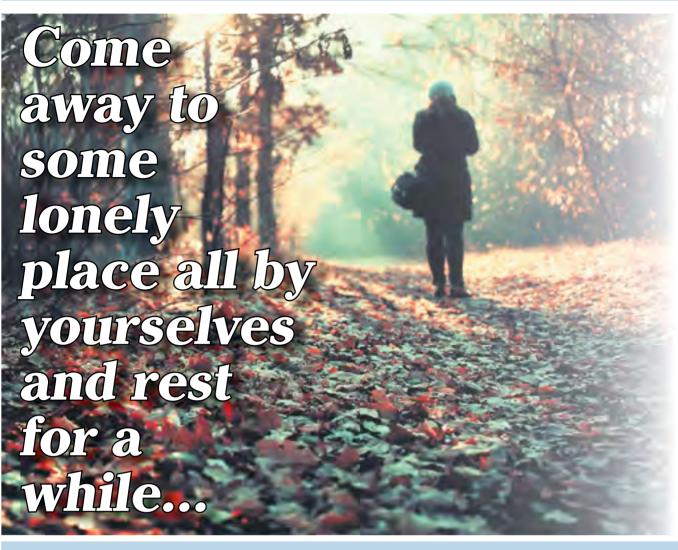
"Come you yourselves apart into a desert place, and rest a while"

- Mark 6:31





20 Retreats The Irish Catholic, March 8, 2018



or Socrates, the unexamined life is not worth living. Human beings have an innate need to reconnect with their deepest selves: their joys and hopes, their sorrows and despairs. Following the example of Jesus, Christians have since the earliest of times taken time to rest, reflect and recollect.

This holy season of Lent commemorates the 40 days that Jesus spent in the desert ahead of the commencement of his public ministry. Before his Passion – the culmination of Christ's earthly mission – he spent the night in prayer in the Garden of Gethsemane.

Retreats and time spent in reflection and recollection are opportunities to connect with the voice of God and discern God's will for our lives. It is also a time to reassess the call of our lives and take stock.

The disciples of Jesus asked him: "Master, where do you live?" to which he replied, "come and see".

Christ extends that same invitation today to people who want to deepen their relationship with God and live as human beings fully alive in the Holy Spirit.

Retreats are also a time to reassess the call of our lives and take stock"

Jesus underlined the importance of recollection and reflection to his first followers when he instructed them "you must come away to some lonely place all by yourselves and rest for a while".

He was letting them know that it is in being apart from the world that one receives the energy to serve those around us and live authentic Christian lives.

This annual retreat guide aims to offer people the tools and resources to find that quiet place where they can encounter the living Christ.



JESUIT CENTRE OF SPIRITUALITY

426 Clontarf Road Dollymount Dublin D03 FP52 Ireland +353 1 833 1352

reception@manresa.ie

www.manresa.ie

Manresa - Ireland's Jesuit retreat house - welcomes hundreds of people annually as they come to seek renewal and rest. In addition to the regular retreats, many courses and events draw on the rich heritage of the Spiritual Exercises of Saint Ignatius of Loyola. Ideally located within easy reach of Dublin city centre, Manresa is a choice location for quiet and reflection whether joining an organised event, coming with a group or seeking some personal time for prayer in the modern building with its 40 en suite single rooms.



Oasis Days - one-day retreats

A one-day retreat (9:30 a.m. – 6:00 p.m.) offers time to step aside from the ordinary. Taking place in an atmosphere of silence, an Oasis Day comprises a number of elements: reflections, guided meditations, prayer and an opportunity to meet with a spiritual director. The day concludes with the celebration of the Eucharist. Lunch and refreshments are provided.

- 24 March, 21 April, 26 May, 23 June, 14 July, 18 August, 15 September, 13 October, 10 November, 8 and 15 December 2018.
- Díseart Lá 28 Aibreán 2018 Lá id' thost - ach as Gaeilge!

Exercises in Daily Life

A retreat carried out just where you are over nine months or so, in which you are guided through the Spiritual Exercises in weekly or fortnightly meetings with an experienced director. Contact Manresa to find out about how individual arrangements might be made.

Details of more retreats, events and courses are available on our website. Sign up for our newsletter or consult www.manresa.ie
We will be happy to send you a printed brochure - just call 01-8331352.



