

## AN ASHRAM EXPERIENCE

Presenter: Fr. Korko Moses SJ

This will be a silent, meditative experience.

Participants may choose how many days they wish to do.

Vegetarian meals.

Residential and Non-Residential places.

**Thursday 30th June to Saturday 30th July 2016.**

(Ends after Supper)

## GUIDED RETREAT (8 DAYS)

Presenter: Una O'Neill RSC

Theme: "I have come that you may have life, life to the full"

John 10:10

**Thursday 18th to Friday 26th August 2016**

(Ends after Lunch)

## RETREAT (5 DAYS)

Presenter: Fr. Korko Moses SJ

Theme: Vipassana based meditation for 5 days

(7 hours of meditation daily with a talk and yoga stretches)

Vegetarian meals.

Residential and Non-Residential places.

**Monday 5th to Saturday 10th September 2016**

(Starts 6pm supper)

Cost: €375

## REFLECTIVE RETREAT (6 DAYS)

Presenter: Marie Therese Porter RSC

Theme: "We wish to see Jesus" Jn. 12:20-24

A quiet, relaxed retreat incorporating reflection, music, ritual, etc.

**Sunday 18th to Saturday 24th September 2016.**

## HARVEST CELEBRATION

Presenter: Marie Therese Porter RSC

A reflection on the beauty and bounty of the Harvest.

**Sunday 9th October 2016** Time: 3.00pm-5.00pm.

Cost: Donation

**Spiritual Direction is available on request.**

# Stella Maris Retreat Centre



**Carrickbrack Road,  
Baily, Howth, Co. Dublin  
D13 YK71**

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Email: stellamarisretreatcentre@gmail.com

Website: www.stellamarisretreats.ie

## RETREATS

6 day retreats €440

8 day retreats €580

Non-residential €50 per day

3, 6 and 8 day retreats begin with supper at 6p.m.

Weekend events generally begin with registration at 7.30p.m.  
and finish after Sunday lunch, unless otherwise stated.

**Enquiries by telephone between 9.30a.m. and 5p.m.  
Monday to Friday please.**

To avoid disappointment all bookings need to be in writing  
accompanied by a non-refundable deposit of €50 for retreats  
and group events and €20 deposit for other events. If receipts  
are required please send S.A.E. or include email address.

**Self Catering: Single Hermitage and 7 bed house also  
available for quiet time. Other events advertised locally  
and on our website.**



# Stella Maris Retreat Centre



*View from the garden*

*To quiet waters he leads me,  
there he restores my strength.*

*Ps 22. V2*

**Programme of Events  
2015 / 2016**

2015

### MINDFULNESS COURSE

Presenter: Joe Clarke

Monday mornings beginning **28th September 2015** and continuing until **May 2016**

Time: 11 –12 noon.

Cost: Donation.

### DIPLOMA COURSE IN BIO ENERGY THERAPY

Part time, 9 months, 1 weekend each month

**September 2015 to May 2016**

**September 26th & 27th, October 17th & 18th, November 14th & 15th, December 5th & 6th 2015.**

For prospectus, costs, dates and information contact:

**Gemma: 0872578580**

Email: ghipson@gmail.com

Web: www.bioenergyacademyofdublin.com

### REFLECTIVE ENERGISING DAYS

Presenter: Sally Hyland SJG

Advent Retreat by Marie Therese Porter

These days include input, liturgy, personal space, 3 course lunch, coffee breaks...in idyllic setting.

Time: 10.30-4.00pm. Registration: 10.00am

**September 23rd, November 4th, December 2nd 2015**

What does it mean to be a person of God, to live under the impulse of the Spirit, to be a creative part of God's creative power?

To book, contact **Sally 0876226620**

Cost: €50.

### HARVEST CELEBRATION

Presenter: Marie Therese Porter RSC

A reflection on the beauty and bounty of the harvest, including thanksgiving in this bicentenary year of the Religious Sisters of Charity.

