

## Ards Retreats 2020

### JANUARY

**Fri 24 – Sun 26 Jan**

#### **Learning to Meditate**

Facilitator: Philip McParland

An opportunity to learn about the purpose and practice of Christian meditation. We will try different methods of meditation and discuss the benefits and challenges of meditating on a regular basis.

### FEBRUARY

**Sat 15 Feb**

#### **Readers and Eucharistic Ministers**

Facilitator: Philip McParland

A day's reflection especially directed towards Ministers of the Word and Ministers of the Eucharist.

**Fri 21 Feb – Sun 23 Feb**

#### **Contemplative Outreach Ireland**

#### **Centering Prayer.**

"Be Still and know that I am God...." Come and join us this weekend for silent prayer and stillness. This weekend retreat is open to all who are interested in deepening their relationship with God, whether they are already praying in this gentle way or want to start or are new to this prayer.

**Fri 28 Feb – Sun 1 Mar**

#### **Lenten Retreat**

Facilitator: Philip McParland

#### **Lent Has Come Again**

What is the purpose of Lent? Is it still relevant? This weekend retreat will help you take a fresh look at Lent and offer you some inspiration for your Lenten journey.

## MARCH

**Fri 6 Mar – Sun 8 Mar**

### **Bereavement**

Fr. Philip Baxter

Details to follow

**Thurs 12 Mar – Sun 15 Mar**

### **Men's Cursillo**

Cursillo is a short course to develop one's relationship with Christ through an adult understanding of the Christian Faith. Contact: Mary & Tony Murray Tel: 074 9124111 / 087 9575463

**Thurs 19 Mar – Sun 22 Mar**

### **Women's Cursillo**

Cursillo is a short course to develop one's relationship with Christ through an adult understanding of the Christian Faith. Contact: Mary & Tony Murray Tel: 074 9124111 / 087 9575463

**Fri 27 Mar – Sun 29 Mar**

### **Embracing Our Wounds**

Facilitator: Philip McParland

#### **Embracing our Wounds**

Our wounds have a huge impact on our lives. They affect how we feel about ourselves and how we relate to other people and to God. To find healing for our wounds we need to learn to embrace them. This weekend will gently explore what it means to embrace our wounds.

**29 Mar – 27 April**

### **30 day Guided Retreat**

Limited to 4 people

Facilitator: Fr. Philip Baxter

The Spiritual Exercises in a Capuchin Franciscan setting.

In this 30 day retreat, the silence and beauty of the Donegal landscape will support you in becoming attentive to how “soul speaks to soul” (ps. 42) During this month-long journey you will be supported to attentively look into the depths of things and see anew your relationship with God. Perhaps at this time the Lord is inviting you to *a greater freedom; or to undertake a reordering of the values* that give direction to your life; maybe you sense this is a time *to put on anew the mind of Christ*; or you need space and time *to make decisions for your life* in way that fits with the way Jesus makes decisions. Whatever currents are stirring in your life, Ard Mhuire, is a place where the shadow of Sliabh Muckish, the movement of the Atlantic tides, and the seasonal changes of forest and field, stir fascination and gratitude in the heart and prepare the way for you to welcome the grace of St. Ignatius’ spiritual exercises.

## APRIL

### Sat 4 April

#### Nurses Retreat

A one-day retreat, dedicated to all the caring professions, aims to help you reflect in an atmosphere of peace, tranquillity and prayer. Open for everyone to attend. Contact: Kathleen McKeague 074 912 1551

### Holy Thursday 09 April

#### Holy Thursday Guided Retreat

Facilitator: Philip McParland

#### Holy Thursday Retreat

Spend a few hours in reflection and prayer as we prepare to celebrate the death and resurrection of Jesus. This retreat begins at 2.30pm and concludes with the Mass of the Last Supper at 7.30pm. An evening meal will be provided.

### Thurs 9 April – Sun 12 April

#### Easter Triduum

Follow Jesus through the momentous events leading up to his death on the Cross and his glorious resurrection. Join with the Capuchin Friars as they prayerfully reflect on the passion, death and resurrection of Jesus in the celebration of the Sacred Easter Triduum.

Contact: Ards Friary Tel: 074 913 8909; Email: [info@ardsfriary.ie](mailto:info@ardsfriary.ie)

### **Fri 24 April – Sun 26 April**

**Bosco McColgan** - Private Retreat

## **MAY**

### **Fri 8 May – Sun 10 May**

**Praying with the parables, living with the parables.**

Facilitator: Fr. Philip Baxter

Praying with Parables, Living with Parables

**Story Water/Story Wisdom** is a poem by the Sufi mystic Rumi:

"Very few can sit down  
in the middle of the first itself....  
We need intermediaries."

In this retreat we explore a number of Jesus' parables as intermediaries for "the fire itself," in the conviction that in and through them, we will be warmed by the Spirit's fire. The Christian tradition direct us to "go within," in order to find hidden treasure. The fruits of this journey, we are promised, will be self knowledge—wisdom. The hope of this retreat is to experience how the parables are a resource for this journey for a deeper spiritual consciousness.

