

Welcome  
Fáilte  
Benvenuti



# ARDS FRIARY

Retreat and Conference Centre

# 2012

## Programme

Enquiries and applications should be directed to: Ards Friary Retreat and Conference Centre, Creeslough, Letterkenny, Co. Donegal, Republic of Ireland  
Tel: +353(0) 74 9138909 Email: [info@ardsfriary.ie](mailto:info@ardsfriary.ie) Web: [www.ardsfriary.ie](http://www.ardsfriary.ie)

## RETREAT INFORMATION:

*Ards Friary is open throughout the year for individuals and groups, whether lay, religious, clerical, ecumenical or anyone who wishes to have some quiet time, rest and prayer in beautiful relaxed surroundings.*

The following Retreats are available for 2012:

### February

Fri 3 - Sun 5

#### Stepping into the promise of a new spring

Directed by Margaret Gallagher. This weekend would give participants the opportunity for peace, reflection and appreciation of the gifts of life through music, readings, meditative movement and spiritual awareness.

**Commences:** 6pm    **Concludes:** after lunch    **Cost:** €125  
**Contact:** Margaret Gallagher Tel: 074 9384015  
[margaretdancing@yahoo.ie](mailto:margaretdancing@yahoo.ie)

Sat 25 - Sun 26

#### Lenten Retreat

Directed by Fr Silvester O'Flynn & Fr Kieran Shorten OFM Cap.  
**Theme: Journey with the Lord through Lent.**

**Commences:** 9.30am    **Concludes:** after lunch  
**Cost:** €85 Residential                      €60 Non Residential  
**Contact:** Ards Friary Tel: 074 9138909 [info@ardsfriary.ie](mailto:info@ardsfriary.ie)

### March

Sat 31

#### Catholic Nurses Guild

Directed by Fr Silvester O'Flynn & Fr Kieran Shorten OFM Cap.  
This one day retreat dedicated to caring professions, is open for everyone to attend. It will help you prepare for Easter in an atmosphere of peace, tranquillity and prayer.

**Commences:** 10am    **Concludes:** 7pm    **Cost:** €45  
**Contact:** Kathleen Mc Keague Tel: 074 9121551

### April

Sun 1

#### Knights of St Columbanus

Directed by Fr Silvester O'Flynn & Fr Kieran Shorten OFM Cap.  
This annual day of reflection, encourages all knights to come together in a spirit of harmony and companionship.

**Commences:** 10am    **Concludes:** 7pm    **Cost:** €45  
**Contact:** Ards Friary Tel: 074 91 38909 [info@ardsfriary.ie](mailto:info@ardsfriary.ie)

Thur 5 - Sun 8

## Easter Triduum

Join the Capuchin Friars in the celebration of the Passion, Death and Resurrection of Our Lord Jesus Christ. The liturgy will centre upon the love Christ has for each of us, as we move from "night to day."

**Commences:** Supper 6pm

**Concludes:** after lunch

**Cost:** €165

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

Fri 27 - Sun 29

## Legion of Mary, Strabane Curia

Directed by Fr Silvester O'Flynn & Fr Kieran Shorten OFM Cap.

**Commences:** 6pm **Concludes:** after lunch

**Cost:** €120/£95

**Contact:** Kathleen Mc Swiggen Tel: 00 44 28 81648436

May

Fri 4 - Thurs 10

## Open Retreat

Directed by Fr Kieran Shorten OFM Capuchin

**Theme: A Journey with Jesus.**

**Commences:** 6pm **Concludes:** after breakfast **Cost:** €390

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

Sat 12 - Sun 13

## Cursillo Renewal Weekend

Directed by Fr Silvester O'Flynn OFM Capuchin

**Theme: "Christ is counting on You."**

**Commences:** 9.30am **Concludes:** after lunch

**Cost:** €70

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

Fri 25 - Sun 27

## Joe Dalton Healing and Renewal Weekend

Joe suffered depression for 31 years and tried everything medically to be cured. He was though miraculously healed by God. Joe will share his gift of healing, with others, on their journey to knowing God better.

**Commences:** 6pm **Concludes:** after Sunday Mass at 3pm

**Cost:** Residential €110 / Non Residential €60

**Registration fee:** €20

**Contact:** Mary Leonard 087 784 7304 or  
Nuala Porter 086 838 3725

June:

Sun 3 – Thur 7

### Interdiocesan Priests Retreat

Directed by Fr Silvester O’Flynn OFM Capuchin  
**Theme: Communion with Christ and Communion with one another.**

**Commences:** 6pm **Concludes:** after breakfast **Cost:** €270  
**Contact:** Ards Friary Tel: 074 9138909 [info@ardsfriary.ie](mailto:info@ardsfriary.ie)

Fri 15- Thurs 21

### Open Retreat

Directed by Fr Flann Lynch OFM Capuchin  
**Theme: Christian vision, hope and possibility.**  
This retreat will identify the thinking and attitude that undermines the vision and will discover the attitudes and tools that make the vision a reality in everyday living.

