

**April 14th, 10.30am - 4.00pm**

*Day Retreat*

**Directors:** Sean O'Leary & Fr Brendan Nolan  
€35

**Theme:** **Encountering Nature with God.**  
When we contemplate the rhythms and cycles of nature, we perceive sacred echoes of God's goodness, love and wisdom.

**May 9th, 11.30am - 4.00pm**

*A Day for Yourself*

**Directors:** Ballyvaloo Team  
€25

**Theme:** "Come away to a deserted place all by yourselves and rest a while." Mark 6:31  
Gift yourself with a day of peace and quiet in a beautiful haven.

**July 18th, 10.30am - 4.00pm**

*Day Retreat*

**Directors:** Sean O'Leary & Fr Brendan Nolan  
€35

**Theme:** **Healing Earth.**  
This retreat will explore the natural world as a gift from God that nourishes our bodies and souls.

**October 12th, 7.30pm**

*Harvest Celebration*

**Please check out our website for more information on these Retreats, Day Retreats, Rest & Relaxation breaks and more...**

## GENERAL INFORMATION

**Registration from 4.00pm to 6.00pm**

**Supper at 6.00pm**

**Closing Day: Departure after Lunch**

We look forward to welcoming you to Ballyvaloo. We regret that we are not in a position to provide support to those who need help with self care.

**Bookings will be confirmed only on receipt of:**

€60 Deposit – 6 day retreat

€30 Deposit – 3 day retreat

€60 Deposit – Rest and Relaxation Week

20% Deposit – Group Bookings

All deposits non-refundable to be deducted from full amount.

Please enclose a stamped addressed envelope or email address for reply.

**Accommodation: 32 En-suite Rooms**

Special Needs: please advise the Secretary of any special needs, dietary or otherwise.

Spiritual Direction, Counselling, Massage and Reflexology available on request.

Facilities for conferences, meetings and private retreats also available.



## Directions to Ballyvaloo:

### From Dublin:

Come off M11 at Exit 25 and follow signs for Blackwater. (approx. 16km)

In the village take a RIGHT for Ballyvaloo. The Retreat Centre is signposted on the LEFT, 4km farther on.

### From Wexford:

Cross the bridge in Wexford town and continue for 4km. Take a RIGHT turn for Curracloe. Go through the village. The Retreat Centre is signposted on the LEFT 4km farther on after which you take the first RIGHT.

### Public Transport:

Train or Bus to O'Hanrahan Station, Wexford Town. Taxi service available to bring you to Ballyvaloo.

## OFFICE HOURS:

**10.00am to 5.00pm Monday to Friday.**

All Correspondence to:

The Secretary, Ballyvaloo Centre,  
Blackwater, Enniscorthy, Co. Wexford Y21 X392

Tel: (053) 9137160

Email: [office@ballyvaloo.ie](mailto:office@ballyvaloo.ie)

Website: [www.ballyvaloo.ie](http://www.ballyvaloo.ie)

# Ballyvaloo Centre

Ballyvaloo, Blackwater,  
Enniscorthy, Co. Wexford Y21 X392

Tel: (053) 9137160

Email: [office@ballyvaloo.ie](mailto:office@ballyvaloo.ie)



## Programme for 2020



6 DAY RETREATS

May 16th - 22nd

Director:Fr Gerard McCarthy SVD  
€ 520

Theme:“REMAIN IN MY LOVE”  
Jesus calls us to be with him and remain in his love. During this scripture based retreat lets rekindle Jesus’ spirit and message in our lives.

June 20th- 26th

Directors:Fr Frank Downes OP  
Fr Pat Hogan PP  
Mr Martin Doyle  
Sr Helen Maher SSJG  
Sr Sheila Crowley SSJG  
€ 550

July 4th - 10th

Director:Martina Lehane Sheehan  
€ 520

Theme:SEEK FIRST THE KINGDOM  
Through reflective input, meditation, poetry and scripture we will learn how to release stress.

July 11th - 17th

Director:Fr Louis Hughes OP  
€ 520

Theme:BE STILL AND KNOW  
“Silence, breath awareness, relaxation and visualisation of Divine Presence”.

July 25th - 31st

Directors:Fr Tom McGuinness SJ &  
Sr Magdalen Lawlor SND  
€ 550

Theme:A GAZE OF WONDER  
The retreat will use scripture, poetry, art and music to uncover the gifts of the Gospel.

August 1st - 7th

Director:Fr Kieran O’Mahony OSA  
€ 520

Theme:“AND REMEMBER I AM WITH YOU ALWAYS TO THE END OF THE AGE”  
The path of Discipleship according to Matthew.

August 22nd - 28th

Director:Fr Gerard McCarthy SVD  
€ 520

Theme:“REMAIN IN MY LOVE”  
Jesus calls us to be with him and remain in his love. During this scripture based retreat lets rekindle Jesus’ spirit and message in our lives.

August 29th - September 4th

Director:Bishop John Crowley  
€ 520

Theme:“THERE REMAINS FAITH, HOPE AND LOVE AND THE GREATEST OF THESE IS LOVE” 1 Corinthians 13:13



SHORT RETREATS

Easter Triduum  
April 8th - April 12th

Director:Fr Joe McGee MSC  
€ 310 (Leaving after Breakfast)

Theme:The Triduum of the Risen Christ invites us to contemplate the profound meaning of this sacred event and it’s transforming power in our lives.

April 15th - April 17th

Directors:Monica Browne & Hilary Musgrove  
€ 180 Residents  
€ 100 Non-Residents

Theme:Nurturing Body, Heart and Spirit!  
This Retreat will invite you into a creative reflective experience of music and song, story-telling and imagery, conversation and silence, ritual and prayer.

May 23rd - May 26th\*

Director:Fr Michael Rogers SPS  
€ 260

Theme:“The Christian Way in Christ from Incarnation to Resurrection”.

May 26th - May 29th\*

Director:Fr Brendan Nolan PP  
€ 260

Theme:Quietly glimpsing the Liturgical Year through our Heritage of Poems, Hymns and Antiphons.

Advent Retreat  
December 1st - 4th

Director:Fr David Larkin SPS  
€ 260

Theme:“WAITING IN HOPE FOR THE BLESSINGS OF THE COMING OF THE SAVIOUR” – A quiet time for our hearts to be open.

Advent Retreat  
December 8th - 11th

Director:Fr Dan Cavanagh PP  
€ 260

Theme:“A CONVERSATION WITH JESUS ABOUT LIFE & PRAYER”

REST & RELAXATION

May 30th - June 6th  
June 27th - July 4th  
July 18th - July 25th  
August 15th - August 22nd

€ 550  
€ 550  
€ 550  
€ 550



DAY / EVENING EVENTS

January 30th, 7.30pm  
St. Brigid’s Celebration

February 22nd, 11.30am - 4.00pm  
Day Retreat

Director:Carol Barry  
€ 35

Theme:Spirituality of Ageing. As we age what Pearls of Spiritual Wisdom are held for us in the sacred stories of Scripture, Christian Tradition and in the stories of our own lives?

March 30th, 7.30pm  
Prayer Around the Cross