

complex issues of personal and ancestral history that we need to be aware of in the process of becoming who we already are.
Cost: €40

MARCH 31ST, 10.30am – 4.00pm

Director: Sr Bernadette Purcell
Theme: A day for yourself- using Sacred Dance/Movement
An opportunity to express the soul within. A gentle and joyful day awaits YOU. No experience necessary.
Cost: €50

APRIL 29TH, 11.30am – 4.00pm

Director: Carol Barry
Theme: Visual Prayer-Visio Divina (Praying with the eyes of our heart...)
A day to cultivate “Divine Seeing”, through visual images offered in nature, art, poetry and the biblical narratives of Eastertide...
Cost: €40

MAY 13TH, 10.00am – 4.30pm

Sisters of St. John of God Annual Conference
Details to be confirmed

SEPTEMBER 3RD, 10.00am – 4.30pm

Director: Michael Dillon
Theme: Mind, Body & Spirit, Wellness Day.
This is a gentle day, a gift to yourself of care. A day of curiosity, reflection and rest. On this day, we will draw together, the Somatic (Body), Psychological (Mental and Emotional), and Spiritual.
Cost: €40

OCTOBER 1ST, 10.00am – 4.30pm

Theme: Sean O’Leary & Fr. Brendan Nolan PP
Theme: Healing Earth
Adopting a care of the earth ethos, this retreat will explore the natural world as a gift from God that nourishes our bodies and souls.
Cost: €40

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

OUTSIDE OF THESE SCHEDULED EVENTS

which are offered by the Centre, Ballyvaloo is the ideal location and has the required facilities for individuals and groups, who wish to organise their own Residential Programmes e.g. Private Retreats or Personal Quiet Time; Special, Group or School Retreats, Conferences, Seminars, Workshops and Meetings.

Accommodation: 32 En-suite Rooms.

Facilities:

Conference Room: Facilitating up to 80 Delegates
PowerPoint, Smart TV, DVD, CD, Flip Chart, Wi-Fi, Hearing Loop

Smaller Meeting Rooms also available
Natural Daylight in all rooms
Complimentary Parking
Complimentary Wi-Fi

Rates:

Residential Guests:
Full Board - €90 per person per day*
Meeting facilities and use of equipment are complimentary for residential groups.
*** Minimum stay 2 days**

Day Rates available on request.



GENERAL INFORMATION

Arrival/Registration from 4.00pm to 6:00pm with 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:

€100 Deposit – 6 day retreat

€60 Deposit – Short retreat

€100 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.

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

DIRECTIONS TO BALLYVALOO:

From Dublin: Come off the 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 Curraclloe. 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 Retreat & Conference Centre,
Blackwater, Enniscorthy, Co. Wexford,
Y21 X392.

Tel: (053) 9137160

Email: office@ballyvaloo.ie

Website: www.ballyvaloo.ie

Ballyvaloo Centre

Ballyvaloo Retreat & Conference Centre

Ballyvaloo, Blackwater,

Enniscorthy, Co. Wexford Y21 X392

Tel: (053) 9137160

Email: office@ballyvaloo.ie



Programme for 2022



6 DAY RETREATS

MAY 14TH – 20TH

Director: Fr. Gerard McCarthy SVD
Theme: *“Put off your old self ... to be made new in the attitude of your minds” (Eph. 4:22)*
The Lord is always offering us the possibility of being transformed; but we have to be willing to put off our old self. On this Scripture-based retreat let’s hear the transforming Word of God as if for the first time.
€570

MAY 21ST – 27TH

Director: Deirdre Ni Chinneide
Theme: **Turas an Chroí – Journey of the Heart.**
Through music, movement, prayer and poetry, this retreat will guide a return home, to the Spirit of God within.
€570

JUNE 25TH – JULY 1ST

Director: Rev. Dr. Ruth Patterson
Theme: **Farewell and Welcome**
How do we reach the point of responding to the repeated challenge of letting go in life and of embracing, with trust and hope, the unfamiliar? Using Scripture, this retreat will reflect on such an adventure.
€570

