

JUNE 1ST – 7TH

Director: Martina Lehane Sheehan
Theme: ‘A Peace the World cannot give....’ (John14;27).
A journey towards inner stillness; the gift of a calm mind and an open heart - even in adverse circumstances! (Meditation, scripture, reflective input, poetry etc).
€660 Full Board

JULY 20TH – 26TH

Director: Dr. Jesse Rogers (SPC Maynooth)
Theme: “Rediscovering our Sisters in Faith”
Jessie’s reflections will be drawn from the many often overlooked biblical texts where women are present and active.
€660 Full Board

JULY 27TH – AUGUST 2ND

Director: Fr. Diarmuid O’Murchu MSC
Theme: Protectors of God’s Handiwork
“Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.” (Laudato Si). This reflective Retreat will explore the challenges of living in deeper harmony with God’s creation, particularly as we advance into the wisdom of older years.
€660 Full Board

AUGUST 3RD – 9TH

Director: Fr. John Finn MSC
Theme: Called by Jesus into the love of God
“Come and see” invites each one of us to discover God’s immense compassionate love for us. This call challenges us to let go of the many misunderstandings and misconceptions we may have of ourselves and of God. These days we will reflect and be present to Jesus’ invitation to us, so that we may have a freedom to let God love us
€660 Full Board

AUGUST 24TH – 30TH

Director: Fr. Hugh Lagan SMA
Theme: The Second Half of Life: A journey from Success to Significance
It is only in the second half of life that we truly come to know who we are and thus create a life that has meaning. These days

of retreat, rest, renewal will explore ways to embrace our authentic selves as God’s beloved, deepen our most valuable relationships, reclaim our untended talents and refresh our spirit for the years ahead.
€660 Full Board

DAY RETREATS

April 22ND, 10.30am – 4.00pm

Director: Fr. Jim Cogley
Theme: A Wood you Believe Seminar - A Spirituality of Healing and Integration for the times we live in.
Revealing the exciting Christian message of healing found in the Scriptures.
Cost: €50 including Lunch

MAY 10TH, 10.00am – 4.30pm

Director: Sisters of St. John of God
Theme: Annual Conference
Therese Fitzgerald SND
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 (Subsidised by the St John of God Sisters)

JUNE 1ST, 10.00am – 4.00pm

Director: Michael Dillon
Theme: Mind, Body, Spirit, Earth 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 and explore how connection with our Earth unites all three.
Cost: €50 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. Seminars/Workshops and Meetings, Group or School Retreats. Current users facilitate Yoga, Meditation, Various methods of Prayer, 12 Step Programmes, Respite etc. Private Retreats or Personal Quiet

Time can also be facilitated. All are subject to availability.
Accommodation: 32 En-suite Rooms.
Facilities:
Meeting Room: Facilitating up to 80 Guests
PowerPoint, Smart TV, Wi-Fi, Hearing Loop, DVD, CD, Flip Chart,
Smaller Meeting Rooms also available
Natural Daylight in all rooms
Complimentary Parking
Complimentary Wi-Fi

Rates:
Residential Guests:
Full Board - €105 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, 4km farther on the Retreat Centre is on the 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

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Programme for 2024



SHORT RETREATS, COURSES & WORKSHOPS

FEBRUARY 6TH – 9TH

Director: Fr. Jim Cogley PP
Theme: Wood you Believe Workshop -
Getting the Past out of the Present
 Finding freedom from personal
 and ancestral issues, moving
 beyond loss, trauma and victimhood.
 € 340 Full Board

FEBRUARY 26TH – 28TH

Director: Michael Dillon
Theme: Spring - Embracing new beginnings and growth with ease.

Using the season of spring as a metaphor for taking that first small step for change and growth in our lives. Michael will explore how we can be present to the circumstances of our lives right now, not be paralysed or overwhelmed by them and make the small, possible changes that we need for psychological and spiritual wellbeing.

