

## **Ards Friary 2017 Programme of Retreats.**

Ards Friary offers a diverse range of Retreats throughout the year for a full range of age groups. Whether you are looking for a directed retreat or private time to reflect or unwind you will be most welcome. Visitors can come for the day or can stay with us for a longer period of time and avail of the bed & breakfast, full or half board options that are available. Everyone is welcome to come and enjoy the beautiful countryside located on the shore of Sheephaven Bay amidst 200 acres of woodland.

### **2017 Programme.**

#### **JANUARY**

<b>Fri 6<sup>th</sup> – Sun 8<sup>th</sup></b>	<b>Friars Discernment</b>
<b>Tue 24<sup>th</sup></b>	<b>Schools Retreat</b>
<b>Wed 25<sup>th</sup> – Fri 27<sup>th</sup></b>	<b>Belfast University</b>
<b>Sat 28<sup>th</sup> – Sun 29<sup>th</sup></b>	<b>Polish Retreat</b>

#### **FEBRUARY**

<b>Tue 7<sup>th</sup> – Wed 8<sup>th</sup></b>	<b>YMCA</b>
<b>Fri 10<sup>th</sup> – Sun 12<sup>th</sup></b>	<b>Spring Retreat</b>

Spring is a time for new beginnings!

If you are feeling stuck in old patterns, or lost in mindless busyness, or even that your spiritual life needs a bit of a kick start, then this retreat is for you. Through guided reflection, meditation and time spent both in solitude and discussion we will begin again in Christ and allow the Good News to breathe new life in our tired existence.

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

<b>Tue 28<sup>th</sup></b>	<b>School Retreat (Private)</b>
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#### **MARCH**

**Wed 1<sup>st</sup>**

**School Retreat (Private)**

**Thurs 2nd - Sun 5th**

**Cursillo Men's Retreat**

Cursillo is a short course to develop one's relationship with Christ through an adult understanding of the Christian Faith. The spiritual programme of Cursillo is based on the grace of the Sacraments in preparing people to take their place in the Church's apostolate.

Commences: 6pm

Concludes: After lunch

Contact: Mary & Tony Murray Tel: 074 9124111 / 087 9575463

**Tue 7<sup>th</sup> - Wed 8<sup>th</sup>**

**School Retreat (Private)**

**Thurs 9th - Sun 12<sup>th</sup>**

**Cursillo Women's Retreat**

Cursillo is a short course to develop one's relationship with Christ through an adult understanding of the Christian Faith. The spiritual programme of Cursillo is based on the grace of the Sacraments in preparing people to take their place in the Church's apostolate.

Commences: 6pm

Concludes: After lunch

Contact: Mary & Tony Murray Tel: 074 9124111 / 087 9575463

**Sun 26<sup>th</sup> - Fri 31<sup>st</sup>**

**Frances Hogan (EWTN)**

Frances Hogan is a lay missionary and educator working in the Catholic Church since the late 60's. From the mid-80's she lectured in the Milltown Institute of Philosophy and Theology in Dublin, and served four years on the Theological Commission of the Bishops. She is also trained as a Spiritual Director and Retreat giver.

Frances has written and spoken extensively on Scripture and the Spiritual Life and is currently working on a synopsis of Matthews gospel which is being filmed by EWTN. This retreat will form part of that series.

Frances continues to give Missions in parishes, as well as Retreats and Seminars to people mainly in the English-speaking world. She also continues to give Scripture classes, spiritual direction, and guidance on the spiritual life in her home parish.

Talks Commence on Monday at 10am

Cost: Daily rate €60 full board accommodation.