**Commences:** 6pm **Concludes:** after breakfast **Cost:** €390  
**Contact:** Ards Friary Tel: 074 9138909 [info@ardsfriary.ie](mailto:info@ardsfriary.ie)

July

Fri 13 - Sat 14

### One Day Silent and Guided Retreat for Women

Guided by Benedictine Monks of the Abbey of St Joseph, France. This retreat reflects Ignatian spirituality by centering on Jesus with conferences, spiritual guidance and confessions.

**Commences:** 6pm **Concludes:** 6pm (with supper) **Cost:** €60  
**Contact:** Monks of St Joseph Abbey, Fax 00 333 80 96 25 29 or [spiritualexercises@clairval.com](mailto:spiritualexercises@clairval.com)

Sun 15 - Fri 20

### Five Day Silent and 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.

**Commences:** 5.30pm **Concludes:** 5.30pm **Cost:** €285  
**Contact:** Monks of St Joseph Abbey, Fax:00 333 80 96 25 29 or [spiritualexercises@clairval.com](mailto:spiritualexercises@clairval.com)

Fri 20 - Sun 22

### John Pridmore

**Theme: Healing and Renewal**

John is the leader of St Patrick’s Community and author of *“From Gangland to Promised Land.”* This retreat is about growing in the freedom and joy of being ourselves in God. It is an opportunity to experience healing from the wounds of our past.

**Commences:** 6pm **Concludes:** after lunch **Cost:** €160  
**Contact:** Ards Friary Tel: 074 9138909 info@ardsfriary.ie  
Catherine Leigh 071 962 0175 / John Pridmore 0873623996  
stpatrikscommunity@yahoo.ie

Tues 24 - Sat 28

### Transformation Retreat

Directed by Fr.Donal Dorr and Dr.Noel Bradley (Doctor of Theology).Fr Dorr is well known as a writer, lecturer, counsellor and facilitator. This retreat invites people to explore aspects of their own spirituality in a group and in a small team, guided by two facilitators. In this way they experience gifts of grace and find themselves empowered by spiritual energy.

**Commences:** 6pm **Concludes:** 4.30pm **Cost:** €390  
**Contact:** Noel Bradley Tel: 074 9362390 / 087 6965554  
mandybradley@eircom.net

July / August

Sun 29 - Sat 4

### Scripture Retreat & Seminar Song of Songs part 3

Directed by Frances Hogan.  
Frances is a Catholic educator and lay missionary, who committed her life to proclaiming the Word of God. This retreat will reveal the imagery and beauty in the Song of Songs and is a continuation of a previous retreat. Please bring a bible, notebook and pen. Early booking is essential.

**Commences:** 6pm **Concludes:** after breakfast  
**Cost:** €380 plus individual contribution to the director.  
**Contact:** Ards Friary Tel: 074 9138909 info@ardsfriary.ie

Sun 5 - Sun 12

### Association of 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 Mary Connaughton (details below). Early booking essential as numbers are limited.

**Commences:** 4pm **Concludes:** after lunch  
**Cost:** Residential €575.  
(This includes full board, studio facilities + tuition fee).

Non Residential €440. (This includes meals, studio facilities + tuition fee).

**Contact:** Mary Connaughton 1, Rossfield Grove, Brookfield, Tallaght, Dublin 24.  
Tel.01 4510444 [maireconn@yahoo.ie](mailto:maireconn@yahoo.ie)

**Mon 13 - Sun 19**

### **The Foyer of Charity Five day Silent Retreat**

Directed by Fr.Kilian Byrne

**Theme: "If you but knew the gift of God."**

This retreat welcomes all who find a need for peace and truth and seek these in the living God and in His love. The aim of the retreat is to reply to the great questions of life; the meaning of human love, of work, suffering and death. These are reflected upon in light of Scripture and Vatican II.

**Commences:** 6pm **Concludes:** after breakfast

**Cost:** €380. **Contact:**Helen Williams Tel:051 383383  
[hellywilliams@gmail.com](mailto:hellywilliams@gmail.com)

**Mon 27 - Thurs 30**

### **Course for Priests in the Traditional Latin Mass**

Directed by Fr.Simon Leworthy (Fraternity of St Peter).

