

 **BOOKINGS**

Bookings are confirmed only on receipt of written application and deposits (€50 non-refundable)

Please enclose SAE for confirmation of booking.

Telephone enquiries:

Monday to Friday 10.30 – 5.00

 **SUGGESTED OFFERINGS**

Weekend events: €180      3 Day Retreats: €230  
6 Day Retreat: €450      6 Day Directed: €460

Holidays: Full board per week: €430  
En suite room for all events: €5 per day extra

Events normally start with tea at 6.00pm and end after lunch on final day.

*Difficulty in paying should not prevent one from attending a retreat. Concessions will be made in cases of difficulty.*

# Star of the Sea

**RETREAT AND CONFERENCE CENTRE**

**Mullaghmore, Co. Sligo**

Tel/Fax: 071 – 917 6722

Email: [staroftheseacentre@gmail.com](mailto:staroftheseacentre@gmail.com)

[www.staroftheseacentre.com](http://www.staroftheseacentre.com)



join us on facebook: [StaroftheSea-Mullaghmore](https://www.facebook.com/StaroftheSea-Mullaghmore)



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## 2017-18

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## SEPTEMBER 2017

- 8th – 10th** Retreat: Fr. Bill Keogh.  
Five Steps in the Life of the Spirit.
- 24th – 28th** Directed Retreat. Elphin Priests, Breige O'Hare,  
Fr. Gerry Cassidy CSSR.
- 25th & 26th** Ardagh Priests
- 29th & 30th** Partners in the Gospel Initiative

## OCTOBER 2017

- 4th – 6th** Retreat. Loreto Grammar School, Omagh.
- 9th – 12th** Retreat Killala Priests.
- 13th – 15th** Amherst Writing Group.
- 16th – 26th** THE TARA APPROACH Dr. Stephanie Mines PhD.  
This clinically tested paradigm integrates Neuropsychology with a simple meridian based touch system to produce a resurgence of essential empowerment. It is used for both self care, and in the therapeutic setting, for a spectrum of needs, including the treatment of shock and trauma and chronic illnesses. Anyone seeking to enhance their innate potential is welcome to participate.
- 27th – 29th** Deacons Retreat.

## NOVEMBER 2017

- 3rd – 5th** ICON Workshop.
- 10th & 11th, 24th & 25th** Partners in the Gospel Initiative.
- 18th** Irish Association of Counselling and  
Psychotherapy Workshop.

## DECEMBER 2017

- 1 & 2nd** Partners in the Gospel.
- 3rd – 6th** Retreat: "Advent Stillness" Fr. Michael Rogers SPS.  
Reflections on the God who became human and lived among us to show us the way to fullness of life in Christ.
- 8th – 11th** Retreat. Sr. Moya OSU.  
*"The Word became flesh and lived among us"* Jn.1;14.  
The retreat is an invitation to ponder, pray and prepare once again for the mystery of God's in-breaking into our world and into our lives.



## JANUARY 2018

- 12th & 13th** Partners in the Gospel.

## FEBRUARY 2018

- 9th & 10th** Partners in the Gospel.
- 23rd** Introducing Meditation to Children  
and young people. Dr. Noel Keating.  
The day will take a practical, hands-on approach and participants will leave with the knowledge of how to introduce the practice to children in a straightforward and deeply meaningful way.
- 24th** Mindfulness and Christian Meditation.  
Dr. Noel Keating;  
This workshop will explore meditation as a universal practice including mindfulness meditation. The workshop will be ideal for beginners but will also be relevant for those who wish to find out more about the Christian tradition of meditation.

## MARCH 2018

- 2 & 3rd, 23rd & 24th** Partners in the Gospel.

## MAY 2018

- 9th & 10th** Retreat. Summerhill College students.
- 11th & 12th** Partners in the Gospel.
- 13th** Legion of Mary; afternoon of prayer.
- 14th – 21st** Healing Ministry Workshop. (Closed)
- 24th – 30th** Retreat. Fr. Mike Serrage MSC.  
*"Come to me and I will give you rest".*  
A time to reflect on the true meaning of the invitation to "Rest in God". Through reflections, poetry, meditations and rituals we will re-discover our deep need to rest in God's compassion and presence.

## JUNE 2018

- 1st – 5th** Summer School. Partners in the Gospel.
- 12th – 18th** Silent Centering Retreat; Srs. Fionnuala Quinn & Blanaid Gallagher OP. A Way of Life. This fully silent retreat is



suitable for those new to centering Prayer or those with established practice. The silence and content are valuable tools to aid one's interior transformation in Christ. The retreat will include Lectio Divina and one to one conversations with retreat leaders.

**27th – 3rd July** Retreat. Fr. Joe Kavanagh OP.  
*"The Coming Of The Stranger"*; Learning to be open, and disturbed by life's unfolding story.

## JULY 2018

- July 7 - 14** Bangor University. Teacher Training Retreat.
- 18th – 24th** Retreat. Fr. Derek Lavery SSCC  
*"God slipped in"* and did not our hearts burn?  
This retreat is an invitation to become aware of God present in everyone, in everything and everywhere.
- 29th – 4th Retreat.** Fr. Michael Screene MSC.  
*"Awake, O Sleeper Arise from the dead and Christ will shine on you."* (Eph. 5.14)

## AUGUST 2018

- 6th – 12th** Retreat. Fr. Patsy Kelly MSC.  
*"There is only one Christ. He is everything and He is in everything."* Col. 3;11.
- 14th – 21st** Holidays. Come apart, rest, walk, explore and enjoy the beautiful scenery on this section of the Wild Atlantic Way.
- 22nd – 26th** World Meeting of Families.