JULY 2ND – 8TH

Director: Fr. Gerard McCarthy SVD
Theme: *“Put off your old self ... to be made new in the attitude of your minds” (Eph. 4:22)*
The Lord is always offering us the possibility of being transformed; but



we have to be willing to put off our old self. On this Scripture-based retreat let’s hear the transforming Word of God as if for the first time.
€570

JULY 9TH – 15TH

Director: Fr. Mike Serrage MSC
Theme: *“As a deer yearns for running streams, so I yearn for you, my God. I thirst for God, the living God; when shall I go to see the face of God? Hope in God!” (Ps 42)*
This preached retreat will provide us with time of quiet reflection looking into our hearts to recognise our deepest yearning for God’s love and compassion.
€570

JULY 16TH – 22ND

Director: Martina Lehane Sheehan
Theme: *He said to the wind and the waves, 'Quiet, Be Still'. (Mark 4:39)*
Quieten the mind, calm the fears, and create an inner sanctuary of stillness, through meditation, scriptural reflection, prayer, input etc.
€570

JULY 23RD – 29TH

Directed Retreat
Directors: Sr. Margaret McDermott MA
Fr. Mike Serrage MSC
Martin Doyle
Sr. Helen Maher SSJG
Sr. Sheila Crowley SSJG
€600

JULY 30TH - AUGUST 5TH

Director: Fr. Hugh Lagan SMA
Theme: **Buying the Field, Choosing Happiness. We all want a life worth living.**
This preached retreat will inspire you to allow curiosity and passion to reawaken a renewed sense of purpose, freedom and commitment as participants encounter the invitation from God to move from endurance to acceptance, woundedness to compassion and success to significance. Tell me, what is it you plan to do with your one wild and precious life?
€570

AUGUST 13TH – 19TH

Director: Dr. Jesse Rogers (SPC Maynooth)
Theme: **Grieving the Old and Welcoming the New**
Jessie Rogers will explore scriptural wisdom for spirituality in times of change.
€570

AUGUST 27TH – SEPTEMBER 2ND

Director: Bishop John Crowley
Theme: *“Rest and you will See. See and you will Love. Love and you will Praise.”* St Augustine
Bishop John will lead this preached retreat that will enable us to Rest, See, Love and Praise more abundantly.
€570

REST & RELAXATION

MAY 28TH – JUNE 4TH €600
AUGUST 20TH – 27TH €600

SHORT RETREATS

FEBRUARY 4TH – 6TH

Director: Fr. Sean McDonagh SSC
Theme: **Care for our Common Home**
€190

MARCH 17TH – 20TH

Director: Fr. Jim Cogley PP
Theme: **A journey of Healing and Wholeness.**
Fr Jim will facilitate this very special retreat that will gently and sensitively take participants on a journey to a deeper connection with themselves and God.
€295



EASTER TRIDUUM

APRIL 13TH – 17TH

Director: Fr. Joe McGee MSC
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.
€360 (Leaving after Breakfast)

JUNE 4TH – 7TH*

Director: Fr. Michael Rogers SPS
Theme: **From Incarnation to Resurrection the Christian journey of life and faith.**
€295

JUNE 7TH – 10TH*

Director: Fr. Brendan Nolan PP
Theme: *“God is love and those who dwell in love dwell in God”. (1 John 4:16)*
€295

** These two retreats may be taken as a 6 Day Retreat, €570*

OCTOBER 21ST – 23RD

Director: Fr. Kieran O’Mahony OSA
Theme: **The Prayer of Presence**
A practical weekend of Christian Meditation.
€190

Advent Retreat

NOVEMBER 28TH - DECEMBER 1ST

Director: Fr. Brendan Nolan PP
Theme: **Season of mists and joyful expectation.**
€295

Advent Retreat

DECEMBER 5TH – 8TH

Director: Fr. David Larkin SPS
Theme: *‘I offer you my prayer, watching and waiting’ (Ps 5)*
This retreat is about taking the opportunity to create a prayerful space in your life in an advent spirit of watching and waiting.
€295

DAY RETREATS

APRIL 5TH, 10.30am – 4.00pm

Director: Fr. Jim Cogley
Theme: **Becoming our true selves**
This will be a unique seminar, presented with symbols made in wood, that will deal with many of the