Limited places Available

Contact: Ards Friary Tel: 074 913 8909; Email: info@ardsfriary.ie

## **APRIL**

**Fri 31<sup>st</sup> (Mar) – Sun 2<sup>nd</sup>**

**Lenten Retreat**

Contact: Ards Friary Tel: 074 913 8909; Email: info@ardsfriary.ie

**Wed 8<sup>th</sup>**

**Catholic Nurses Guild (Open to everyone)**

Directed by Fr. Richard Hendricks

This one day retreat, dedicated to all caring professions, aims to help you reflect in an atmosphere of peace, tranquillity & prayer. Open for everyone to attend.

Commences: 10am

Concludes: 7pm

Cost: €45 (Includes Lunch & Supper)

Contact: Kathleen Mc Keague 074 9121551

**Sat 8<sup>th</sup> – Sun 9<sup>th</sup>**

**Lumen Christi (Private)**

Private Retreat

**Thurs 13<sup>th</sup> – Sun 16<sup>th</sup>**

**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

**Fri 21<sup>st</sup> – Sun 23<sup>rd</sup>**

**Joe and Charlie's Big Study Weekend.**

Private Retreat for recovering alcoholics.

## **MAY**

**Fri 12<sup>th</sup> – Sun 14<sup>th</sup>**

**Spring Retreat (Margaret Gallagher)**

"Stepping into the Promise of a New Spring". Facilitator. Margaret Gallagher

" I came that they may have life and have it abundantly"

(John 10 v 10. )

This week end in the beautiful Ards Friary allows participants to ask themselves in a completely safe and confidential environment " Where am I now in life. " "Where would I like to be " and using Music, Meditation and Spiritual Awareness find out " What are the steps might take to get there. "

Margaret Gallagher is an advanced accredited facilitator for the Transformation Process is a trained Soul Making Teacher with Alaiinn and is a trained teacher with Ausbildungsinstitut Meditation of the Dance Germany.

Commences: 6pm

Concludes: After Lunch

Cost: €125

Contact: Margaret Gallagher Tel: 074 93 84015

Email: [margaretdancing@yahoo.ie](mailto:margaretdancing@yahoo.ie)

## **JUNE**

**Sun 4<sup>th</sup> – Thurs 8<sup>th</sup>**

**Interdiocesan Retreat**

“Faithful to Christ in a changing Church” : A retreat for priests led by Canon Paschal Ryan, a priest of the Diocese of Westminster.

Reflecting on our celebration of the sacraments to deepen our awareness of how the call of Jesus Christ comes to us. Developing an awareness and appreciation of all the sacred moments in our lives, so that we may help those to whom we minister do likewise.

Commences: 6pm (Supper)

Concludes: After Breakfast

Cost: €295

Contact: Ards Friary 074 9138909. Email: [info@ardsfriary.ie](mailto:info@ardsfriary.ie) [www.ardsfriary.ie](http://www.ardsfriary.ie)

**Fri 9<sup>th</sup> – Wed 14<sup>th</sup>**

**Mindfulness Fr. Richard Hendrick**

## **Christian Mindfulness Retreat**

The practice of the Four Inner Directions of Contemplation.

Since the days of the Desert Fathers and Mothers mindfulness, (awareness of the present moment as a place of encounter with God), has been practiced as part of our Christian contemplative tradition. Through the ancient practices of Lectio Divina, Mediation and the Practice of the Presence of God, this retreat will introduce you to the practice of mindfulness in the Christian tradition through its four inner directions of Attention, Intention, Compassion and Wisdom. No previous experience needed.

Commences: 6pm (Supper)

Concludes: After lunch

Cost: €375 Residential (Full Retreat), €170 (Weekend Residential), €45 per day non-residential.

Contact: Ards Friary Tel: 074 9138909, Email: [info@ardsfriary.ie](mailto:info@ardsfriary.ie)

## **Mon 19<sup>th</sup> June – Thurs 22<sup>nd</sup> Raphoe Diocesan Priests Retreat (Private)**

## **Fri 23<sup>rd</sup> – Sun 25<sup>th</sup> A Prayer for Inner Healing**

**Directed by Sr Josephine Walsh**

Through Scripture we unearth our worthiness in mind, body and soul, leading us to freedom from past hurts by forgiveness, through God's love.