Short Residential Retreats

Weekend and preached retreats offer reflections, group prayer, with plenty time for silence and meetings with a spiritual director.

Seeking God in all things - a preached retreat

> Sunday 13 May - Friday 18 May 2018

Our New Earth Awareness

> Friday 2 March - Sunday 4 March 2018

Time for rest and reflection

➤ Thursday 26 July - Sunday 29 July 2018

Advent Weekend Retreats

- > Friday 30 November Sunday 2 December 2018
- > Friday 7 December Sunday 9 December 2018

Advent Tridua 2017

- Monday 3 December Friday 7 December 2018
- ➤ Monday 10 December Friday 14 December 2018

New Year 3-day Retreat

> Saturday 29 December - Tuesday 1 January 2019

Directed Retreats

Manresa offers a comprehensive selection of individually guided retreats, listing 5-, 6-, 8- and 30-day retreats on our website - www.manresa.ie



The Irish Catholic, March 8, 2018

Antrim

Corrymeela Ballycastle

5 Drumaroan Road Ballycastle Co. Antrim BT54 6QU Tel: +44 2820 762626 ballycastle@corrymeela.org www.corrymeela.org

Corrymeela Belfast

83 University Street Belfast Co. Antrim BT7 1HP Tel: +44 2890 508080 belfast@corrymeela.org www.corrymeela.org

Drumalis Retreat and Conference Centre

47 Glenarm Road Larne, Co. Antrim BT40 1DT Tel: +44 2828 272196 drumalis@btconnect.com www.drumalis.co.uk

Donegal

Ards Friary

Creeslough Letterkenny, Co. Donegal Tel: 074 9138909 info@ardsfriary.ie www.ardsfriary.ie

Burnfoot

Co. Donegal Tel: 074 9368370 sarce@eircom.net www.columbacommunity.

IOSAS Centre

Derryvane Muff, Co. Donegal Tel: 074 9384866 www.celticprayergarden. com

St Anthony's Retreat Centre

Dundrain, Burnfoot Co. Donegal Tel: 074 9368370 sarce@eircom.net

St Patrick's Purgatory

Lough Derg, Co. Donegal Tel: 071 9861518 info@loughderg.org www.loughderg.org

Down

Dromantine Retreat Centre

Newry, Co. Down BT34 1RH *Tel: +44 2830 821964 www.dromantineconference.*

Tobar Mhuire Retreat and Conference Centre

Downpatrick Street Crossgar Co. Down BT30 9EA Tel: +44 2844 830242 secretary@ tobarmhuirecrossgar.com www.tobarmhuirecrossgar.

Dublin

Avila Carmelite Centre

Bloomfield Avenue Morehampton Road Donnybrook, Dublin 4 *Tel: 01 6430200* info@avilacentre.ie www.avilecentre.ie

Benildus Pastoral Centre

160a Kilmacud Road Upper Dublin 14 Tel: 01 2964195 benilduspastoralcentre@ eircom.net www. benilduspastoralcentre.com

Dominican Retreat Centre

Tallaght Village
Dublin 24
Tel: 01 4048123
Retreathouse@eircom.net
www.domsrc.com

The Emmaus Centre

Ennis Lane Lissenhall, Swords Co. Dublin Tel: 01 8700050 www.emmauscentre.ie

Iona Pastoral Centre

Idrone Avenue
Dublin 16
Tel: 01 4943712
ionacentre@knocklyonparish.
ie
www.knocklyonparish.ie

Manresa Jesuit Centre of Spirituality

426 Clontarf Road Dollymount, Dublin 3 Tel: 01 8331352 www.manresa.ie

Margaret Aylward Centre

Holy Faith Sisters Glasnevin, Dublin 11 Tel: 01 7879364 mcfdglasnevin@gmail.com www.

margaretaylwardcentre.ie Stella Maris Retreat

Centre
Carrickbrack Road

Baily
Howth, Co. Dublin
Tel: 01 8322228
stellamarisretreatcentre@gmail.com

Galway

Emmanuel House of Providence

Clonfert Ballinasloe, Co. Galway Tel: 057 91551552 contact@emmanuelhouse.ie www.emmanuelhouse.ie

Esker Retreat Centre

Esker Athenry, Co. Galway Tel: 091 844549 info@redemptoristsesker.ie www.redemptoristsesker.ie

