

 **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

www.staroftheseacentre.com



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2019-20

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SEPTEMBER

- 6th** HSE Workshop
- 13th – 15th** Icon Tutors Workshop
- 17th – 22nd** Bethel Educ. Literary Study Tour. Minnesota.
- 22nd – 25th** A group from Northern California affiliated with the Hermitage, a Benedictine Monastery in Big Sur visiting Monastic and Religious sites in Ireland. **Fr. Ml. Fish & Amber Surrell.**
- 27th – 30th** Circle Dance. Marie Heavey Bartley.
- 29th – 3rd** Elphin Priests Retreat

OCTOBER

- 4th – 5th** Partners in the Gospel
- 7th – 8th** Ardagh Priests
- 12th** Health & Wellbeing Coaching workshop. Patsy McSharry.
- 14th – 17th** Killala Priests Retreat
- 18th – 20th** Icon Group
- 25th – 26th** Partners in the Gospel

NOVEMBER

- 1st – 3rd** Meditation & Personal Development. **John Keane.** Growth and the need to be loved. The need to exist as I really am at the core of myself is more important than the need for tenderness.
- 6th – 7th** Summerhill College Retreat
- 8th – 9th** Partners in the Gospel
- 15th – 17th** Peter Devlin. **What is your Soul Gift? Your Task in this life.** This weekend retreat will help us begin to be attentive to our beautiful soul, to begin to search with guidance as to what our particular task is in this life and to consider how we can best facilitate our soul in doing the work it wants to do.
- 16th** Fr. Brian Kavanagh. **“What will bring us Happiness?”** (Psalm 4) – from ancient times to the present day the story of humanity has been a continuous search for happiness. Fr. Brian will explore the human experience of searching for and finding the happiness we are created for. There are many obstacles on our path to happiness. Using music and meditation, nature and nurture, prayer and healing Fr. Brian will explore how our encounter with Jesus and one another can contribute to each other’s happiness. Fr. Brian Kavanagh, Kildare & Leighlin Diocese, accredited psychotherapist; spiritual director; founder of the charity ALMAS.
- 25th – 27th** Clongowes Wood Student Retreat
- 29th – 30th** Partners in the Gospel

DECEMBER

- 1st – 4th** Advent Retreat. **Fr. Michael Rogers SPS.** In the Whole Christ...Advent Reflections on the Life of Christ from Incarnation to Risen Saviour.

JANUARY 2020

- 10th – 11th** Partners in the Gospel

FEBRUARY

- 7th – 8th** Partners in the Gospel
- 15th – 22nd** CANA Group Retreat

MARCH

- 6th – 7th** Partners in the Gospel
- 27th – 29th** Deirdre Ní Chinnéide — **Turas an Chroí.** In the early Christian Church, the well was a place of healing. Held deep within the earth, a journey to the well nurtured and refreshed the pilgrim who drank of its healing waters. Through this journey of the heart we open to the well within.

APRIL

- 3rd – 5th** Partners in the Gospel
- 17th – 19th** Partners in the Gospel
- 24th – 26th** Moving Towards Balance. It is a personal development program for woman integrating Archetypes, the enneagram, Meditation, Somatic Movement, dance and carefully crafted exercises that enhance self awareness and greater inner balance. The three day program is facilitated by **Teresa (Brazil), Chiara (Italy) and Phil (Ireland).**

MAY

- 1st – 6th** Erasmus Group
- 8th – 10th** AA Group Dublin
- 11th – 16th** Retreat. **Fr. Seamus O’Connell.** In the **Parable of the Treasure hidden in the Field** (Matt.13;44), the one who chances upon the treasure is filled with joy which occasions a radical transformation of their life. They sell all they have to acquire the field and its treasure. Using a Lectio Divina approach, this retreat will read and pray the Kingdom parables of Mathew’s Gospel in the search for the field and its treasure, and in the hope of finding with its joy and consolation, as well as its power to transform.
- 17th – 24th** Little Way Healing Ministry
- 24th** Legion. Afternoon of Prayer.
- 29th – 2nd June** Partners in the Gospel.

JUNE

7th – 13th Retreat; Centering Prayer Retreat. **Fionnuala Quinn OP. & Suzanne Ryder rsm.** **That we may be one** (Christian Non – Duality). Opening to the Divine Indwelling through practicing Centering Prayer is consent to God’s presence and action within us. Our sense of separation from God gradually evolves into the conviction of self in God. The retreat will include DVD’s featuring Fr. Thomas Keating, Lectio Divina and one on one conversations with retreat facilitators.

17th – 23rd Retreat; **Seek First the Kingdom (Matt 6.33) Living in the Presence.** Through reflective input, meditation, scripture, poetry, film and music we will learn to cultivate deep serenity and trust in Divine Providence. **Martina Lehane Sheehan** is a retreat director for the past 28 years. She is also the author of four best selling titles, an accredited psychotherapist and spiritual director. **Patrick Sheehan** is an accredited psychotherapist, supervisor, retreat director, CBT therapist and musician.

25th – 1st July Meditation & Personal Development Retreat. **John Keane.** Love and the eight stages of sexual development. “I formed you in your mother’s womb... I thank you Lord for the wonder of my being You made me as beautiful as the stars in the sky.”

JULY

8th – 14th Retreat. **Fr. Michael Ruddy SSCC.** “Contemplation has always been perceived as a gift in the Christian tradition, but it is a gift that has already been given. You have got it! What you have to do is to allow it to awaken within you.” (Thomas Keating ocs). This retreat seeks to allow the gift of contemplation to grow through the use of scripture, meditation and reflection and to see how the fruits of contemplation can be lived in daily life for the building of the Kingdom. The retreat will also look at some of the obstacles that prevent the flourishing of the gift.

17th – 23rd Retreat. **Fr. Seamus Devitt CSSR.** **20-20 Vision - ‘The Disciples were filled with joy when they saw the Lord’ (Jn. 20;20)** Exploring how and where we meet the Lord.

26th – 1st Retreat. **Fr. John Finn. MSC.** **Come away all by yourself and rest a while.** We live in the buzz of life, and have the demands of many voices calling us. It is good to take time out for ourselves – to rest for a while so that we can be nourished on the journey.

AUGUST

5th – 11th Retreat. **Fr. Patsy Kelly.** **Life Through the Liturgy. “and that is what you are - the Temple of God”. (2 Cor 6.15)** Please Bring Morning & Evening prayer book.

14th – 21st Holidays. Enjoy a few relaxing and restful days by the sea.