



DROMANTINE RETREAT & CONFERENCE CENTRE

2023 RETREATS, REFLECTION DAYS AND WORKSHOPS

SMA Dromantine, 96 Glen Road, Newry BT34 1RH
admin@dromantineconference.com

Tel: 028 30821224 from South (048) 30821224
www.dromantineconference.com

Workshop

Saturday 18th February 9.30am – 4.30pm

Nodding Off

How to sleep deeper and better for longer

We all need to sleep to survive. It's essential as food, water and oxygen.

Discover how we are unintentionally getting in the way of our own sleep and learn powerful solutions for achieving good quality restorative sleep.

Let sleep work its magic.

Led by Fr. Hugh Lagan SMA

Cost (including lunch) £40/€45

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Lenten Reflection Day

Saturday 4th March 9.30am - 5.00pm

'Kindfulness

a gifted way of living my life'.

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 (including lunch) £35/€40

Workshop

Saturday 11th March 9.30am – 4.30pm

Difficult People

How to bring out the best in people at their worst

How do you stay calm in a tough conversation? How do you stay focused in the face of passive-aggressive comments? And how do you know if you're difficult to live with? Learn smart tools and tactics on how to navigate emotionally charged situations and to make difficult relationships more productive and your life less stressful. It's simpler than you might expect.

Led by Fr. Hugh Lagan SMA

Cost (including lunch) £40/€45

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Retreat

Friday 17th March (5.00pm) – Sunday 19th (2.00pm)

Dance of Life Retreat

In this retreat the opportunity to dance may bring a renewed awareness in your sense of self, connection with others and connection with God.

Dance can allow the whole person to express a response to God as it provides an experience of moving as the body of Christ.

Sr. Mary Taylor OLA and Fr. Damian Bresnahan SMA

invite you to join them on the dance floor and let your feet and body move to the beat of your heart.

Come on! Get up and dance, join in with the Lord of the Dance!

Cost £220/€250

Lenten Reflection Day

Saturday 25th March 9.30am – 5.00pm

'Make our hearts ready, Lord.'

This day provides time and space to reflect and pray on themes of Lent and to prepare our hearts and minds to celebrate Holy Week and Easter.

Led by Fr. Des Corrigan SMA

Cost (including lunch) £35/€40

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Holy Week Retreat

Wednesday 5th April (5.30pm) –
Easter Sunday 9th April (9.00am)

Celebrating the Easter Triduum

The SMA Community, Dromantine invites you to join 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.

Cost £350 / €400



Directed Retreat

Saturday 29th April (4.30pm) –
Friday 5th May (9.00am)

Directors:

Sr. Moya Hegarty OSU

Fr. Frank Downes OP

Sr. Karen Small OSC

Fr. Colum O' Shea SMA

Cost £580 / €660

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Silent Preached Retreat

Sunday 30th April (4.30pm) –
Friday 5th May (9.00am)

The Second Half of Life Retreat

A journey from success to significance

It is only in the second half of life that we can truly come to know who we are and thus create a life that has meaning.

These days of retreat, rest and renewal will explore ways to embrace our authentic selves as God's beloved, deepen our most valuable relationships, reclaim our untended talents and refresh our spirit for the years ahead.

Led by Fr. Hugh Lagan SMA

Cost £460 / €520

Workshop

Friday 12th May (5.00pm) –
Sunday 14th May (2.00pm)

From Strength to Strength

Discover your character strengths and reach your true potential.

Character strengths are positive human traits that cultivate the best of who we can become. This workshop will identify your unique character strengths, teach you how to engage them optimally and help you shift into new possibilities in your work, relationships, health and virtually every dimension in your life. Discover how your character strengths are your best kept secret for appreciating what's best in you, building resilience and boosting your well-being.

Led by Fr. Hugh Lagan SMA

Cost £225 / €255

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Directed Retreat

Friday 2nd June (4.30pm) – Friday 9th June (9.00am)

Directors:

Sr. Karen Small OSC
Fr. Dermot Mansfield SJ
Fr. Frank Downes OP
Sr. Mary Connellan SSL

Cost £675 / €770

Silent Preached Retreat

Saturday 3rd June (4.30pm) –
Friday 9th June (9.00am)

A Spirituality of Ageing

enabling us to grow older with hearts filled with peace, gratitude and happiness.