Jesuit Centre of Spirituality & Culture

6 Ely Place, Galway Tel: 091 725363 jesuitcentregalway@gmail. com www.jesuitcentregalway.ie

Kerry

Ardfert Retreat Centre

Ardfert, Co. Kerry Tel: 066 7134276 ardfertretreat@eircom.net www.ardfertretreatcentre.org

Irish Retreat Centres Directory

Laois

Mount St. Anne's Retreat and Conference Centre

Killenard Portarlington, Co. Laois Tel: 057 8626153 msannes@eircom.net www.mountstannes.com

Limerick

Glenstal Abbey

Murroe, Co. Limerick
Tel: 061 386328
events@glenstal.com
www.glenstal.org
Clare
Seaside Retreats
FCJ Ibricken Lodge
Spanish Point, Co. Clare
Tel: 086 3423692
geraldinefcj@yahoo.ie

Louth

Monastery of St Catherine of Siena

The Twenties Drogheda, Co. Louth www.dominicannuns.ie Cork

Nano Nagle Centre

Ballygriffin Mallow, Co. Cork Tel: 022 26411 secretary@ nanonaglebirthplace.ie www.nanonaglebirthplace.ie

Ennismore Retreat Centre

Ennismore Montenotte, Cork Tel: 021 4502520 ennismore@eircom.net www.ennismore.ie

Mayo

Ballintubber Abbey

Ballintubber Claremorris, Co. Mayo Tel: 094 9030934 info@ballintubberabbey.ie www.ballintubberabbey.ie

Fr Patrick Peyton Memorial Centre

Attymass, Ballina Co. Mayo Tel: 096 45374 ppmc@eircom.net www.fatherpeytoncentre.ie

Knock Shrine

Main Street, Knock Co. Mayo Tel: 094 9388100 info@knock-shrine.ie www.knockshrine.ie

Meath

Anam Aras

Laytown, Co. Meath Tel: 041 9828952

Roscommon

Ard Chiarain Prayer Centre

Shannonbridge Athlone Co. Roscommon Tel: 090 9674305 www.ursulines.ie

Galilee House of Prayer

Tintagh, Boyle
Co. Roscommon
Tel: 071 9664101
galileecommunity@gmail.
com
www.galilee.ie

Sligo

The Spiritual Life Institute

Holy Hill Hermitage Skreen, Co. Sligo Tel: 071 9166021 holyhill@eircom.net www.spirituallifeinstitute. org

Star of the Sea Retreat Centre

Mullaghmore, Co. Sligo Tel: 071 9176722 staroftheseacentre@gmail. com www.staroftheseacentre. com

Tipperary

Glencomeragh House of Prayer

Kilsheelan Clonmel, Co. Tipperary Tel: 052 33181 info@glencomeragh.ie www.glencomeragh.ie

Pallottine Retreat Centre

Thurles, Co. Tipperary Tel: 0504 21202 www.pallottines.ie

Waterford

Mount Melleray Abbey

Mountmelleray
Cappoquin, Co. Waterford
www.mountmellerayabbey.
org

Westmeath

La Verna Centre

Franciscan House of

Spirituality & Hospitality Ballinderry, Mullingar Co. Westmeath Tel: 044 9352000 lavernacentre@gmail.com www.fmolireland.ie

Wexford

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Ballyvaloo Centre

Blackwater Enniscorthy, Co. Wexford Tel: 053 9137160 office@ballyvaloo.ie www.ballyvaloo.ie

Wicklow

An Clochan

Glendalough Co. Wicklow Tel: 0404 45137 anclochan@eircom.net

An Tairseach

Bayview Wicklow Town Tel: 0404 61833 info@ecocentrewicklow.ie www.ecocentrewicklow.ie

Shekina Sculpture GardenGlenmalure Vallery

Co. Wicklow Tel: 01 2838711 www. shekinasculpturegarden.com

Tearmann Spirituality Centre

Glendalough Co. Wicklow tearmannspirituality@gmail. com www.tearmann.ie

One Day Retreats on Lough Derg, now in their 27th year, offer an opportunity for quiet and respite in the midst of a busy life

I look forward to our One Day Retreats in 2018 and to welcoming to Lough Derg many Irish Catholic readers, perhaps with a family member or a friend, or as part of a parish or other faith-support group. I am recalling Jesus' invitation to his friends as they got into their boat on the lake in Galilee, 'Come apart, and rest for a while.' – Fr La Flynn, Prior



