

Friday 5 to Sunday 7 February

Stepping Stones into Silence. A silent retreat with personal accompaniment (Individually Guided Retreat). Friday 5pm to Sunday 5pm. Self-Catering.

Saturday 13 February

Lent Quiet Day. Journeying with Jesus in Lent.

How does Jesus' journey of life resonate in our own lives? There will be input and personal time. We will be introduced to praying with beads, 'The Pearls of Life'.

With Sister Marie-Christine

Sunday 14 February to Sunday 14 March:

Lent Retreat in daily life:

"Do not be afraid, I am with you" Isaiah 43:5.

A four-week retreat inspired by the Spiritual Exercises of St Ignatius. An opportunity to be gently introduced to the Ignatian retreat or to refresh our experience.



Saturday 17 April

God and me, me and God

A workshop using attachment theory, Bible stories and creativity to reflect upon/uncover how we are attached to God, our image of God and of ourselves, and how we relate to one another. With Sister Christiane

Friday 14 to Sunday 16 May

Healthy leadership, healthy service

"He is the shepherd and the lamb, he is the king the servant of all".

Leadership and service are part of our lives. St Ignatius, in his Spiritual Exercises, invites us to learn from Jesus as we meet him in the Gospels.

A themed weekend retreat with input, silence, personal time and sharing. Residential or joining for the days. Self catering.

With Sister Marie-Christine



Saturday 12 June

Love's Welcome.

A quiet day to consider God's gracious invitation to overcome barriers that keep us from connecting with God and one another. It includes reflections on George Herbert's poem "Love (III)" and on Sieger Köder's painting "All Are Welcome". With Sheelagh Daly, counsellor and spiritual director

Saturday 10th July

Called to Be - a Day for Reflection.

Space to reflect on how God has and is calling you. The day will include words, music and visual images as we explore how God calls us.

With Pamela Ive

Sunday 25 July to Tuesday 3 August

An Urban Oasis Silent Retreat, 3 to 8-Day,

Individually Guided Retreat, with personal accompaniment by the sisters. Self catering.

Saturday 25 September

A Quiet Day in the Season of Creation.

With Sr Regula

Saturday 16 October

Making Better Choices, with St Ignatius of Loyola"

The input will include some Wisdom about discernment, with time for participants to explore their own experiences.

With Nicola Smedley, Ignatian Accompanier

Friday 22 to Sunday 24 October

Stepping Stones into Silence.

A silent retreat with personal accompaniment (Individually Guided Retreat). Friday 5pm to Sunday 5pm. Self-Catering.

Saturday 6 November

Being Salt and Light.

In Matthew 5:13,14. Jesus tells us: "You are salt, you are light." This reflective workshop offers a safe and creative space in which to explore the unique potential within Christ's call to be his 'salt and light' in our world today.

No previous art experience needed. All art materials will be provided.

With Mary Chamberlin Spiritual Accompanier and former Art Therapist.



Saturday 4th December

Advent quiet day

with Kathleen O'Sullivan, Ignatian accompanier with Celtic roots