



**Friday 19th August (5pm) – Sunday 21<sup>st</sup> August (2pm)**  
**Fr Hugh Lagan SMA**

**The Long Goodbye: Practical advice for caregivers of people living with dementia**

Many people living with dementia or caring for them feel as though they are alone. This workshop seeks to provide practical information and support so as to build a bridge of connection and understanding. We will explore each stage of the 'journey with dementia' from a person-centred perspective and explain how best to offer support to ensure the best quality of life for the person living with dementia and the people around them.

**Cost: £220/€260**



**Monday 5<sup>th</sup> September (4pm) – Saturday 10<sup>th</sup> September (9am)**

**Preached Retreat with Rev Ruth Patterson**

**A Settled or a Pilgrim People?**

Sometimes on our journey of faith the temptation is to stop travelling and opt for settling down. Using scripture, this retreat will highlight some of the challenges and joys that lie in store for those who are on the quest for something more.

**Cost : £460/€550**

**Saturday 24<sup>th</sup> September 9am -5pm**

**Fr Hugh Lagan SMA**

**When It Is Darkest: Understanding suicide**

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

**Cost: £40/€45**

**Friday 30<sup>th</sup> September (4pm) – Sunday 2<sup>nd</sup> October (2pm)**

**Friends of SMA**

Come and join in the weekend Retreat. It will be a time aside to reflect and pray with the SMA Community in a relaxed space. There will be short periods of silence during the weekend but it will also be an opportunity to meet up with friends that you may have met over the years in Dromantine.

**Cost: £180/€215**

**Sunday 9<sup>th</sup> Oct. (4 pm) - Saturday October 15<sup>th</sup> (9am)**

*Fr Ashley Evans has cancelled his role in the previously advertised Preached Retreat. :-*

**The Preached Retreat will be led by  
Fr Damian Bresnahan, SMA, Dromantine**

**'The Best Is Yet To Come'**

This is an opportunity to take time aside in restful silence and in the tranquil surroundings of Dromantine to experience the invitation to let go and let the Lord touch us with the abundance of His love.

This may enable us to move to the rhythm of renewed hope and joy as we celebrate the gift of living in the wonderful world that the Lord has given us.

**Cost: £565/€675**

**Sunday 9<sup>th</sup> (4pm) - Saturday October 15<sup>th</sup> 9.am**

**Directed Retreat**

**Sr Moya Hegarty OSU  
Fr. John Gallagher SMA  
Sr Karen Small OSC  
Fr Des Corrigan SMA  
Fr Dermot Mansfield SJ**

**There is also the opportunity to come at this time for a non-directed retreat.**

**Cost: £565/€675**

**Friday 21<sup>st</sup> October - Saturday 22<sup>nd</sup> October 5pm - 5pm**

**Sr Fionnuala Keeney RJM  
Art and Prayer**

Using art as a way of praying and hearing a new story for a contemporary world.  
A time to see Art in a new way that tells a story that speaks to the heart.

**Cost: £120/€145**

**Friday 4<sup>th</sup> November (5pm) – Sunday 6<sup>th</sup> November (2pm)**

**Fr Hugh Lagan SMA**

**A Unique Betrayal: A call to listen, a call to action, a call to change**

While it is accepted that child sexual abuse within the Catholic Church has a global reach, many people continue to engage the issue with passive resistance. This response further silences those most harmed. This workshop will help participants separate fact from fiction about abuse and learn how to best respond to victims, survivors and their families so as to empower their collective voices to be heard in building a safer faith community.

**Cost: £220/€260**



**Friday 18<sup>th</sup> Nov. –Saturday 19<sup>th</sup> Nov.**  
**(5pm-5pm)**



### **Finding God in the Mess**

**Fr. Brendan McManus S J and Jim Deeds**

Jim and Brendan base this workshop retreat on their book, *Finding God in the Mess*, which tackles tough subjects such as depression, pain, and grief. The workshop is based on the Ignatian insight that God is with us in the mess of our lives, especially in the crucible of grief, and that with God's help there is a way through. In the workshop Brendan and Jim use a combination of stories, songs, poetry, meditation, and images, but the key dynamic is the small groups discussions.

**Cost: £120/€145**

### **Advent Retreat**

**Friday 2<sup>nd</sup> December (4pm) - Sunday 4<sup>th</sup> December (2pm)**

**Sr. Anne Morris DHS**

### **The other purple time in the Church's year:**

Through Scripture, images, and poetry, we take time to reflect on the God who came, who comes, and who will come again. We prepare for Christmas by dwelling on this mind-blowing event.

**(Included is a penitential service)**

**Cost: £230/€275**

### **Advent Reflection**

**Tuesday 13<sup>th</sup> December 4pm to Wednesday 14<sup>th</sup> December 5pm**

An Advent reflection in preparation for Christmas given by SMA Community Dromantine and a celebration of the Sacraments (Eucharist, Reconciliation and Anointing of the sick)

**Cost: £120/€145**

**Dromantine Retreat & Conference Centre**

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