

Ards Retreat Centre 2019 Programme.

February

5th School Retreat

7th School Retreat

28th -3rd March **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

March

6th **Irish Army** (Ash Wednesday) Private Retreat

7th – 10th **Cursillo Women's Retreat**

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15th -17th **Lenten Retreat** - Fr. Richard

21st – 24th **Yoga & Meditation**

April

13th **Irish Nurses**

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

18th – 21st **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

26th – 28th **Bosco McColgan Retreat** - Private Retreat

May

3rd – 8th **Mindfulness Ireland** - Private Retreat

24th – 25th **Finding God in the Mess** - Brendan McManus & Jim Deeds

Finding God in the Mess' takes its name from the title of the book written by the day's two facilitators, Jim Deeds and Jesuit priest Fr Brendan McManus. Often people tend to create a "false division" between their everyday life and what they think of as spiritual, such as attending church or praying. The liberating message is that God is, in fact, involved in our lives all of the time.

"Many feel they have to be good, saintly and have everything worked out before they come to God. People tend not to see the mess and muck of their lives as a sacred place, and yet that is the very place where the action happens. 'God is closer to us than we are to ourselves,' as St Augustine says."

Over Friday evening and during Saturday, Jim and Brendan will lead three workshop sessions, offering ways to support people to pray with difficult situations in their lives and to help remove blocks to realising God is close to them, especially in tough times.

They will also share several different methods of praying and how to integrate these methods into everyday living. This very practical workshop offers space for participants to put the life-giving insights, born of Brendan and Jim's experience, into dialogue with their own life experience.

Contact: Ards Friary 074 91 38909, email: info@ardsfriary.ie

31st – 2nd June **Christian Mindfulness** – Fr. Richard

Encountering the "Sacrament of the Present Moment". This workshop based retreat will give practical tools for becoming more mindful of God's loving presence and how to deal with the distraction that often interrupt our awareness of that Love.

Cost: €210

Contact: Ards Friary 074 91 38909, email: info@ardsfriary.ie

June

16th -20th **Interdiocesan Retreat** – Facilitator: Fr. Paschal McDonell

20th **Lumen Christi** Private School Retreat

21st **Lumen Christi** Private School Retreat

24th – 27th **Raphoe Clergy Retreat** – Private Retreat

July

1st – 6th **Benedictine’s Men’s Silent Retreat**

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

This 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 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: €350

7th – 9th **Benedictine’s Women’s Silent Retreat**

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: €140

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

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

27th – 15th August **Christendom College**

August

(27th July – 15th August) **Christendom College**

Bringing young people together from the United States and Ireland to initiate 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 or Ards Friary 074 913 8909, email infor@ardsfriary.ie.

18th – 25th **Iconographers**

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

Contact: The Course Organiser, or Ards Friary

September

31st (Aug) – 8th **Sr. Carmen Lee** – Private Silent Retreat

7th – 11th **Gaeltacht EBZ Group** – Private Group

12th – 15th **Yoga Retreat**

16th – 22nd **Foyer of Charity Silent Retreat**

Do you need to come away, have time for yourself and rest for a while? This is the invitation Christ gives you today. 5 day silent retreat given by Fr. Kilian Byrne.

Theme: " If you but knew the gift of God..." It presents a synthesis of the Christian faith through Scripture, the Teachings and Liturgy of the Church. Each day includes talks, Mass, Rosary and Eucharistic Adoration. Authentic spiritual teaching in a climate of silence. A privileged time to come away and listen to the Spirit of God - Who is Love.

Commences Monday 16th: Registration 2.30-4pm and 5.15pm Mass.

Concludes Sunday 22nd: after breakfast

Cost: €390

Contact: Helen 086 1678027 hellywilliams@gmail.com www.foyerofcharity.ie

22nd – 27th **Fr. Brendan McManus** (Silent Clergy Retreat)

Open to the clergy from any diocese.

This is an individually directed silent retreat using Lectio Divina for praying with scripture. Fr. Brendan McManus SJ will offer individual spiritual direction according to the Ignatian tradition, and suggesting pieces of scripture for each day. It is not a preached retreat, it is an individual process, though everyone comes together for daily Eucharist. 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. The retreat will be completely in silence, even the meals. You should bring the minimum of technology and books. There will be little time for casual reading. It can be thought of as a 'holiday with the Lord, time out to pray and reflect.'

October

3rd – 6th **Cursillo Men's Retreat**

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10th – 13th **Cursillo Women's Retreat**

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18th – 20th **Courage to Lead**

Staying Connected, Moving with the Tide is a 'Courage to Lead' contemplative retreat for everyone who is interested in integrity and authenticity in their life and work. Information and registration: <https://stayinganchoredmovingwiththetide.eventbrite.co.uk> or phone 074 9138909 Cost €315 (before 1st June), then €345.

26th **Justice and Peace Conference – and Art Exhibition 'Naming the Children'**.

Main speaker: Mairead Corrigan, Nobel Peace Prize. Over one million children have been killed in wars since the first Gulf War in 1991. This Conference is an act of remembrance and also to bear witness – the Conference will include a very powerful Art Exhibition of 20 children from Europe, Asia, Middle East which will enable us to see reality through the children's portraits.

Start time: 14.00 Refreshments provided. The activity of the day ends at 5.00 pm but the Art Exhibition continues until Saturday 23rd November.

November

8th – 10th **Walking With the Mystics** – Fr. Richard.

Details to follow.

24th – 27th **Enneagram Workshop**

December

6th – 8th **Advent Retreat** – detail to be advised