This interactive retreat builds on three convictions: that shared experience of hearing the parables builds relationships in an easy, non-confrontational way; that the images in the story open the imagination of the hearer and suggest new perspectives, new ways of being; and that the opportunity to work and reflect on the parables together offers the participants a rich opportunity to learn about each other.

### **Fri 15 May – Sun 17 May**

**Focusing**

Facilitator: Fr. Philip Baxter & Tom Larkin.

## **The body's sense for grace and God in everyday awareness**

Hidden deep within our bones lies an unrecognized capacity just waiting to be found. This Focusing Retreat introduces you to a learnable inner skill involving mind, body, and heart that helps you begin, and persevere on, your sacred inward journey. As you grow in a confident use of Focusing you will discover the hidden treasure of possibilities inside yourself, just waiting to surprise you. This weekend retreat will be co-led by Tom Larkin and Philip Baxter.

### **Fri 22 May – Sun 24 May**

Woman's Journaling Retreat

#### **Window to the Soul.**

Visualise yourself with like-minded women responding to the call to reconnect to their inner self.

Explore your personal and spiritual journey with reflective journaling, guided visualisations, periods of silence, forest walks, sharing circles and vocal toning. Let this weekend of soulful relaxation and gentle self-enquiry reconnect you to your innate wisdom and true essence.

This retreat is for women to increase their awareness, gain more clarity in their life and explore soulful living.

For more information and to register please visit [belindabennetts.co.uk/spiritual](http://belindabennetts.co.uk/spiritual), or email [belinda@belindabennetts.co.uk](mailto:belinda@belindabennetts.co.uk); phone +44 751 816 6196

### **Fri 29 May – Sun 31 May**

#### **Vision**

Facilitator: Fr. Flan

The Vision programme was born out of love for the eight beatitudes and the difference they could make in the lives of the individuals, families, church communities and society. The programme gives people an understanding of each beatitudes, and also ways of internalising the love that the beatitudes contain.

## **JUNE**

### **Fri 12 June – Sun 14 June**

#### **Creation**

Facilitator: Fr. Kieran Shorten

Details to follow

**Fri 5 June – Sun 7 June**

**Christian Mindfulness**

Facilitator: Fr. Richard

Details to follow.

**Sun 7 June – Fri 12 June**

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Facilitator: Fr. Flan

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**Sun 21 June – Thurs 25 June**

**Interdiocesan Retreat**

Facilitator: Fr. Philip Baxter

**Steps Towards living in Gospel Light.**

In this five day preached retreat we will both reflect on our human experience and read a selection of Gospel Texts. We will thus focus on some core teaching of Jesus in order to pursue our baptismal commitment of opening the eyes of our soul. Our hope is that by using these Gospel stories as a tool of spiritual transformation we will deepen our appreciation of what it means to move from being made in God's image to becoming the likeness of God in the world.

**29 Jun – 1 July**

**Raphoe Clergy Retreat.**

Annual retreat for the clergy of Raphoe Diocese.

## JULY

**Mon 13 Jul – Sat 18 Jul**

### **Benedictine Men's Retreat**

Guided by the Benedictine Monks of the Abbey of Saint Joseph. The retreats are a presentation of the central truths of the Catholic faith in the form of meditations, examination of conscience and prayers. Cost: €325 (Full Board). Contact: Monks of St. Joseph Abbey – Fax: 00 333 80 962529; email: [spiritualexercises@claival.com](mailto:spiritualexercises@claival.com) or [info@ardsfriary.ie](mailto:info@ardsfriary.ie); Tel 074 913 8909. See [www.ardsfriary.ie](http://www.ardsfriary.ie) for more details.

**Sun 19 Jul – Tues 21 Jul**

### **Benedictine Women's retreat**

Presentation of the central truths of the Catholic faith in the form of meditations, examination of conscience and prayers. Cost: €130 (Full Board). Contact: Monks of St. Joseph Abbey – Fax: 00 333 80 962529; email: [spiritualexercises@claival.com](mailto:spiritualexercises@claival.com) or [info@ardsfriary.ie](mailto:info@ardsfriary.ie); Tel 074 913 8909. See [www.ardsfriary.ie](http://www.ardsfriary.ie) for more details.

**Sat 25 Jul – Sat 13 Aug**

### **Christendom College**

Bringing young people together from the United States and Ireland to occasion fruitful dialogue and reawaken a love of our mutual heritage and a determined hope for a revival of Christian Faith and Culture. For more information contact Brenda Seelbach at [brenda.seelbach@christendom.edu](mailto:brenda.seelbach@christendom.edu) or Ards Friary 074 913 8909, email [info@ardsfriary.ie](mailto:info@ardsfriary.ie).

