCEPTABLE BEHAVIOUR:

Certain behaviours are incompatible with the Centre's standard of conduct. Such behaviours that are unacceptable in the community and are subject to disciplinary action by the authority include but not limited to the following:

- Possession, use, or sale of all illegal drugs, controlled substances, narcotics or drug paraphernalia, without a medication prescription. The use, possession and distribution of narcotics are prohibited.
- Smoking and the use of tobacco in any form is not permitted in the classrooms, hall ways, and house of residence, toilets and stairs; or in such areas identified as prohibiting zones (i.e., the whole of the Marist Centre and University premises).
- Drinking of alcoholic beverages in the Centre premises will be 'limited to unless' provided by the Centre.
- Engaging in illegal and/or unethical activities whether or not legal charges are filed – if involved in such, the individual, without the institute, will be held responsible.
- Interfering with the health or safety of a member of the Centre or community.
- Verbal and physical harassment, obscene language, pornography, threats, endangering the safety of others, physical or emotional abuse, or intimidation of any member of the Centre or community, failure to observe the established timetable.

ETHICAL FRAMEWORK

The staff and administration of the Psycho-Spiritual Institute have taken steps to study the ethical codes of the British Association for Counselling and Psychotherapy, the British National Christian Counsellors Association, the American Association of Christian Counsellors, and the Ethical Framework for counselling and psychotherapy in the country where the Institute is located (Kenya), to produce the Ethical Framework which has been adjusted to be applicable within the limit of Psycho-Spiritual Institute.

The Psycho-Spiritual Institute is providing services of psycho-spiritual therapy for individuals and groups in the Catholic Church. The counsellors providing the services must adhere to the codes of ethic and good practice. They need to be ethically mindful and willing to be accountable for following this ethical basis of practise.

In the text we use the term 'psycho-spiritual therapists' which includes anyone who is integrating psychotherapy and Catholic spirituality within an African context. They could be trainers, educators, providers of mentoring, supervisors and researchers.

In the text we use the term ‘client’ to refer to any person receiving the therapeutic services provided at our Centre’s. This frame work indicates that we are service providers in a multi-cultural society in the church. Therefore, it requires that a psycho-spiritual therapist should be sensitive, compassionate and respectful to the needs of every client accordingly. We, therefore, consider the areas of Values, Principles and Moral Qualities:

VALUES:

The foundation for values of counselling includes a commitment to:

- Show respect for human rights and dignity
- Use non-violent language for communication
- Protect safety of clients
- Ensure the integrity of therapist-client relationships
- Always strive to develop the quality of professional knowledge and its application
- Help reduce personal distress and suffering
- Foster a sense of self that is meaningful to the client as an individual and as a collective being in the country where the Centre are located
- Increase client’s ability to act in life for positive personal development
- Strengthen and improve the quality of relationships between people
- Respect the variety of human experiences and culture, irrespective of gender, race, position in society, colour, tribe and political affiliation
- Within the limits of our Centre, to strive for the fair and adequate provision of counselling services.

PRINCIPLES AND MORAL QUALITIES

These are Christ-centred practices:

- **Compassion** a call to **Servant hood**

- **Competence** call to **Excellence**

- **Consent** call to **Integrity**

- **Confidentiality** call to **Trustworthiness**

- **Cultural Regard** call to **Dignity**

- **Case Management** call to **Soundness**

- **Collegiality** call to **Relationship**

- **Community Presence** call to **Humility**

These values inform the principles of the PSI and express the general foundation of its ethical commitment. The principles and moral qualities are more focused on how the services are to be acted out in detail. These values, principles and moral qualities are our foundation of common identity and corporate unity.

THEOLOGICAL FOUNDATIONS OF THE CODE OF ETHICS

1st FOUNDATION: Jesus Christ—and His revelation in the Old and New Testaments of the Bible as the inspired Word of God—is the pre-eminent model for Psycho-spiritual therapy practice, ethics, care-giving activities and the final authority for all matters about which it speaks.

2nd FOUNDATION: Psycho-spiritual therapy maintains a committed, intimate, and dedicated relationship with the Catholic Church and individual therapists with a local body of believers.

3rd FOUNDATION: Psycho-spiritual therapy, at its best, is a Spirit-led process of change, transformation and growth, geared to help others mature in Christ by the skilful synthesis of therapist-assisted spiritual, psychosocial, familial, bio-medical, and environmental interventions.

4th FOUNDATION: Psycho-spiritual therapists are dedicated to Jesus Christ as their “first love,” to excellence in client service, to ethical integrity in practice, and to respect for everyone encountered.

5th FOUNDATION: Psycho-spiritual therapists accord the highest respect to biblical revelation and the teaching of the Catholic Church regarding the sanctity and defence of human life, the dignity of human personhood, and the sanctity of marriage and family life.

6th FOUNDATION: The biblical and constitutional rights to Religious Freedom, Free Speech, and Free Association, protect Psycho-spiritual therapists' public identity, and the explicit integration of spiritual practices into all forms of therapy and intervention.

7th FOUNDATION: Psycho-spiritual therapists are mindful of their representation of Christ and His Church as Ambassadors of Reconciliation and Healing. They are dedicated to honour their commitments and obligations in all social and professional relationships.

NB – These are not Doctrinal Statements, nor are they intended to substitute for any. However, these seven foundation statements are implicitly rooted in the Catholic Doctrine. This section stands as the baseline ethics policy that will ground this Code, assist the search for clear meaning and common interpretation, and guide the resolution of disputed applications of ethical standards and procedural rules.

PSI 2015-2016 GENERAL TIMETABLE - SUNDAY TO SATURDAY

TIME	ACTIVITY	EXCEPTIONS
6.30 am	Morning prayers	Sundays & Thursdays- Morning prayers in private.
7.00 am	Mass	Thursdays @12.00 pm with all college students. Sunday @ 9.00 am.

7.30 am	Breakfast	Thursday breakfast @7.00am. Saturday breakfast in the community. Sunday breakfast in the community.
8.30 am -4.30 pm	Classes	5.00pm-6.00pm- Games/ walk.
12.30 am-2.00 pm	Lunch	
6.30 pm	Evening prayers in the community.	
6.30 pm	Supper.	
8.00 pm	Study/personal work.	
8.30 pm Thursdays	Singing practice as a community.	

NB.

- **Last Saturday of the month-Recollection**
- **Thursday -Morning prayers and Mass in the PSI community @6.30 am**
- **Last Friday of the month-Students meeting to evaluate the month @ 8.00 pm**
- **Sunday morning and evening prayers are private**