Sr. Josephine's retreats on Inner Healing are enjoyable and inspirational and are full of common sense and good humour. They are always deeply rooted in the Scriptures. They help to lead us to a greater freedom and wholeness in ourselves - Body, Mind & Spirit! This retreat helps to open our eyes to a new way of living, to new attitudes to God, to ourselves and to our past and present circumstances, to forgiveness of past hurts and memories, leading us on to a greater freedom in our spirit, to live in the present moment with more joy, happiness and less stress! One inevitably experiences God's Love in a deeper and more personal way and one's relationship with Jesus becomes more real and tangible. His Love is waiting for you. Simply 'Give Him a chance!'

Commences: 6pm

Concludes: After Lunch

Cost: €170

Contact: Ards Friary Tel: 074 9138909, Email: [info@ardsfriary.ie](mailto:info@ardsfriary.ie)

## **Mon 26<sup>th</sup> – Sat 1<sup>st</sup> July Mens Silent Retreat**

**Five Day Silent & Guided Retreat for Men**

Guided by the Benedictine Monks of the Abbey of Saint Joseph.

These five-day retreats are a shortened form of the full Spiritual Exercises of Saint Ignatius of Loyola. The Exercises are a synthetic and practical presentation of the central truths of the Catholic faith—God, the meaning of life, the eternal destiny of mankind, the life of Jesus Christ, Saviour of the human race—in the form of meditations, examination of conscience and prayers, to find peace of heart, rid oneself of worldly attachments and discover the will of God for the salvation of the soul. On the purely practical level, the day consists of 4 or 5 talks given by one or other of the two priests who are guiding the retreat. After each talk there is time for private prayer, and then free time to converse with the priests. There is of course daily Mass and Rosary, as well as opportunity for Confession.

Daily Mass is generally offered according to the Extraordinary Form of the Roman Rite. Priest/ retreatants, celebrate Mass privately according to the form of their choice.

Commences: 5:30pm (Supper)

Concludes: 5:30pm

Cost: €310

Contact: Monks of St Joseph Abbey - Fax 00 333 80 962529, email:  
[spiritualexercises@clairval.com](mailto:spiritualexercises@clairval.com)

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

## **JULY**

**Sun 2<sup>nd</sup> – Tue 4<sup>th</sup>**

**Womens Silent Retreat**

**One Day Silent & Guided Retreat for Women**

Guided by Benedictine Monks of the Abbey of St Joseph, Flavigny, France.

This retreat reflects Ignatian spirituality by centering on Jesus with conferences, spiritual guidance and confessions. Mass is celebrated in the extraordinary form.

Commences: Registration 2pm - 3pm

Concludes: 6pm (Supper)

Cost: €100

Contact: Monks of St Joseph Abbey - Fax 00 333 80 962529, email:  
[spiritualexercises@clairval.com](mailto:spiritualexercises@clairval.com)

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

**Tue 4<sup>th</sup> – Sun 9<sup>th</sup>**

**Silent Retreat (Fr Eunan McConnell)**

**Mon 10<sup>th</sup> – Fri 14<sup>th</sup>**

**Transformation Retreat**

**Transformation Retreat**

Directed by Fr Donal Dorr (writer, lecturer, counsellor and facilitator) and Noel Bradley (Doctor of Theology).

This retreat takes the form of a spiritual workshop which offers you the opportunity to engage in a deep spiritual exploration in a safe situation. It allows you to explore aspects of your own spirituality in a group and small team, guided by two facilitators. In this way people experience gifts of grace and empowered spiritual energy.