ONE DAY RETREATS 2018

30 dates to choose from

MAY - Sat 5th, Sun 6th, Mon 7th, Tues 8th, Sat 12th, Sun 13th, Tues 15th, Sun 20th, Tues 22nd, Sat 26th, Sun 27th, Mon 28th

AUGUST - Sat 18th, Sun 19th, Mon 20th, Mon 27th, Tues 28th, Wed 29th

SEPTEMBER - Sat 1st, Sun 2nd, Tues 4th, Wed 5th, Sat 8th, Mon 10th, Tues 11th, Sat 15th, Sun 16th, Sat 22nd, Sun 23rd, Sun 30th.



T. +353 (0) 71 9861518 E. info@loughderg.org
Book Direct: http://booking.loughderg.org/

www.loughderg.org

Lough Derg prior reveals prayer plans for WMOF and year ahead



Chai Brady

ith the World Meeting of Families (WMOF) less than six months away, the new prior of Lough Derg is looking forward to the major event, and hoping he can encourage pilgrims to pray for its success.

Fr Laurence (La) Flynn has been behind the wheel at Lough Derg since October last year, and has a deep connection with the sanctuary. He told *The Irish Catholic* about his hopes for the future in relation to the pilgrim hotspot and the WMOF, his views on young people and retreats as well as the importance of retreats themselves.

"Last year almost all, if not all, of the 5,000 plus pilgrims who did the three-day pilgrimage offered one of their penitential stations as a prayer for the success of the WMOF. So. I see ourselves as being there in the background of the preparations, supporting the preparations with our prayer," said Fr La.



Flynn, prior of Lough Derg. Photo. Chai

fasting, prayer and bare feet - and says for the year ahead he looks forward to meeting again with many of the pilgrims he has gotten to know over the years, adding: "I'm very hopeful in particular this year with the World Meeting of Families coming up that we'll be able to continue making a contribution to that."

In relation to younger people the new prior said he believes "they're very game" for retreats when the opportunity arises.

other teachers were surprised how readily pupils responded to having meditation at the beginning of class. Some students would even remind him that he hadn't done meditation with them for a while.

There's also the opportunity for people to take that little bit of time away from themselves"

He said: "Our experience on Lough Derg, whether it's a come - Clogher don Óige or a diocesan youth group - I think the appetite is there when the opportunity is presented. They get a taste for it then."

Fr La was previously the parish priest of Tullycorbet (Ballybay), Co. Monaghan, before taking over the role as prior as well as parish administrator of Pettigo parish in Donegal - succeeding Fr Owen McEneaney who had been in both positions since 2013.

Each week in summer since 1978 Fr La served in lished in 1987.

Speaking personally about the importance of retreats, Fr La said: "For myself it's about coming back to centre, coming back to what really matters."

"Sometimes I might go on retreat with something on my mind, but more often than not I can be surprised what emerges when I'm on retreat or indeed on pilgrimage.

"I think of what Augustine said so long ago: "You have made us for yourself, O Lord, and our heart is restless until it rests in you" so

Those who go to Lough Derg on a one-day retreat aren't fasting, and are greeted with scones and tea/coffee, and they may expect the support of a group who are there with them in prayer, according to the prior.

"While there are devotional elements to it, there's also the opportunity for people to take that little bit of time away from themselves, so people have the option if they don't want to follow a particular piece of the programme they can step out



The Irish Catholic, March 8, 2018 Retreats 23

Why Youth Retreats?

t has been the best day of my life." This is the verdict of a 20-year-old third level student – no, not at the end of a day of retreat, but in a quiet moment at the end of a day spent working at the construction of a humble little home for a needy Indian family, while he was part of an overseas module on his course.

I am sure that many even better and more memorable days will come as his life unfolds. But learning to recognise what gives life meaning and deep satisfaction, what life is for – this is very much what a retreat experience is about, and especially so for young people.

A changed culture

In Ireland, some 90% of over 18s now own or have access to a smartphone, putting Ireland among the top users of smartphones in Europe. On average a person checks their smartphone 57 times a day.¹

This figure is certainly higher still among younger users. But this is not where we are likely to access the deeper things.

In a recent message addressed to young people, Pope Francis again showed that he is 'on the ball' in reading their underlying concerns: And you young people, what worries you most deeply? An "underlying" fear that many of you have is that of not being loved, well-liked or accepted for who you are.

