

OCTOBER 19TH – 22ND

Director: Fr. Jim Cogley PP
Theme: Personal and Ancestral Healing
This retreat will explore aspects of personal and ancestral healing as part of our journey towards wholeness.
€310 Full Board

NOVEMBER 13TH – 16TH

Director: Helen Gaynor & Michael Dillon
Theme: Making me a wilderness of my own, Re-wilding our lives: A Positive approach to ageing.
Reconnecting with the beauty and healing qualities of nature and the creative resources of art, music and poetry to find our true value and purpose in an ever fragile body, in an ever fragile world.
€310 Full Board

ADVENT RETREAT NOVEMBER 27TH – 30TH

Director: Noreen Mackey (Silent Retreat)
Theme: “Make straight in the desert a highway for our God”
How can we prepare a highway for God in our hearts this Advent? Our retreat will offer a time of prayer and reflection in which we can lay low the mountains and hills of our resistances, so that the glory of the Lord can be revealed in us. And we will be supported throughout the retreat by some of the wonderful music from Handel's Messiah.
€310 Full Board

ADVENT RETREAT DECEMBER 4TH – 7TH

Director: Fr Vincent Sherlock PP (Silent Retreat)
Theme: “Let us go to Bethlehem and see ...”?
This response from one of the shepherds on the hilltop, in the wake of the angelic appearance, paved the way for his companions to lay eyes on the infant King. We will reflect on the encouraging word, on invitation and response as we journey towards the celebration of the Christmas reality.
€310 Full Board

DECEMBER 11TH – 13TH

Director: Fr. Kieran O’Mahony OSA
Theme: An Introduction to Christian Meditation
€200 Full Board

REST & RELAXATION BREAKS

JULY 15TH – 22ND €635 Full Board

AUGUST 19TH – 26TH €635 Full Board

DAY RETREATS

MAY 12TH, 10.00am – 4.30pm

Director: Sisters of St. John of God Annual Conference
Theme: Therese Fitzgerald NDS
Conversations with Women in the Bible
A gentle, reflective day to explore insights from these women's stories and God's transforming presence in their lives.
Cost: €30 including lunch

SEPTEMBER 2ND, 10.00am – 4.00pm

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 including lunch

NOVEMBER 23RD, 10.30am – 4.00pm

Director: Fr. Jim Cogley
Theme: Loss and Recovery
This Seminar will explore loss in its many facets and how it is also an invitation to Wholeness. ‘While the heart grieves for that which it has lost, The Spirit dances for that which it has found.’
Cost: €40 including lunch

Please check out our website for more information on these Scheduled Activities. More may be added throughout the year ...

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. Conferences, Seminars, Workshops and Meetings, Group or School Retreats, Private Retreats or Personal Quiet Time, depending on availability.

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 - €95 per person per day*

Meeting facilities and use of equipment are complimentary for residential groups.

* **Minimum stay 2 days**

Day Rates tailored to the needs of each group, quote 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 an email address or a stamped addressed envelope 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 turn 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:
Ballyvaloo Retreat Centre,
Blackwater, Enniscorthy, Co. Wexford, Y21 X392.
Tel: (053) 9137160
Email: office@ballyvaloo.ie
Website: www.ballyvaloo.ie

crprint.ie 053 9235295

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Programme for 2023



SCHEDULED ACTIVITIES

6 DAY SILENT RETREATS

MAY 13TH – 19TH

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. €600 Full Board

MAY 27TH - JUNE 2ND

Director: Fr John Finn MSC
Theme: ‘I Pray that they may be one in us, as you are in me and I am in you, so that the world may believe that it was you who sent me.’ (John 17)
€600 Full Board

JUNE 3RD – 9TH

Directors: Directed Retreat
Sr. Margaret McDermott MA
Fr. John Bennett MSC
Martin Doyle
Sr. Helen Maher SSJG
Sr. Sheila Crowley SSJG
€630 Full Board

JUNE 10TH – 16TH

Director: Martina Lehane Sheehan
Theme: ‘For where your treasure is, there will your heart be also’ (Matt. 6:21).
A restful retreat to help us savour what is truly precious on our journey. Together, we will discern the dross from the gold, the transient from the eternal ...through meditation, scripture, poetry, ritual, imagery etc. €600 Full Board