'Old age contains a grace and a mission, a true vocation.'
Pope Francis.

Reflecting on Scripture and on positive attitudes and values, this retreat will help us discover that grace, mission and vocation. It will offer some guidelines to help us to let go of any regrets or hurts and to harvest the fruits of our lives, so that the latter stages can be lived in peace, fulfilment and trust.

Led by Fr. Des Corrigan SMA

Cost £555 / €635

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Directed Retreat

Thursday 24th August (4.30pm) –
Thursday 31st August (9.00am)

Directors:

Fr. Frank Downes OP
Fr. Des Corrigan SMA
Fr. Colum O' Shea SMA
Sr. Karen Small OSC

Cost £675 / €770

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.

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.

Silent Preached Retreat

Friday 25th August (4.30pm) – Thursday 31st (9.00am)

A Retreat as a Time of Prayer Nurtured by our Imagination.

Let us be curious about the stories and characters in the scriptures, daring to use the gift of our imagination as we enjoy our time of quiet reflection and tranquillity.

Led by Fr. Joe Mc Gee MSC

Cost £575 / €655

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Workshop

Friday 1st September (5.00pm) – Sunday 3rd (2.00pm)

Stop Missing Your Life Stress, Burnout and discovering a calmer you.

As we move into a post-pandemic world, more and more people are reporting symptoms of numbness, frustration and exhaustion. This compassionate and optimistic workshop will transform the way we think about and manage stress and burnout, empower participants to thrive under pressure and enjoy meaningful yet balanced lives. Learn time-tested lifestyle habits that promote resilience and nurture a calmer you. Live the fulfilling life you deserve.

Led by Fr. Hugh Lagan SMA

£225 / €255

Directed Retreat

Monday 11th September (4.30pm)
– Monday 18th September (9.00am)

Directors:

Sr. Moya Hegarty OSU
Fr. Dermot Mansfield SJ
Sr. Karen Small OSC
Fr. Frank Downes OP

Cost £675 / €770

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Silent Preached Retreat

Tuesday 12th September. (4.30pm) –
Monday 18th September (9.00am)

A Space Adventure

As we choose to go deeper into God; as we recognise and make available a space within for Infinite Love, then we find ourselves on the adventure of a lifetime. Using scripture, this retreat is an invitation to engage in such a journey, enabling us to 'grasp fully the breadth, length, height and depth of Christ's love and to experience this love.' (*Ephesians 3:14-20*)

Led by Rev. Ruth Patterson

Cost £575 / €655

Retreat

Friday 6th October (4.30pm) – Sunday 8th (2.00pm)

Weekend Retreat Welcoming Mission Supporters and Friends of SMA

This weekend retreat of prayer and reflection 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 to meet up with other Friends of SMA Dromantine.

During the weekend the sacraments of the Eucharist, Reconciliation and the Sacrament of the Sick will be celebrated.

Led by SMA Community

Cost £190 / €210

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Workshop

Friday 13th October (5.00pm) – Sunday 15th (9.00am)

Let Evening Come Finding strength and embracing life after loss and bereavement

Losing a loved one can be a lonely, isolating and disorienting experience. This workshop provides a gentle, safe and comforting space to help anyone bereaved to better understand their feelings, respectfully unpack the layers of grief their loss has brought and learn to embrace life again.

Led by Fr. Hugh Lagan SMA

Cost £225 / €255

Silent Advent Retreat

Friday 1st December (4.30pm) – Sunday 3rd (2.00pm)

As community we bring our Christian year gently to a close. The sacred season of Advent beckons us to begin again . . . and to hope again in the abiding love of God.

'Those who hope in the Lord renew their strength. They run and never grow weary. They walk and never tire.' *Isaiah 40:31*

Led by Fr. Frank Downes OP

Cost £220 / €250

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Advent Reflection Day

Saturday 9th December
9.30am – 5.00pm

An Advent Reflection Day
Led by the SMA Community,
in preparation for
Christmas.

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

Cost £35 / €40
(including lunch)





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.
- 47 single and 25 double bedrooms, all with en-suite facilities, free broadband and Wifi.
- 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.



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

Dromantine, Newry, Co. Down BT34 1RH

Telephone:

028 (048 from R.O.I.) 3082 1964

email: admin@dromantineconference.com

www.dromantineconference.com

HOW TO FIND US

Sat Nav Coordinates
54.261381, -6.346018