## AUGUST

**Fri 14 Aug – Sun 16 Aug**

### **Matt Talbot Retreat**

The Matt Talbot Retreat is intended specifically for people recovering from alcoholic addiction. Contact Patsy 0044 771 287 1870, Mickey 0044 776 453 35588, Jim 0044 785 048 2282 Email: [patsybrogan@hotmail.co.uk](mailto:patsybrogan@hotmail.co.uk)

**Mon 17 Aug – Mon 24 Aug**

### **Iconographers Retreat**

Learning to write an icon: Skilled tutors will be on hand to demonstrate and teach skills necessary for this sacred work. The course is open to all members of the Association of Iconographers.

Contact: Una Jenkins. Tel: 087 665 2819. Email unajenkins1@gmail.com

### **Thurs 27 Aug – Sun 30 Aug**

#### **Wellbeing Retreat**

#### **Wellbeing Retreat**

Ards is an ideal place to take a break from the pressures and stresses of life. During these three days you will be offered a variety of ways to relax your body, mind and spirit. These will include walking, yoga, meditation, sightseeing, painting and swimming. You will also enjoy healthy home-cooked food served by our friendly and helpful staff.

Facilitator: Philip McParland

## **SEPTEMBER**

### **Fri 4 Sept - Sun 06 Sept**

#### **Vision**

Facilitator: Fr. Flan

The Vision programme was born out of love for the eight beatitudes and the difference they could make in the lives of the individuals, families, church communities and society. The programme gives people an understanding of each beatitudes, and also ways of internalising the love that the beatitudes contain.

### **Sun 06 Sept**

#### **Parish Staff Retreat.**

A day's reflection for those involved in working in the parishes of the Diocese.

### **Tues 8 Sept – Sun 13 September**

#### **6 Day Guided Retreat**

Facilitators: Fr. Philip Baxter & Fr. Kieran Shorten

“We are more than what we are aware of”. That’s the lesson of Jesus’ parable on the treasure buried in the field. However, our attention, our consciousness and our ways of thinking may not include everything we are.

This retreat affords the opportunity to each participant to be increasingly responsible for their own evolution. For this to happen, our awareness, our consciousness, our structures of perception, and our attention, have to be refocused. The work of the retreat includes the practice of silence, prayerful reflection on the Gospel story; meeting once per day with the director; and participation in a daily Eucharist. In everything participants will have the opportunity to practise the art of becoming conscious of what is already there in their life, but which is hidden, or ‘sunken in a field’ as Jesus puts it.

### **Tues 15 September**

#### **Retired**

Facilitator: Philip McParland

#### **Day Retreat for the Retired**

An opportunity for those in retirement to meet, reflect and pray. The day will include a full lunch.

### **Fri 18 Sept – Sun 20 September**

Woman’s Journaling Retreat

#### **Window from the Soul.**

Visualise yourself with like-minded women responding to the call to the subtle nudges from within to live a heart centred, soulful life.

In this retreat we practice deeply listening to our innate wisdom and giving attention to what our true essence is communicating to us. Experience the treasure of expression waiting to emerge from deep within your being in this weekend of reflective journaling, guided visualisations, meditation, forest walks, sharing circles and vocal toning.

This retreat is for women who are ready to tune into their heart and soul, release what no longer serves them, and step into a life more in alignment with who they truly are..

For more information and to register please visit [belindabennetts.co.uk/spiritual](http://belindabennetts.co.uk/spiritual), or email [belinda@belindabennetts.co.uk](mailto:belinda@belindabennetts.co.uk); phone +44 751 816 6196

### **Sun 20 Sept – Thurs 24 September**

### **Silent Clergy Retreat**

Facilitator: Fr. Brendan McManus SJ

An individually directed silent retreat according to the Ignatian tradition using Lectio Divina for praying with scripture. Fr. Brendan, an experienced Director, will meet with everyone individually each morning for around 30 minutes. He will give instructions on prayer with scripture for the day and suggest how you might structure your day

## **OCTOBER**

**Thurs 15 Oct – Sun 18 Oct**

### **Cursillo Men**

Cursillo is a short course to develop one's relationship with Christ through an adult understanding of the Christian Faith. Contact: Mary & Tony Murray Tel: 074 9124111 / 087 9575463

**Thurs 22 Oct – Sun 25 Oct**

### **Cursillo Women**

Cursillo is a short course to develop one's relationship with Christ through an adult understanding of the Christian Faith. Contact: Mary & Tony Murray Tel: 074 9124111 / 087 9575463

**Mon 26 Oct – Mon 1 Nov**

### **Individual Guided Retreat**

Facilitator: Fr. Flan and Fr. Kieran

Details to follow

## **NOVEMBER**

**Fri 13 Nov – Sun 15 Nov**

### **Walking with the Mystics**

Facilitator: Fr. Ricard Hendricks

Details to follow

**DECEMBER**

**Fri 4 Dec – Sun 6 Dec**

**Advent Retreat**

Details to follow