€220 Full Board

EASTER TRIDUUM MARCH 27TH – 31ST

Director: Fr. Joe McGee MSC (Silent Retreat)
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.
 €420 (Full Board, Leaving after Breakfast)

APRIL 29TH – MAY 2ND

Directors: Rachel Doyle & Michael Dillon
Theme: Our Plants and Gardens:
Resources for wellness and healing.
 During this three-day workshop we will explore; the healing qualities of plant life, for our physical, psychological and spiritual wellbeing. This is a retreat with a blend of theory, mindful reflection, rest and

experiential work.
€340 Full Board

JULY 13TH - 16TH *

Director: Dr. Una Agnew (Silent Retreat)
Theme: A Retreat based on Kavanagh's Spirituality rooted in Creation.
 This 3-day retreat draws its inspiration from the poetry of Patrick Kavanagh who was fascinated by a God he finds in the fields, in the hedgerows, in a cut away bog and in the waters of the Grand Canal. His spirituality throughout, is remarkably close to that of *Laudato Si'*
 €340 Full Board

JULY 16TH - 19TH *

Director: Sr. Colette Kane OP (Silent Retreat)
Theme: “Knowing Our Place - From Stardust to Sand”
 How do I incorporate scientific discoveries with my story of faith?
 What does evolution tell me about God, creation, nature, and my place in it all?
 How can I celebrate being Christian in an evolving universe?
 € 340 Full Board

*** These two retreats may be taken as a 6 Day Retreat, €660**

SEPTEMBER 27TH - OCTOBER 1ST

Director: Dr. Marko Punkanen & Michael Dillon

Theme: A Journey to Presence -Building Compassion Satisfaction, preventing Compassion Fatigue (20 hours CPD contact)

A four-day residential programme for therapists and mental health professionals to get an opportunity to recharge their batteries and build the skills for rest, resilience and recovery, both in their professional practice and in their lives outside their practice.

€600 Full Board

OCTOBER 14TH–18TH

Director: John Feehan
Theme: **Finding God in the Singing Heart of the World.**
 Opening some pages in the Other Book of Revelation.
 €470 Full Board

NOVEMBER 11TH – 14TH

Director: Fr. Jim Cogley PP
Theme: Wood you Believe Workshop -
Getting the Past out of the Present
 Finding freedom from personal
 and ancestral issues, moving beyond loss,
 trauma and victimhood.
 €340 Full Board

NOVEMBER 22ND – 25TH

Directors: Michael Dillon & Helen Gaynor
Theme: Making me a Wilderness of my own, Re-wilding our Lives:
 Building resources through writing and other arts. Engaging our Bodies, Minds, Spirit, Art, Music, Dance, Poetry and the Environment.
 Using rewilding as a metaphor for activating the creative resources within.
 An experiential workshop with reflection and practice.
 € 340 Full Board

ADVENT RETREAT DECEMBER 2ND – 5TH

Director: Fr. Seamus Enright CSSp
(Silent Retreat)

Theme: With love beyond telling:
Mary in the opening chapters of
the Gospels of Luke and Matthew.
€ 340 Full Board

ADVENT RETREAT DECEMBER 9TH – 12TH

Director: Noreen Mackey (Silent Retreat)
Theme: “Who do people say that I am?”

This question, posed by Jesus himself, gives rise to a further question: what does the person and life of Jesus tell us about the nature of God? During this retreat, we will contemplate the humanity of Jesus and discover the consoling truths about God that it reveals. €340 Full Board



REST & RELAXATION BREAKS

JULY 6TH – 13TH

€695 Full Board

AUGUST 17TH – 24TH

€695 Full Board

6 DAY SILENT RETREATS

MAY 11TH–17TH

Director: Fr. Kieran O'Mahony OSA
Theme: Allowing ourselves to be led by the Spirit - "When the Spirit of truth comes, s/he will guide you into all the truth" (John 16:13)

Our retreat will bring together praying the Word of God (Lectio Divina), Christian meditation, the Eucharist and plenty of personal time. The biblical inspiration will all come from the Gospel of John, which has an exceptionally rich teaching on the Holy Spirit, the Advocate.

€ 660 Full Board

MAY 18TH – 24TH

Director: Deirdre Ní Chinnéide
Theme: Praying - “It doesn’t have to be the blue iris, it could be weeds in a vacant lot, or a few small stones; just pay attention, then patch a few words together and don’t try to make them elaborate, this isn’t a contest but the doorway into thanks, and a silence in which another voice may speak.”
Mary Oliver
During this retreat we will explore how silence, music, poetry and scripture offer a deep listening and creative response to prayer. Our time together brings hope and direction in our pilgrim path of companionship and presence with God.

MAY 25TH–31ST

Directed Retreat
Directors: Fr. John Bennett MSC
Martin Doyle
Sr. Sheila Crowley SSJG
Stasia Redmond
€90 Full Board