



# DROMANTINE RETREAT & CONFERENCE CENTRE

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## 2025 PROGRAMME



## Workshop

Saturday 8th February

9.30am - 4.30pm

Registration 9.00am

### **Living Your Strengths: Discover your unique 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 and talents, 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 building resilience, boosting your well-being and appreciating what's best in you.

Led by Fr. Hugh Lagan SMA

Cost (incl. lunch) £43 / €50

## Workshop

Saturday 8th March

9.30am – 4.30pm

Registration 9:00am

### **A Radical Welcome: Intercultural living and the future of religious life**

Religious life is evolving from safe international encounters to powerful intercultural and counter-cultural witness. Intentional intercultural living is considered the future of religious life worldwide and invites all those living it to embrace an authentic and radical welcome.

This workshop will explore the skills of intercultural living and communication as well as how intercultural community living can create a 'home' in which all feel welcomed.

Led by Fr. Hugh Lagan SMA

Cost (incl. lunch) £43 / €50

## Lenten Retreat Day †

Saturday 15th March

10.00am – 4.30pm

Registration 9:30am

### **Remain in my love**

Life presents us with many demands and challenges which can rob us of our peace of mind and heart. This day of reflection gives us an opportunity to look at ways that can give us access to a life lived from a place of courage, strength, hope and love no matter what.

Led by Fr. Paddy O'Rourke SMA

Cost (incl. Lunch) £38 / €43



## Silent Directed Retreat

Sunday 16th March (4.00pm)  
- Saturday 22nd March (9.00am)

### Directors:

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

Cost £610 / €720

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## Silent Preached Retreat

Sunday 16th March (4.30pm)  
- Saturday 22nd March (9.00am)

### Lent: Season of Wellbeing

Lent is a good time to do some personal reflection. This retreat will be conducted in an atmosphere of peace and quiet. It will consider what it means to live a balanced and meaningful life in our contemporary world.

Led by Mr Philip McParland

Cost £610 / €720



## Lenten Retreat Day †

Saturday 29th March 10.00am - 4.30pm  
Registration 9.30am

### Treasures of the Wilderness

Life in general, global crises, our own personal journeys can sometimes appear collectively like a total wilderness with a lack of direction and devoid of hope.

Lent highlights for us that the wilderness is the place both of wild beasts and angels. The way ahead is daunting, but there can be unexpected treasures at every turn. On this day together we will search for treasure!

Led by Rev. Ruth Patterson

Cost (incl. Lunch) £38 / €43

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## Holy Week Retreat

Wednesday 16th April (5.00pm)  
- Sunday 20th April (9.00am)

The SMA Community, Dromantine invites you to join them 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.

Let us choose time aside to celebrate the Passion, Death and Resurrection of Christ and so taste and savour the new life being offered to us all.

Led by the SMA Community

Cost £385 / €455



# Dromantine Retreat and Conference Centre welcomes bookings for Congregational Chapters, Assemblies, Diocesan and School Retreats

*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.*



## Workshop

Friday 2nd May (4.30pm)

- Sunday 4th May (2.00pm)

### **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 and work 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 £235 / €275

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## Silent Directed Retreat

Monday 9th June (4.00pm)

- Sunday 15th June (9.00am)

### **Directors:**

Sr Moya Hegarty OSU

Rev. Ruth Patterson

Cost £610 / €720



## Silent Preached Retreat

Tuesday 10th June (4.30pm)

- Sunday 15th June (9.00am)

### Leaning Into The Light: Reclaiming meaning, purpose and passion

These days of rest, reflection and renewal will offer practical wisdom and ancient spiritual truths on how to create the life you deserve, overcome obstacles, deepen your personal calling and reawaken your soul's desire. Your life is waiting for you.