JUNE 24TH – 30TH

Director: Rev. Dr. Ruth Patterson
Theme: Adventure into God
Using Scripture Ruth will invite us to venture with her deeper into the mystery that continually beckons those who have pilgrim hearts.
€600 Full Board

JULY 1ST – 7TH

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.
€600 Full Board

JULY 8TH – 14TH

Director: Deirdre Ní Chinnéide
Theme: Bealtaine – Bright Fire of Hope and Possibility.
“For I know the plans I have for you declares the Lord. Plans to prosper you and not to harm you. Plans to give you a hope and future” (*Jeremiah 29:11*)
During this retreat we journey to the well of our own hearts and through music, scripture, reflection and prayer, rest assured of the gift of new birth and hope in our lives.
€600 Full Board

JULY 22ND – 28TH

Director: Dr. Jesse Rogers (SPC Maynooth)
Theme: Following the Way of Jesus:
Hearing and Responding to Jesus' teaching in the Sermon on the Mount.
€600 Full Board

JULY 29TH - AUGUST 4TH

Director: Fr. Hugh Lagan SMA
Theme: Living Your One Wild and Precious Life.
These days of retreat, rest and renewal will offer a hope-filled path forward to living more wisely and kindly your one wild and precious life. Consider changing your life for the better.
€600 Full Board

AUGUST 5TH – 11TH

Director: Fr. Kieran O’Mahony OSA
Theme: “The love of God has been poured into our hearts through the Holy Spirit given to us”. (Romans 5:5)
Key passages from the great Letter to the Romans will form the basis for the retreat, inspiring Lectio Divina, meditation and the Eucharist.
€600 Full Board

AUGUST 26TH – SEPTEMBER 1ST

Director: Bishop John Crowley
Theme: “Bidden or not Bidden, God is present” Carl Jung
Searching for and finding God in everyday life.
€600 Full Board

SHORT RETREATS, COURSES & WORKSHOPS

FEBRUARY 16TH – 20TH

Director: Fr. Ashley Evans S.J. and the Manresa Retreat Team
Theme: Manresa Directed Retreat
Fr. Ashley Evans S.J. and the Manresa Retreat Team will lead an individually guided silent retreat over four days on the theme of “healing the inner warrior”. Applications to reception@manresa.ie or to (01) 833 1352.

MARCH 27TH – 30TH

Director: Fr. Jim Cogley PP
Theme: Embracing Life to the Full
The Healing Process. Removing Obstacles to Inner Freedom on our Journey towards Wholeness.
€310 Full Board



EASTER TRIDUUM APRIL 5TH – 9TH

Director: Fr Frank Downes OP (Silent Retreat)
Theme: “Love is repaid by love alone. The wounds of love are healed only by love” St Therese of Lisieux.
€380 (Full Board
Leaving after Breakfast)

APRIL 29TH – MAY 1ST

Directors: Rachel Doyle and Michael Dillon
Theme: Our Plants and Gardens: Resources for wellness and healing.
This is a weekend with a blend of theory, mindful reflection, rest and experiential work.
€200 Full Board

MAY 19TH – 21ST

Director: Fr. Jim Cogley PP
Theme: A Spirituality of Healing and Integration for the times we live in.
Revealing the exciting Christian message of healing found in the Scriptures.
€200 Full Board

JUNE 17TH – 20TH *

Director: Fr. Michael Rogers SPS
Theme: (Silent Retreat)
Details to be Confirmed
€310 Full Board

JUNE 20TH – 23RD*

Director: John Sheehan (Silent Retreat)
Theme: Finding God in the Singing Heart of the World
An adventure in the creation spirituality of Laudato si’
€310 Full Board

* These two retreats may be taken as a 6 Day Retreat, €600

SEPTEMBER 24TH – 29TH

Director: Dr Marko Punkanen & Michael Dillon
Theme: A Journey to Presence: Building Compassion Satisfaction, preventing Compassion Fatigue (30 hours CPD contact)
A five-day residential programme for therapists to build the skills for rest, resilience and recovery, both in their professional practice and in their lives outside their practice.
€700 Full Board