



DROMANTINE RETREAT & CONFERENCE CENTRE



**2024 RETREATS, REFLECTION DAYS
AND WORKSHOPS**

SMA Dromantine, 96 Glen Road, Newry BT34 1RH
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Tel: 028 30821224 from South (048) 30821224
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Workshop

Saturday 17th February 9.30am - 4.30pm

Registration 9.00am

Never Enough: Understanding Addiction

With compassion and clarity, this workshop explores the journey into addiction, helps understand the progressive nature of the disease, reveals best steps to a successful recovery and explains how to help a loved one with an addiction whilst avoiding their chaos.

Led by Fr. Hugh Lagan SMA

Cost (incl. lunch) £43.00 / €50.00

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Lenten Reflection Day

Saturday 9th March 10.00am - 5.00pm

Registration 9:30am

Hope begins when I stand in the dark looking out at 'the Light'

An opportunity for time aside to reflect on the Season of Lent and to open our minds and hearts afresh to celebrate Holy Week and Easter.

Led by Fr. Damian Bresnahan SMA

Cost (incl. lunch) £38.00 / €43.00

Lenten Reflection Day

Saturday 16th March 10.00am - 5.00pm

Registration 9:30am

Journeying with Christ through Lent

This Lenten Reflection Day will provide time and space to allow Christ to speak to our hearts and to be our companion as we prepare to celebrate His Passion, Death and Resurrection.

Led by Fr. Des Corrigan SMA

Cost (incl. lunch) £38.00 / €43.00





Holy Week Retreat

Wednesday 27th March (5.00pm)
- Sunday 31st March (9.00am)

The SMA Community, Dromantine invites you to join them in reflectively celebrating the Easter Triduum, beginning with a Seder Meal. These days of Holy Week provide the opportunity and space to reflect and pray in the peaceful surroundings of Dromantine during this special time for our faith journey.

Let us choose time aside to celebrate the Passion, Death and Resurrection of Christ and so taste and savour the New Life being offered to us all.

Cost £370 / €425

Workshop

Friday 26th April (4.30pm)
- Sunday 28th April (2.00pm)

Undefeated: Living with cancer

People living with cancer and their loved ones often report feeling overwhelmed by 'information overload' following the initial cancer diagnosis. Grounded, honest and inspirational, this workshop seeks to help people affected by cancer to separate fact from fiction, feel more able to sit with the uncertainty of their future, build their emotional strength and courage and claim deeper meaning in vulnerability. As living longer with a cancer diagnosis becomes more common, this workshop is for everyone.

Led by Fr. Hugh Lagan SMA

Cost £230 / €262

Reflection Day on Forgiveness

Saturday 4th May 10.00am - 5.00pm

Registration 9.30am

Forgiveness; the journey from hurt to healing, freedom, peace and happiness.

This day will give participants a deeper understanding of forgiveness, of what it is and what it is not, and how it can free us to move from hurt to happiness. It will provide an opportunity to reflect on ways to deal with life's hurts; face the constant challenge to forgive, so that we can let go of our hearts' baggage and find peace.

Led by Fr. Des Corrigan SMA Cost (incl. lunch) £38 / €43

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Directed Retreat

Friday 31st May (4.30pm)

- Thursday 6th June (9.00am)

Directors:

Fr. Colum O'Shea SMA

Sr. Moya Hegarty OSU

Fr. Frank Downes OP

Cost £595 / €680

Silent Preached Retreat

Saturday 1st June (4.00pm)

- Thursday 6th June (9.00am)

Reflecting on the God revealed by Jesus Christ - "Jesus is the image of the invisible God".

(Col. 1:15)

In this retreat Fr. Des will offer reflections on the kind of God Christ reveals to us. It will provide quiet time and space to encounter this loving, compassionate, merciful God; to develop a healthy image of God and deepen our relationship with Him.