Today, there are many young people who feel the need to be different from who they really are, in an attempt to adapt to an often artificial and unattainable standard. They continuously "photo-shop" their images, hiding behind masks and false identities, almost becoming fake selves. Many are obsessed by receiving as many "likes" as possible. ²

So how can we support and accompany our young people on the path to finding



Mary Immaculate College volunteers building a home for a destitute family in Siliguri, January 2018.

who they really are, and who they are meant to be?

Where do our young people get time for prayer?

In Ireland, it is now well more than one generation ago since daily family prayer was taken for granted in most of our homes and Sunday Mass was a weekly appointment for most young people. Catholic schools and those of other denominations still integrate time for reflection or prayer into the timetable, and many of them go to some trouble to prepare thought-provoking and meaningful assemblies on a regular basis.

But my hunch is that the experience of regular prayer, in the sense of space and time to be in touch with God and to be at home with God, is not easily accessible to teenagers and young people. Their generation is growing up in a digital world where diversion is ubiquitous.

Their access to information

and distraction can be highly addictive. It is no easy task for them to find and to build into their lives reflective space and to develop a personal prayerlife.

This is to say that for these young people the need for the 'taster' experience of reflection and prayer that a retreat offers is both more urgent than ever and at the same time more distant from their day-to-day experience.

However, St Augustine's insight still applies: "You have made us for yourself, O God, and our hearts are restless until they rest in you." The young Augustine learned this truth from his experience. His own deeply restless heart eventually exhausted itself and when the time was right God caught up with him.

A range of opportunities

My years of experience teaching at a secondary school taught me unmistakably that young people are very open to learn the value of time to catch up with themselves, for

¹Newstalk, December 5, 2017 report on Deloitte survey findings – mobile phone habits of Irish People Revealed. ²Message for 33rd World Youth Day, issued February 11, 2018.

Come and see

Thank God that such a range of retreat locations and opportunities for young people are on offer in Ireland at the present time. Vocational discernment is another element that may surface for young people in the context of a pilgrimage or retreat. Perhaps as you read this article you are thinking already of someone you know who may be open to the suggestion of a retreat or a pilgrimage, or of someone for whom you could help to facilitate such a possibility.

Our young friend in India, who in his evening time of reflection realised that he had just spent the best day of his life, can

stand for a whole generation who have so much to give and so much to receive with gratitude. I suggest that it is essential that they discover that reflection and personal prayer open us up to life beyond the surface, to a deeper life. This is a discovery that is facilitated by the experience of a retreat or pilgrimage appropriate to the stage one has reached on life's journey.

So let us remember a prayer sometimes for those who are engaged in this ministry, as well as for all those young restless hearts who may not yet suspect that the Master is there, and he is inviting them: "Come and see."

To find out more about school and youth retreats on Lough Derg contact Nuala in the Lough Derg office on +353 (0) 71 9861518 or groupreservations@loughderg.org example in an opportunity for a little guided meditation.

Some of you reading this are RE teachers, third level Chaplains, youth workers in parishes, John Paul II Coordinators who, along with many parents and grandparents, appreciate the value for young people of creative opportunities for reflection and prayer.

Some schools offer the option of a retreat experience as part of the school programme, perhaps to their Transition Year Group or their pre-leavers. And many third level chaplains create first-time retreat experiences for young adults who may not have had an earlier opportunity.

The wide variety of programmes and opportunities that are facilitated by diocesan and parish youth programmes across the country often include retreats and pilgrimages where they have the chance to experience faith as alive and with an element of fun. Indeed, not a few of our young people who go on to become active in parish life begin their engagement with a World Youth Day trip or some other pilgrimage.

In many dioceses the



Students from Our Lady's Secondary School, Castleblaney enjoying time with each other, alive in their faith with friends, connecting with the nature around them in the Sanctuary of St Patrick, Lough Derg.

annual pilgrimage to Lourdes includes youth volunteers accompanying older and infirm pilgrims.

Their presence offers the wider pilgrim group a vibrant witness of hope while the young people have a handson opportunity to combine practical Christian service with an introduction to the wider Church-at-prayer-and-devotion.

