

## Ards Friary 2018 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.

### 2018 Programme

#### February

##### **11<sup>th</sup> Blessing of engaged couples**

A special blessing for all engaged couples during the Sunday evening Mass.

##### **14<sup>th</sup> Irish Army**

Private retreat

##### **23<sup>rd</sup> – 25<sup>th</sup> Lenten Retreat – “There Must Be Something Else.” Philip McParland**

Our contemporary culture has us looking for happiness in the wrong places. This weekend in Lent will offer you an opportunity to discover what it is you most need in your life.

Phone: 074 91 38909

Cost: €156 full board

##### **25<sup>th</sup> Preparing for Lent – one day Lenten preparation with Fr. Richard**

A day to breathe and prepare for our Lenten journey towards Easter. This retreat will look at the ancient ways we observe the Lenten season and enable us to get the most out of this sacred time.

Ph: 074 91 38909

Cost: €30 per person (includes lunch)

#### March

##### **1<sup>st</sup> – 4<sup>th</sup> 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

### **8<sup>th</sup> – 11<sup>th</sup> Cursillo (Womens 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

### **24<sup>th</sup> Catholic Nurses Guild**

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.

Commences 10.00 am Concludes 7pm

Cost €50 (includes lunch and supper)

Contact: Kathleen McKeague 074 912 1551

### **25<sup>th</sup> Parish Retreat**

An opportunity to gather as a parish group for prayer and quiet reflection.

Cost: €30 per person (includes lunch)

### **29<sup>th</sup> Mar – 1<sup>st</sup> 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)

## **April**

### **1<sup>st</sup> - 8<sup>th</sup> Franciscans of the Renewal (Private Retreat)**

Private Retreat

### **15<sup>th</sup> Family Retreat Day**

A day specially set aside for families to come and prayer together.

### **20<sup>th</sup> – 22<sup>nd</sup> Bosco McColgan Retreat**

### **22<sup>nd</sup> Parish Retreat**

An opportunity to gather as a parish group for prayer and quiet reflection.

Cost: €30 per person (includes lunch)

### **29<sup>th</sup> Family Retreat Day**

A day specially set aside for families to come and prayer together.

## **May**

### **4<sup>th</sup> – 6<sup>th</sup> Margaret Gallagher**

“Awakening the Beauty of You”

No matter what our age no matter what our physical condition there is still within us a beauty, a giftedness and a power waiting and longing to be released. This week end with Music, Meditation and Spiritual Awareness gives the opportunity to ask the question, “What is my God given giftedness and how can I release it into the world”

An opportunity to gather as a parish group for prayer and quiet reflection.

Cost: €135 per person

### **6<sup>th</sup> Parish Retreat**

An opportunity to gather as a parish group for prayer and quiet reflection.

Cost: €30 per person (includes lunch)

### **8<sup>th</sup> – 13<sup>th</sup> Mindfulness Ireland**

Private retreat

### **16<sup>th</sup> - 17<sup>th</sup> YMCA Cork**

Private retreat

### **20<sup>th</sup> Parish Retreat**

An opportunity to gather as a parish group for prayer and quiet reflection.

Cost: €30 per person (includes lunch)

### **27<sup>th</sup> Parish Retreat**

An opportunity to gather as a parish group for prayer and quiet reflection.

Cost: €30 per person (includes lunch)

## **June**

**4<sup>th</sup> – 7<sup>th</sup> Raphoe Diocesan Retreat**

Private retreat for the Raphoe clergy

**8<sup>th</sup> – 10<sup>th</sup> Christian Mindfulness – Fr. Richard**

Encountering the "Sacrament of the Present Moment"  
the importance of attending to the present moment as a place of encounter with God has been taught by all of the great teachers of the Christian Contemplative tradition. This workshop based retreat will give practical tools for becoming more mindful of God's loving presence and how to deal with the distractions that often interrupt our awareness of that Love.

**10<sup>th</sup> – 14<sup>th</sup> Interdiocesan Retreat*****The Conversations of Jesus: A Path to Conversion in the Gospels***

The Exchanges of Jesus with Peter, Foreigners and Women

Facilitator: Fr. Dennis McManus

Phone: 074 91 38909

Cost: €300 per person

**15<sup>th</sup> Lumen Christi**

Private Retreat

**17<sup>th</sup> Parish Retreat**

An opportunity to gather as a parish group for prayer and quiet reflection.

Cost: €30 per person (includes lunch)

**22<sup>nd</sup> Lumen Christi**

Private retreat

**24<sup>th</sup> Parish Retreat**

An opportunity to gather as a parish group for prayer and quiet reflection.

Cost: €30 per person (includes lunch)

**29<sup>th</sup> June – 1<sup>st</sup> July Annie Deary**

Yoga and meditation.

**July.****2<sup>nd</sup> – 7<sup>th</sup> Benedictine Silent Retreat (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: €325

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

### **8<sup>th</sup> – 10<sup>th</sup> Benedictine Silent Retreat (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: €130

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

### **10<sup>th</sup> – 14<sup>th</sup> 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: €375

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

## **21<sup>st</sup> July – 9<sup>th</sup> August 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**

### **9<sup>th</sup> – 12<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: €160

Contact: Patsy 0044 771 287 1870, Mickey 0044 776 453 3558, Jim 0044 785 048 2282

Email: [patsybrogan@hotmail.co.uk](mailto:patsybrogan@hotmail.co.uk)

### **12<sup>th</sup> 19<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

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

### **31<sup>st</sup> August – 2<sup>nd</sup> September Walking with the Mystics: Fr Richard.**

A mystic is someone who has been transformed by the experience of the Divine Presence. Through the lives and teachings of saints and holy people such as Teresa of Avila, Francis and Clare of Assisi, Therese of Lisieux, Thomas Merton and Robert Lax this retreat will introduce the path and practice of Christian mysticism.

Phone: 074 91 38909

Cost: €190 (full board)

## **September**

### **5<sup>th</sup> -9<sup>th</sup> Butyeko Breathing**

The Buteyko Breathing method teaches how we can improve chronic health problems, through learning how to stop ourselves breathing incorrectly. Within 5 days you will notice improvements. Asthma, allergies, sleep apnea, snoring, sinus problems etc can be things of the past. This training has been held over a dozen times in Donegal, with many local testimonials available. Expert trainer Martha Roe, will present this once a year workshop, teaching the renowned, drug free, life skill, and continue working with you for a month ensuring you get results. Five evenings for 2 hrs per night at Ards Friary Retreat Centre Sept 5th to 9<sup>th</sup> September incl.

### **10<sup>th</sup> - 14<sup>th</sup> Raphoe Clergy Retreat**

Private retreat

### **21<sup>st</sup> – 23<sup>rd</sup> Courage & Renewal Retreat**

The Courage to Connect is a retreat for anyone who is interested in personal and social change and in walking the path that connects heart and community in their life and work.

Phone: 074 91 38909

Cost: Booking before June 1<sup>st</sup> €290; after June 1<sup>st</sup> €320.

## **October**

### **4<sup>th</sup> – 7<sup>th</sup> 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

### **6<sup>th</sup> Blessing of the Animals**

### **11<sup>th</sup> – 14<sup>th</sup> Cursillo Womens 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

## **November**

### **4<sup>th</sup> Parish Retreat Day**

An opportunity to gather as a parish group for prayer and quiet reflection.

Cost: €30 per person (includes lunch)

## **December**

### **Christmas Market**