**Sunday 11th October 2015**

Time: 3-5pm. Cost: Donation

### MINDFULNESS RETREAT

Presenter: Joe Clarke

A day of mindfulness with space to enjoy the beauty and peace of Stella Maris.

**Saturday 7th November 2015** Time: 10.30—4.30 pm

Cost: €20 [Please bring a packed lunch, tea/coffee provided]

### REFLECTION DAY

Presenter: Fr. Frank Monks MI

Theme: Caring : a sign of God's Mercy and Healing.

[in preparation for the Jubilee Year of Mercy]

**Wednesday 18th November 2015** Time: 10.30am—4.30pm

Cost: €20 [Please bring a packed lunch tea/coffee provided]

### ADVENT RETREAT

Presenter: Fr. Bernard McGuckian SJ

Theme: "The love of God has been poured into our hearts by the Holy Spirit which has been given to us."

Romans 5:5

**Wednesday 25th to Saturday 28th November 2015**

Cost: €220

### ADVENT RETREAT

Presenter: Fr. Michael Rodgers SPS

Theme: "The Word was made flesh and lived among us"

John 1:14. Reflections on down to earth spirituality in the life of Jesus Christ.

**Tuesday 8th to Friday 11th December 2015**

Cost: €220

### ADVENT RETREAT

Presenter: Marie Therese Porter RSC

Theme: Home - a space to welcome Jesus and each other.

**Wednesday 16th to Saturday 19th December 2015**

Cost: €220

2016

### DIPLOMA COURSE IN BIO ENERGY THERAPY

[CONTINUED] See 2015 for details

### THOMAS MERTON DAY

Presenter: Marie Therese Porter RSC

Theme: A day of quiet, prayerful reflection and ritual to conclude the centenary year of Merton's birth.

**Saturday 23rd January 2016** Time: 11.00 am—4.30 pm

Cost: €20 [Please bring a packed lunch, tea/coffee provided]

### REFLECTION DAY

Presenter: Fr. Frank Monks MI

Theme: Reaching out to the sick, their families and carers.

**Tuesday 2nd February 2016** Time: 10.30am—4.30pm

Cost: €20 [Please bring a packed lunch tea/coffee provided]

### REFLECTIVE ENERGISING DAYS

[CONTINUED] See 2015 for details

Presenter: Sally Hyland SJG

Time: 10.30-4.00pm. Registration: 10.00am

**February 10th, March 9th, May 11th 2016**

To book, contact Sally **0876226620**

Cost: €50.

### LENTEN REFLECTION DAY

Presenter: Una O'Neill RSC

Theme: Journeying through Lent, mountains and valleys, seas and deserts.

**Saturday 13th February 2016** Time: 10.30—4.30 pm

Cost: €25 [Please bring packed lunch, tea/coffee provided]

### REFLECTION DAY

Presenter: Niamh Brennan and Marie Therese Porter RSC

Theme: "The earth our home- a beautiful mother who opens her arms to embrace you" Pope Francis

A day to experience, reflect on and celebrate the beauty and fragility of our planet, inspired by 'Laudato Si, Mi Signore'

**Saturday 9th April 2016** Time: 11.00 am - 4.30 pm

Cost: €25 [Please bring a packed lunch, tea/coffee provided]

### GUIDED RETREAT (8 DAYS)

Presenter: Fr. John Looby SJ

Theme: I thank you for the wonder of my being Ps.139 v14

**Wednesday 20th to Thursday 28th April 2016**

(Ends after lunch)

### GUIDED RETREAT (6 DAYS)

Presenter: Fr. Mike Serrage msc

Theme: 'Our God is Compassion and Love' -

In this year of Mercy we will reflect on

the compassionate activity of God in our lives.

This quiet reflective time will include ritual, meditation and reflective spaces.

**Sunday 15th to Saturday 21st May 2016**

(Ends after Supper)

### DIRECTED RETREAT (8 DAYS)

Directors: Fr. Michael Gallagher SJ

and Josephine McDonald RSC

**Monday 13th to Tuesday 21st June 2016**

(Ends after Supper)