These experiences help young people to touch in to the restless part of their young hearts. At the same time they come to realise that they are not alone on the journey, and that a deeper and meaningful new life is there to be discovered and shared. Indeed, not a

few of them catch something of that 'missionary' outlook that Pope Francis hopes all of us would make our own.

There are also several energetic and vibrant Christian youth organisations for whom retreat or pilgrimage events are a strategic part of their faith development programme.

Some of these come to us on Lough Derg with regular pilgrimage bookings, either as part of the traditional Three Day Pilgrimage or on a Youth Retreat in our autumn schedule.

> – Fr La Flynn, Prior, The Sanctuary of St Patrick, Lough Derg

Confirmation, First Holy Communion and Secondary School Retreat Days at the Father Peyton Centre

Attymass, Ballina, Co Mayo, F26 X884.



KNOCK HOUSE HOTEL

KNOCK, CO. MAYO. T: 094 93 88088 ***
e: info@knockhousehotel.ie







RECREAT CENTRE

Contact: 066 713 4276 ardfertretreat@eircom.net www.ardfertretreatcentre.org

Ardfert Retreat Centre is situated in a quiet residential setting, 500 metres from the local village Ardfert, The Medieval Capital of Kerry.

The house comprises: 30 bedrooms including 17

ensuite rooms, Conference room, Dining room, Chapel, Prayer room and 2 Coffee Dock areas. Free parking and Wi-Fi.

A spacious garden with labyrinth. A further walled garden conducive to quiet relaxation, reading or writing. This is a perfect location for private retreats.





2018

March 7th, 14th, 21st

The Amoris Laetitia Programme

March 18th

Parish Healing Retreat Fr. Donal O'Connor, IT Tralee

April 6th – 8th

Family Systems Network Patricia Walsh

April 27th - 29th

Bio Focusing "Becoming a Caring Presence" John Keane

May 17th

Diocesan Adoration Day

June 4th – 8th

Kerry Clergy Retreat Fr. Gerry McCarthy, SVD

July 6th - 12th

Sister's Retreat Fr. Nick Harnan, MSC

August 13th - 19th

Foyer deCharite Fr. Cillian Byrne and Staff

September 3rd - 7th

Limerick Clergy Retreat

September 29th

Parental Grief Day Caroline Dunne

October 5th - 7th

Family Systems Network Patricia Walsh

October 26th – 29th

Encounters for Married Couples (Polish) Monika Kowalczyk-Szylko

November 15th - 17th

Fr. Jim MCManus

2019

July 5th - 11th

Sister's Retreat Fr. Philip Baxter, OFM Cap



As events are continually added to calendar, please visit us at www.ardfertretreat.org or www.facebook.com/Ardfert-Retreat-Centre Private Retreats and Guided Retreats available upon request throughout the year.

Retreats - Discover, Explore, Become Renewed

- Discover something different
 - Explore your faith •
 - Become renewed •

or those in need of time-out or spiritual enrichment, Knock offers sacred space for healing, reconciliation, time to explore ones faith and to experience a personal encounter with God. It is a place of healing where people come for solace and prayer.

Whether you are coming on a day trip with the family, with a group or as an individual for some time out, there is a wealth of offerings for all groups and ages

The beautiful grounds, gardens and meandering pathways offer quiet space for prayer and contemplation, including a sculpture trail representing Irish Saints and our fascinating Christian

The five churches within the Shrine offer many outstanding features, artworks including the renowned 'Apparition Mosaic' at Knock Basilica where pilgrims can pause to reflect on the meaning of the Apparition and take in the splendour of this magnificent artwork.

Many pilgrims return to Knock every year and like to take part in their own personal pilgrimage and rituals and pilgrimage at Knock is regarded as a personal experience and pilgrims are invited to explore at their own pace and not be obliged to follow a set path or order. Upon visiting Knock, pilgrims can take part in guided prayer sessions and spiritual accompaniment, daily Mass, Stations of the Cross, monthly vigils, and anointing of the sick which is offered each day during the pilgrimage season which takes place from the last Sunday in April to the second Sunday in October.

Reconciliation at the 'Heart of Knock'

The Chapel of Reconciliation is one of the five chapels in the Shrine grounds.