This Seminar is for priests who would like to celebrate the Extraordinary form of the Latin Rite Mass or who would like to do a revision course in the basics of liturgical latin and formation in the rubrics.

**Commences:** 6.00 pm **Concludes:** after lunch

**Cost:** €175. **Contact:** Proinsias Ó Muireagáin  
Tel: 074 9737307 [pom9@eircom.net](mailto:pom9@eircom.net)

**September**

**Sat 1 - Sun 2**

### **Life in the Eucharist (LITE)**

Directed: Fr Jim Campbell with the Blessed

Sacrament team. LITE was developed to help us learn more about our faith as expressed through, the Holy Mass, prayer in adoration and love of our brothers and sisters in Christ.

The workshops are very powerful and enlightening and will help unravel the mystery of the Eucharist.

They will also deepen your love and appreciation of the Holy Mass, Adoration of the Sacrament and help us live our daily Christian lives.

**Commences:** Saturday 9.30am **Concludes:** Sunday 4.30pm

**Cost:** €85 Residential €55 Non Residential €40 Sat only

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

## October

Thurs 4 – Sun 7

(Men)

Thurs 11 - Sun 14

(Women)

### Cursillo

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

**Cost** €155 **Contact:** Mary & Tony Murray

Tel: 074 9124111 / 087 9575463

## November

### Legion of Mary, Raphoe Comitium

Sun 4

**Commences:** 9.30am **Concludes:** after supper

**Cost:** €45. **Contact:** Charlie Gallagher

Tel: 074 9135355 / 087 6889535. [cjgallagherins@eircom.net](mailto:cjgallagherins@eircom.net)

## December

Sat 1- Sun 2

### Advent Retreat

Directed by Fr Paul Chamberlain (Birmingham Diocese).

**Theme: O come, O come Emmanuel**

**Commences:** 9.30am **Concludes:** after lunch

**Cost:** €85 Residential €60 Non Residential

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

Sat 8 – Sun 9

### Advent Retreat

Directed by Fr Flann Lynch OFM Capuchin

**Theme: Jesus Our Saviour is born**

**Commences:** 9.30am **Concludes:** after lunch

**Cost:** €85 Residential €60 Non Residential

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





*Ards Friary is available throughout the year for Retreats (preached, directed, private), Conferences, Seminars, periods of rest and relaxation, reflection, prayer and holidays. Guests and retreatants are invited to join the Friars in prayer, if they so wish.*

**Transport by Coach: Senior Citizens Free Travel Pass is honoured on all buses.**

### Mc Ginley Coach Services

Tel 074 9135201 or 00 353 74 9135201  
(Creeslough, Dublin, Glasgow, Letterkenny)  
[www.johnmginley.com](http://www.johnmginley.com)

### Feda O' Donnell Coach Services

Tel 074 9548114 or +353 74 95 48114  
(Creeslough, Sligo, Galway)  
[www.fedaodonnell.com](http://www.fedaodonnell.com)

### Gallagher's Coaches Tel

074 9531107 / 087 233 0888/087 224 5848  
(Creeslough, Derry, Coleraine, Belfast)  
[www.gallagherscoaches.com](http://www.gallagherscoaches.com)

### Drop off and pick up point:

Creeslough Car park

### Directions by Car: From Letterkenny 35min

- Follow signs for Kilmacrenan / Creeslough / Dunfanaghy / Falcarragh for N56
- Once through Creeslough you will pass the remains of the old railway
- After this you will see a sign Capuchin Friary 1/2 km right.
- Take the next right hand turn.
- Follow this road, go over a small bridge on a left hand bend, to a T junction and - turn right.
- Follow this road to the very end.

**Parking:** Please avail of the car park to the front of the Friary.

### Local Taxis:

<b>Neil Gallagher</b>	Tel: 086 2678814	€8
<b>Horn Head Cabs</b>	Tel: 086 8861830	€9
<b>Eamonn's Taxi</b>	Tel: 085 7870164	€10

### Derry – Ards

**Vincent Doherty** Cost: £40

Tel: 00 44 (0) 28 71 357852

Mobile: 00 44 (0) 780 342 1683

### Costs:

**Private Retreat:** €55 full board

**Spiritual Direction:** €15 per direction

### Special Requirements:

When booking please inform us of any special requirements or dietary needs.

### Mass Times:

### Sundays and Holy Days of Obligation:

7.30am, 9am & 5.30pm

**Weekdays:** 8am

### Confessions:

Everyday except at 1-2pm and 5.30-6.30pm

### Lunch is available daily

Cost €15 and includes 3 course meal, tea / coffee and biscuits (please book in advance).