Led by Fr. Des Corrigan SMA

Cost £480 / €550

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Workshop

Friday 14th June (4.30pm)

- Sunday 16th June (2.00pm)

The Long Goodbye: Practical advice for caregivers of people living with dementia.

Many people living with dementia or caring for them feel as though they are alone. This workshop seeks to provide practical information and support so as to build a bridge of connection and understanding. We will explore each stage of the 'journey with dementia' from a person-centred perspective and explain how best to offer support to ensure the best quality of life for the person living with dementia and the people around them.

Led by Fr. Hugh Lagan SMA

Cost: £230 / €262

Dromantine Retreat and Conference Centre welcomes bookings for Congregational Chapters and Diocesan Retreats

Facilities include: 72 En-suite Bedrooms, Home Cooked Food, Large Conference Hall with Seven Meeting Rooms. Chapel and Prayer Room. Easy access from Belfast and Dublin.
Free Wifi throughout and ample free car parking.

All our retreats are conducted in a quiet, prayerful atmosphere. The beautiful walks and grounds help to create a peace and tranquillity which, along with the beauty of nature, speak to us of God.

Thanks to Fr. Des Corrigan, Gerry Forde and Margaret O'Hare for the lovely photographs.

Workshop

Wednesday 14th August 9.30am - 4.30pm
Registration 9.00am

Certain Uncertainty: Church leadership in times of diminishment

A state of constant disruption and an ever-expanding workload is increasingly becoming the new normal for church leaders across all denominations. A new model of leadership is required in our Church to navigate our present reality and to support leaders to reconnect with themselves and others. This workshop is a call to reclaim a leadership style rooted in connection, communication, compassion and community.

Led by Fr. Hugh Lagan SMA Cost (incl. lunch) £43 / €50

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Directed Retreat

Friday 16th August (4.30pm) -
Friday August 23rd (9.00am)

Directors:

Fr Dermot Mansfield SJ
Sr Karen Small OSC
Fr Colum O'Shea SMA



Cost £695 / €795

Silent Preached Retreat

Saturday 17th August (4.00pm)
- Thursday 23rd August (9.00am)

Jesus Rediscovered

This six-day retreat will give you an opportunity to spend some quality time with Jesus, listening in a new way to his story and experiencing his friendship.

Led by Philip McParland

Cost £595 / €680

Directed Retreat

Friday 30th August (4:30pm)

- Friday 6th September (9.00am)

Directors:

Sr. Moya Hegarty OSU

Rev. Ruth Patterson

Fr. Frank Downes OP

Cost £695 / €795

Silent Preached Retreat

Saturday 31st August (4.30pm)

- Friday 6th September (9.00am)

Living Your One Wild and Precious Life

These days of retreat, rest and renewal will offer a hope-filled path forward to living more wisely and kindly your one wild and precious life. Consider changing your life for the better.

Led by Fr. Hugh Lagan SMA

Cost £595 / €680

Weekend Retreat

for Mission Supporters and Friends of SMA

Friday 27th September (4.30pm)

- Sunday 29th September (2.00pm)

The SMA community welcomes all our Mission Supporters and friends to this **Weekend Retreat of Prayer and Reflection** which will be an opportunity to take time aside in the tranquil and relaxed setting of Dromantine.

It will also be an occasion to meet with the SMA Community and other Friends of SMA Dromantine.

All will join in celebrating Mass each day at the Novena in honour of St. Thérèse. The Sacrament of Reconciliation and the Sacrament of the Sick will be celebrated during the weekend.

Cost £190



Silent Preached Retreat

Saturday 5th October (4.00pm)

- Thursday October 10th (9.00am)

Today Is Our Moment

How quickly our faith can falter and our trust erode in times of crisis. It is so easy to be trapped by experiences from the past and fears for the future. Using scripture, this retreat invites us to reawaken to the fact that 'today' is our moment. (Mark 1:1-15)

Led by Rev. Ruth Patterson

Cost £490 / €560

Directed Retreat

Saturday 5th October (4.30pm)

- Friday 11th October (9.00am)

Directors:

Fr Dermot Mansfield SJ

Sr Karen Small OSC

Fr Des Corrigan SMA

Cost: £595 / €680



The Laurel Cottage . . .

