



# DROMANTINE RETREAT & CONFERENCE CENTRE 2021 RETREATS AND WORKSHOPS

## A SAFE AND WARM WELCOME

The SMA Community at Dromantine would like to inform you that there are still places available for some of our Retreats / Workshops.

We look forward to seeing you back with us soon.

*Fr. Damian SMA*

### AUGUST 2021

#### FOCUSED PRAYER

**Saturday 21st Aug. 9.30am — 5pm**

Focusing is a gentle process of going inside and listening to the body's "Felt Sense." As we come to know and understand ourselves better, our spirituality is deepened and we replace confusion in our lives with peace. This retreat day will introduce us to the process of focusing and show us how to practice it so that we can live the rest of our lives in a more wholesome and balanced way.

Facilitator: Fr. Adrian Farrelly O.P.

**£35/€40**

#### 6 DAY DIRECTED RETREAT

**Tuesday 31st Aug. 5pm  
— Tues. 7th Sept. 9.30am**

Fr. Dermot Mansfield SJ  
Sr. Karen Small (OCS)  
Fr. John Gallagher SMA

**£600/€695**

*.... or the option of*

#### 6 DAY NON-DIRECTED RETREAT.

**Tuesday 31st Aug. 5pm  
— Tues. 7th Sept. 9.30am**

An opportunity to retreat and find a space in silence to rest, pray and renew one's energy for the road ahead. Welcome to join in the

Liturgy of Eucharist with the Directed Retreatants.

**£540/€630**

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### SEPTEMBER 2021

#### RETREAT FOR MISSION SUPPORTERS & FRIENDS OF SMA

**Friday 10th Sept. 5pm  
— Sun. 12th Sept. 2pm**

Come and join in the weekend Retreat. It will be a time aside to reflect and pray with the SMA Community in a relaxed space. There will be short periods of silence during the weekend but it will also be an opportunity to meet up with friends that you may have met over the years in Dromantine.

**£160/€185**

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### OCTOBER 2021

#### PREACHED RETREAT

'Called by a New Name: Refocus, recharge and reconnect in a post-pandemic world'.

**Sunday Oct. 3rd (arrive 5.00pm)  
- Friday 8th Oct. (depart after breakfast).**

Fr. Hugh Lagan SMA

**£430 / €490**

**(Fully Booked)**

## TRANSFORMATION RETREAT. 'The Transformation Game'

Friday 15th Oct. 5pm  
— Sun. 17th Oct. 2pm

This retreat offers an experience of spiritual growth using a simulation called 'The Transformation Game'.

The process is designed to enable you to fulfil any intention that you may bring, by developing trust in yourself, in others and in the inspirations of the Spirit.

Facilitator: Noel Bradley D.D, trained in pastoral counselling, spiritual accompaniment, and group work.

Noel Bradley DD

£200/€230

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## WORKSHOP

'Hello You: Finding the joy, purpose and happiness you deserve'

Monday 18 Oct (arrive 5.00pm)  
- Thursday 21 (depart 2.00pm)

This workshop will provide participants with the tools to gain deeper self-awareness, self-understanding and self-acceptance. We will explore fun and creative ways to get to know yourself and others better, build more fulfilling friendships, discover invigorating life choices, find joy in the everyday and face the inevitable challenges of life with confidence and optimism.

Fr Hugh Lagan SMA.

£280/€325

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## NOVEMBER 2021

### DEALING WITH GRIEF

Saturday 6th Nov. 9.30am — 5.30pm

This is a day where there will be opportunity to acknowledge grief in our lives. To pray with it in a way to help us to move on in a positive way. We hope the day will be relaxed and nourishing.

Fr. Brendan McManus SJ & Mr Jim Deeds

£35/€40

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### WORKSHOP

'Broken Open:  
How difficult times can help us grow.'

Friday 19th Nov (arrive 5.00pm) Sunday  
21st (depart 2.00pm)

Participants will learn how to respectfully navigate loss, bereavement and trauma so as to foster greater resilience, allow woundedness to awaken compassion and reconnect again with life through the gifts of acceptance, healing and hope.

Fr Hugh Lagan SMA.

£200/€230

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## DECEMBER 2021 ADVENT RETREAT

2021 (Friday 3rd December 6pm -  
Sunday 5th December 2pm)

This Weekend Retreat will be an opportunity at the beginning of the Season of Advent to take time in prayer to open one's heart in preparation for the Feast of Christmas.

Rev. Ruth Patterson

£200/€230

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### For enquiries or bookings contact:

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