The Chapel is beautifully constructed on a low, 'sub-terranean' site, which is of symbolic significance as the descent into the chapel recalls the rite of Baptism. It is often referred to as 'the heart of Knock', as this is the quiet, dark chapel enshrouded in prayer and peaceful, prayerful atmosphere place, is where pilgrims go to receive the sacrament of reconciliation, an important part of pilgrimage at Knock, where we are invited to unburden our-





selves. The chapel is regarding as a special place of healing as it is also home to Knock Counselling Centre, a discreet and professional service available to all. Any person can avail of the opportunity to attend to emotional or psychological problems in a supportive and confidential therapeutic envi-

The tradition of Holy Water from Knock is one that dates back to the time of the Apparition in 1879. Intertwined with the tradition of Holy water is that of the original stone from the gable wall of Knock Parish Church, where the Apparition was witnessed on 21 August, 1879.

For years, pilgrims have paused to pray at the stone outside the Apparition Chapel, which has played an important role as another everyday ritual of visiting pilgrims and also in shaping the unique history of the Shrine.

Retreats & Workshops

Faith Renewal is at the cen-

tre of Knock's mission and a broad range of events take place throughout the year, including the 'Quiet Days for Busy People' day retreats which invite people to come for a day of quiet prayer, meditation and reflection with contemplative themes.

The next 'Quiet Day' retreats take place on 24 March and 28 April from 11am-3pm.

The Religious and Spiritual Bookshop in the Shrine offers an excellent range of books and resources for spiritual enrichment, including a wonderful range of contemporary titles for faith development and learning.

Youth & Faith Retreats

The Youth Ministry in Knock Shrine aim to bring young people to the Shrine and facilitate them on their faith journey. Since it began the youth ministry has seen thousands of young people pass through their doors. Some young people come on retreat with their schools, others with their Diocese and more drop in for some peace and quiet from their everyday lives.

Our retreat programme aims to give young people a positive and powerful experience of God, the Church and the Sacraments. We do this through talks, workshops and meditations that are all relevant to youth culture and on topics that young people can relate to and understand.

It is so important that we meet young people where they are on their faith journey. To drop everything, and spend time in reflection and prayer is the perfect antidote to their busy, distracted lives.

Our retreats are given in a laid back friendly environment helping the students to take that much needed 'time out' to explore their relationship with God and find answers to the questions they have been searching for.

It is our hope that when young people come on retreat here, they switch off from the busyness of their lives, learn more about their faith and experience the great love that God has for each of them.

Families can also enjoy a visit to the **award-winning Knock Museum** which walks visitors through the rich history of Knock Shrine accompanied by audio guided narration (available in seven languages), which unfolds the story of the Apparition at Knock in 1879 and tells of the lives of those who wit-

The pilgrimage season at Knock will take place from Sunday 29th April - Sunday 14th October 2018.

If you would like to organise a pilgrimage to Knock, please get in touch. If you are travelling with a group and would like to avail of a private Mass or guided tours we are happy to accommodate you.

Find out more at www. knockshrine.ie or call us (094) 93 88100.

T. (094) 93 88100 • E: info@knock-shrine.ie • W: knockshrine.ie





Discover a world of hidden gems, beautiful churches, sacred art and a vibrant programme of events to stir the soul!

Upcoming Events Day Retreats - 'Quiet Days for Busy People'

Sat 24 March Looking towards the Light!

As we journey through Holy Week towards Easter we see the hurt and shame transformed by the light of God's love.

Sat 28 April

New Life!

The whole of creation reveals God to us, we just need to slow down and become aware of his presence

11am-3pm, Prayer Guidance Centre Cost: €30 includes lunch



'Art as a Doorway to Sat 14 April the Divine

Workshop with artist Róisín de Búitléar and poet John F. Deane



A day to appreciate sacred art at Knock Shrine and delve into our own creative abilities

11am-4pm, Knock House Hotel Cost: €30 includes lunch (Early booking advised)

To Book:

T: (094) 93 75355

E: faithrenewal@knockshrine.ie



TOBAR MHUIRE ANNUAL SUMMER INSTITUTE

'Spread the Good News - The Urgency of Adult Faith Formation.' Thursday June 21st - Friday June 22nd

Speaker: Rev. Professor Eamonn Conway

(Head of Theology and Religious Studies, University of Limerick)

RESTING AT THE WELL - 25TH JUNE - 1ST JULY

Hosea invites us

"to come to the desert to pray and God will speak to our hearts."

In the beautiful space of Tobar Mhuire, we connect with our true self. This retreat invites us to nourish our spirits and open ourselves to hear the quiet voice of God through a mixture of silence, talks, meditation and communal prayer.