Led by Fr. Hugh Lagan SMA

Cost £495 / €595

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## Silent Directed Retreat

Friday 22nd August (4.00pm) -

- Friday 29th August (9.00am)

### Directors:

Fr. Colum O'Shea SMA / Sr. Karen Small OSC / Ms. Mary Hunt

Cost £705 / €820

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## Silent Preached Retreat

Saturday 23rd August (4.30pm)

- Friday 29th August (9.00am)

### Pathways to God

There are many spiritual paths. This silent retreat will explore some of these paths. It will offer you an opportunity to name and claim the way God is working in your life.

Led by Mr Philip McParland

Cost £610 / €720



## Workshop

Friday 5th September (4:30pm)

- Sunday 7th September (2.00pm)

### Broken Open: Adversity, resilience and healing

While none of us can escape sadness, loss or life's disappointments, the good news is that in face of adversity, resilience is a muscle we can all build. Learn practical skills to confidently and effectively move forward after life's inevitable challenges, traumas and crises.

Surprisingly, most people do more than just recover after illness, injury, loss and hardship - many of them become stronger with a new appreciation for life.

Led by Fr. Hugh Lagan SMA

Cost £235 / €275



## Silent Directed Retreat

Thursday 2nd October (4.00pm)

- Wednesday 8th October (9.00am)

**Directors:** Fr. Dermot Mansfield SJ / Sr. Moya Hegarty OSU /  
Fr. Des Corrigan SMA Cost £610 / €720

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## Silent Preached Retreat

Thursday 2nd October (4.30pm)

- Wednesday 8th October (9.00am)

## Poetry and Prayer

A poem is very like a prayer - it's shareable (Brendan Kennelly). Poetry is earned with silences (Seamus Heaney). Looking at the poetry of Gerald Manley Hopkins, Patrick Kavanagh, RS Thomas, Denise Levertov, Elizabeth Jennings and Mary Oliver, Fr Brendan will offer an opportunity to pray with poetry as you relax in the colourful autumnal setting of Dromantine.

Led by Fr. Brendan Comerford SJ Cost £610 / €720

## Workshop

Saturday 18th October (9.30am – 4.30pm)

Registration 9.00am

### When It Is Darkest: Understanding suicide

Suicide can affect anyone of us and despite the scale of devastation for individuals, family and friends, it is poorly understood. This workshop will seek to untangle the complex reasons behind suicide and dispel unhelpful myths. It will provide compassionate advice on how best to help someone who is vulnerable and support those struggling through the tragedy of suicide to find strength in the darkest of places.

Led by Fr. Hugh Lagan SMA Cost (Incl. Lunch) £43 / €50

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## Workshop

Friday 31st October (4.30pm)

- Sunday 2nd November (2.00pm)

### A Day at a Time: Finding strength and comfort 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 those bereaved to better understand their feelings, respectfully unpack the layers of grief their loss had brought and learn to embrace life again.

Led by Fr. Hugh Lagan SMA Cost £235 / €275



## Advent Retreat Day

Saturday 13th December (10.00am – 4.30pm)

Registration 9.30am

A day aside to prepare for the life-changing event of the Nativity of Jesus. As Christmas draws nearer, let us hear the invitation to make our hearts ready for the special Birth.

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

Led by the SMA Community

Cost (Incl. Lunch) £38 / €43

## Silent Advent Retreat

Friday 5th December (4.30pm)

- Sunday 7th December (2.00pm)

### A Love Story

Advent is a time when past, present and future come together in the one mystery of the infinite, intimate love of God for all creation. It is a love story, and we are part of it, a vital, precious part. At this retreat we will reflect on this - the greatest story ever told - and our role within it.

Led by Rev. Ruth Patterson

Cost £230 / €270

Photographs by kind permission of Fr. Des Corrigan.







# DROMANTINE RETREAT & CONFERENCE CENTRE

Dromantine caters for all kinds of groups, conferences, seminars, assemblies, chapters and retreats (Diocesan, School and Congregational) offering a comfortable and well-equipped facility in an idyllic rural setting.

## FACILITIES INCLUDE:

- Chapel and Prayer Room.
- 42 single and 30 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
- 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.
- Ample Free Car Parking



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

Dromantine, Newry, Co. Down BT34 1RH

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HOW TO FIND US

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