

**IFRS THRU ITS
CONTINUING
FORMATION
PROGRAM**

In Collaboration
with the Conference of
Major Superiors of the
Philippines, Inc.

Offers:

**We Drink From Our
Own Wells**

**Accompaniment
Program for
Formators**

July 7, 2026

*An Intensive
Online Course*



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**The Institute
of Formation and
Religious Studies**

*PAASCU ACCREDITED LEVEL II

also offers

One Year Certificate Program in
Religious Studies:

Bachelor of Arts in Religious Studies

Master of Arts in Religious Studies

Areas of Concentration: - Women
and Religion -Theology -Scripture,

Renewal Programs

Audit in Chosen Courses

and

Continuing Formation

This program is sponsored by
the
**Conrad Hilton For Sisters
Program of the
Conrad Hilton Foundation, INC.**

**A Project of the
Conference of Major Superiors
of the Philippines
(CMSP)**

Scholarship for women candidates
may be availed
from the office of the Conference of Major
Superiors in the Philippines (CMSP)
Look for Ms. Mylene C. Saluta
email: cmfp.chf2025@gmail.com
Mobile No.: 0919 0015 230

You can also contact the following:

Ms. Roella P. Fernandez

Landline: 02-7002 7359

Mobile No. (+63) 995 987 7496

apf.ifrs2025@gmail.com

Ms. Cynthia P. Calubaquib

ifrsco.cpc.32025@gmail.com

Visit us:

28 Acacia St., Brgy. Mariana, New Manila,
Quezon City

or

122 N. Domingo Avenue, corner
St John St., Cubao, 1111 Quezon City, PHILIPPINES

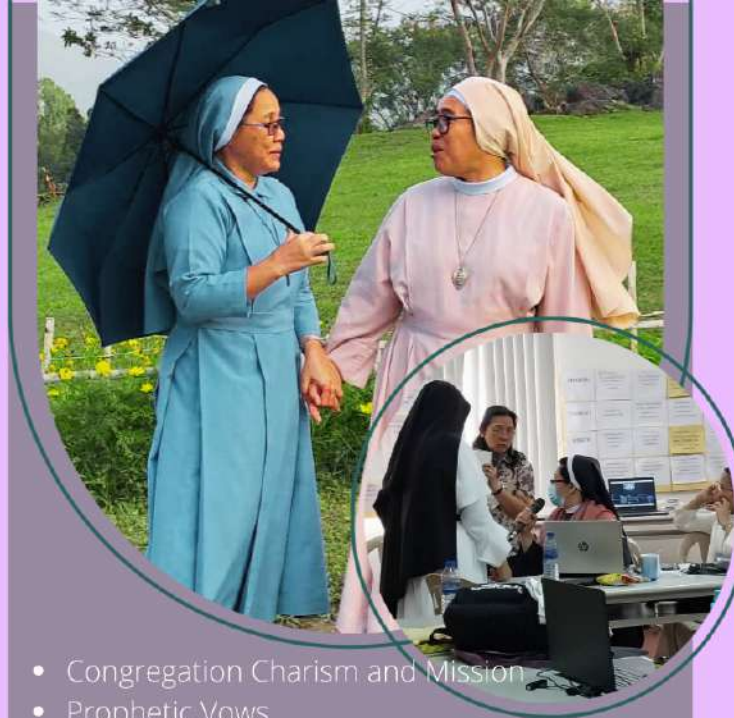
Website: www.ifrs.com.ph

THE PERSON OF THE FORMATOR

The person of the Formator is vital in the formation ministry. The process of facilitating the faith-life journey of others presupposes that Formators are themselves familiar with their own faith-life journey. The capacity to recognize God's movements in their life will enable them to accompany others with confidence in their journey towards wholeness and fullness of life.

Topics

- Community Building/Orientation
- Touching Current issues
- Personal Vocation/Motivation
- Human Trauma
- Dynamics Within
- Forms and Approaches to Prayer
- Multi-Cultural Living
- Arts and Spirituality
- Creative Expressions
- Psycho-Sexual Development
- Human Development Stages
- Stages of Faith and Moral Development
- Human Intimacy
- Moral Ethics
- Counselling Skills
- Scriptural Foundation of Formation
- Ecology and Ethics
- Realities and Challenges to Consecrated Life in Asia
- Mission in Asia/Pacific
- Understanding the Asian Youth Today



- Congregation Charism and Mission
- Prophetic Vows
- Paradigm Shifts in Understanding and Expressions of Consecrated Life
- Selection and Assessment of Candidates
- Creation Spirituality and Formation
- Program Designing: All participants will design their own Formation Program as an output



Registration and Program Details

Send contact details, together with an ID picture and recommendation letter from the leader of the Congregation to the Office of the Conference of Major Superiors of the Philippines (CMSPP). The Registration form will be sent to you upon receipt of your letter of recommendation. All participants will be scheduled for an interview with the Program Director before the start of the program. The schedule of the interview will be communicated to the participant via email after receipt of the registration form. Early registration is very much appreciated. The Program proper will start with an Orientation on **July 7, 2026, Mondays thru Fridays**. All sessions will be delivered in English. It is expected that all applicants are fluent in speaking and comprehending English.

This Formators' program which will last for five (5) months will amount to **Php 170,000.00** inclusive of e-copy of presentation materials, spiritual direction, an end-of-program integration, retreat and a certificate.

It is recommended that while following the course, the participants must secure a strong and stable connectivity to the internet wherever they are. A headphone offers the best audio connection especially for participation and to block background noises. Sessions may either take a half day or one whole day depending on the Speaker and the topic. The resource speakers may leave some activities for the rest of the day to be accomplished before the next meeting.

Kindly make the following materials available when needed in some of the sessions: Your Congregation's Constitution and By Laws, brief history, profile or any other documents reflecting your Congregation's Charism, any available Formation Program of your congregation, a Bible, art materials, prayer corner and a conducive place while in attendance.