Offering self-catering, hermitage style living in the natural surrounds of the Dromantine Retreat and Conference Centre.

Located beside the walled garden and orchard, the cottage is an opportunity to retreat into a reflective space with full access to the walks and wooded areas of Dromantine.

Consisting of three bedrooms, shared bathroom, living area with wood burner, oil fired heating and fully equipped kitchenette, The Laurel Cottage is available for a minimum two night stay . . .

£50 per night (One Bedroom / Single or Double Occupancy)

£60 per night (Two Bedrooms)

£70 per night (Three Bedrooms)

(Maximum occupancy 5 people)





Workshop

Friday 11th October (4.30 pm) - Sunday October 13th (2.00 pm)

Get Out of Your Own Way: Understanding your family of origin

None of us had a perfect childhood - we are all carrying around behaviours that don't serve us well - and may in fact be hurting us. But it doesn't have to be that way. Our past might create our patterns, but we can change those patterns for the better with the right tools. This workshop provides an empowering roadmap to understand and overcome wounds from our family of origin - the foundation of how we relate to others, ourselves and the world around us. Live the life you deserve.

Led by Fr. Hugh Lagan SMA

Cost: £230.00 / €262.00

A Heartfulness Retreat

Monday, 14th October (4.30 pm)

- Thursday, 17th October (2.00 pm)

This is a silent retreat for those with a well-established practice of Centering Prayer. The retreat seeks to deepen a person's understanding and experience of Centering as a Christian spiritual practice. As we move inwards on the Christian contemplative journey, we open our hearts and begin to see God everywhere and in everything. Material developed by Fr. Thomas Keating will be used as input and there will also be periods of Centering Prayer, Lectio Divina, some discussion, time for oneself and optional one to one spiritual accompaniment.

Led by Br. Denis Gleeson CFC & Sr. Fionnuala Quinn OP

Cost: £330.00 / €380.00

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Silent Advent Retreat

Friday 29th November (4.30pm)

- Sunday 1st December (2.00pm)

Advent as a time of waiting

Advent is not a time for passive waiting - rather a time for active imaginative engagement with the different characters in the Advent Story as we journey together to the holy Christmas season. Let us see how the experiences of Mary, Joseph, John the Baptist, Elizabeth and Zacheriah resonate with the challenges and dilemmas of our daily lives.

Led by Fr. Joe McGee MSC

Cost: £225.00 / €255.00



Advent Reflection Day

Saturday 14th December 10.00am - 4.00pm

Registration 9.30am

A day aside to focus on the life-changing event of the Nativity of Jesus. As we prepare for Christmas, let us hear the invitation to make our hearts ready for the special Birth.

There will be a celebration of the Sacraments of Reconciliation, Anointing of the Sick and Eucharist.

Led by the SMA Community

Cost £38.00 / €43.00



DROMANTINE RETREAT & CONFERENCE CENTRE

Dromantine caters for all kinds of groups, conferences, seminars, retreats and chapters, offering a modern, comfortable, well-equipped facility in an idyllic rural setting.

FACILITIES INCLUDE:

- Chapel and Prayer Room.
- 42 single and 30 double bedrooms, all with en-suite facilities, free broadband and Wifi.
- Self-catering Cottage
- A large conference room and 7 meeting rooms.
- Hearing loop system in the Conference Halls and Chapel.
- Friendly staff and excellent home cooked food
- Free Wifi.
- Major Credit Cards Accepted.
- Situated 45 mins from Belfast and 1 hour from Dublin.
- Excellent public transport by bus and train from Dublin, Dublin Airport and Belfast to Newry.
- Ample Free Car Parking



For further information on facilities and upcoming events and detailed directions, visit our website.

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HOW TO FIND US

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