Director: Brian McKee

SEEK ME WITH ALL YOUR HEART - 3RD AUG - 9TH AUG

"When you search for me, you will find me. If you seek me with all your heart I will let you find me." Jer29:13-14

This retreat will be a sacred space to seek and to be found by the Lord. Using gentle Focusing steps (Eugene Gendlin) can open a doorway to being led by the Spirit of Cod.

Directors: Pat Duffy CP; Margaret Webb

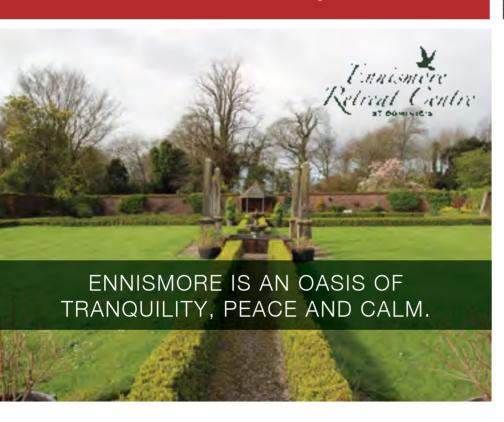
REST A WHILE - 6 DAY GUIDED RETREAT 18TH - 24TH AUGUST

This retreat is held in an atmosphere of silence. There is a daily personal meeting with your retreat guide to reflect on each day and help you to see where and how God is working in your life.

Director: Fr Tom Scanlon CP

For further information/booking:

Telephone: 02844830242 Email: secretary@tobarmhuirecrossgar.com Website: www.tobarmhuirecrossgar.com



Whether you come for Retreat or to a Conference, you will enjoy our extensive gardens and wholesome, delicious food prepared by our in house chef.

You can view our full programme on our website: www.ennismore.ie or you can phone the office 021-4502520 if you would like any more information.



The Monks of Glenstal Abbey as St Benedict teaches; 'welcome all as Christ to the Monastery';

to visit I to attend Mass and prayer in the Abbey Church or connect via our webcam I to course and retreat days









DRUMALIS RETREAT AND CONFERENCE CENTRE IN LARNE OFFERING A WIDE RANGE OF IN-HOUSE RETREATS, WORKSHOPS & ADULT FAITH DEVELOPMENT PROGRAMMES AS WELL AS AN IDEAL VENUE FOR GROUPS TO ORGANISE THEIR OWN EVENTS.

SUMMER RETREATS 2018

SAT, 23 - FRI, 29 JUNE

"Exploring the Emerging Human within the Evolving Universe" retreat with Sr Margaret Rose McSparran CP, Sr Anne Harnett CP & Team

SAT, 23 - FRI, 29 JUNE

"Walking with Wisdom" Guided Retreat with Sr Joann Heinritz CSJ

SAT, 30 JUNE - WED, 4 JULY

3 day Individually Guided Retreat with Drumalis Team & ISC, Glasgow

SAT, 30 JUNE - SAT, 7 JULY

6 day Individually Guided Retreat with Drumalis Team & ISC, Glasgow

SAT, 30 JUNE - MON, 9 JULY

8 day Individually Guided Retreat with Drumalis Team & ISC, Glasgow

WED, 4 - MON, 9 JULY

4 day Individually Guided Retreat with Drumalis Team & ISC, Glasgow

Mon, 9 - Mon, 16 July

"God Slipped in... did our hearts not burn within us." - Preached Retreat with Fr Derek Laverty SSCC

Tues, 17 - Tues, 24 July

"Love Bade Me Welcome" - Preached Retreat with Magdalen Lawler SND & Tom McGuinness SJ

WED, 8 -FRI, 17 AUGUST

8 day Directed Retreat with Fr Mike Serrage MSC & Drumalis Team

Fri, 10 - Fri, 17 August

6 day Directed Retreat with Fr Mike Serrage MSC & Drumalis Team



For further information or a full programme of events, please contact:

Drumalis - 47 Glenarm Road, Larne, County Antrim, BT40 1DT - by telephone - 028 2827 2196 \slash 2827 6455 (from UK) or 048 2827 2196 /2827 6455 (from Republic of Ireland) or by email - drumalis@btconnect.com or keep up-to-date on www.drumalis.co.uk