Commences: 6pm (supper)

Concludes: 4.30pm

Cost: €300

Contact: Noel Bradley, Tel:074 9362390/087 6965554 Email:[mandybradley@eircom.net](mailto:mandybradley@eircom.net)

**Sat 22<sup>nd</sup> – Thur 10<sup>th</sup> Aug Christendom College**

### **St Columcille Institute of Christendom College, USA**

The St Columcille Institute will seek to strengthen and deepen the understanding of young Catholics through sessions of catechesis, insuring that participants develop the ability both to evangelize and defend the faith within secular society. Participants will also examine the patrimony of Western Christian Civilisation through an in-depth study of history & literature.

The institute invites the youth of both the United States and Ireland to experience an awareness of the spiritual depth of the Catholic culture of Ireland that has enriched and determined much of the history of Europe, the United States and the world. With its gaelic roots, Ireland remains the culturally dominant English-speaking Catholic civilization in the world.

Bringing young people together from the United States and Ireland will occasion fruitful dialogue and an exchange of ideas and experiences, reawakening a love of our mutual heritage and energising a determined hope for a revival of Christian Faith and culture.

The course will be led by Dr. Timothy O'Donnell, with Dr Brendan McGuire, Professor Sharon Mahoney Hickson and Fr. Mark Byrne (SOLT), along with guest speakers.

For more information contact: Brenda Seelbach at [brenda.seelbach@christendom.edu](mailto:brenda.seelbach@christendom.edu) or Ards Friary 074 9138909, email: [info@ardsfriary.ie](mailto:info@ardsfriary.ie)

## **AUGUST**

**Fri 11<sup>th</sup> – Sun 13<sup>th</sup>**

### **Matt Talbot Retreat**

The Matt Talbot retreat is intended specifically for people recovering from alcohol addiction.

Commences: 6pm (With Supper)

Concludes: After Lunch

Cost: €165/£120 stg

Contact: Patsy 0044 771 287 1870, Mickey 0044 776 453 3558, Jim 0044 785 048 2282  
Email: patsybrogan@hotmail.co.uk

**Sun 13<sup>th</sup> – Sun 20<sup>th</sup>**

**Iconographers**

**Learning to write an Icon**

Skilled tutors will be on hand to demonstrate and teach the skills necessary for this sacred work. Those participating in the course will begin the process of writing an icon. The course is open to members of the Association of Iconographers. To become a member please forward a membership fee of €25 to Sean de Barra (details below). Early booking essential as numbers are limited.

Commences: 4pm

Concludes: After Lunch

Cost: Residential €610 (This includes accommodation, meals, studio facilities and tuition fees).

Non Residential €450 (This includes meals, studio facilities and tuition fee).

Contact: Sean de Barra, 15 Brookhaven Rise, Blanchardstown, Dublin 15. Tel: 086 0831556,  
Email: [sjdebarra@gmail.com](mailto:sjdebarra@gmail.com)

**Fri 25<sup>th</sup> – Sun 27<sup>th</sup>**

**John Pridmore**

A Weekend of Healing

Directed by John Pridmore & St Patrick's Community

A weekend of Healing, in which we receive the freedom God wants for us, A life without worry fear and sadness or depression.

So we can see our selves as God sees us with love and joy, hope and most of all to be able to except ourselves as God excepts us.

Commences: 6pm (Supper)

Concludes: 1pm (With lunch)

Cost: €60

Contact: Ards Friary Tel: 074 9138909, Email: [info@ardsfriary.ie](mailto:info@ardsfriary.ie)

**SEPTEMBER**

**Sat 2<sup>nd</sup> – Sun 10<sup>th</sup>**

**Sr. Ann Carmel Lee (Private Retreat)**

## **OCTOBER**

**Thu 5<sup>th</sup> – Sun 8<sup>th</sup>**

**Cursillio Men**

**Thu 12<sup>th</sup> – Sun 15<sup>th</sup>**

**Cursillo Women**

**Wed 18<sup>th</sup> – Sat 21<sup>st</sup>**

**Schneder Leesman**

## **NOVEMBER**

**Wed 1<sup>st</sup> – Sun 5<sup>th</sup>**

**Schneder Leesman**