

JULY 19TH – 25TH

Director: Dr. Jesse Rogers (SPC Maynooth)
Theme: **Renewed in Hope: A journey toward Resurrection**
By reflecting on Scripture and on the work of the Spirit in our lives and in the world, we will open ourselves to the God who brings surprising newness into tired or dark places.
€710 Full Board

JULY 26TH – AUGUST 1ST

Director: Fr. John Finn MSC
Theme: ‘Come & See’ (John 1:39)
This retreat invites us to look at the God Jesus reveals to us by his Life, Death and Resurrection. It challenges us to open our minds and hearts, to allow God to be greater than the limitations we can sometimes impose by our misunderstandings. Through Prayer, Reflection and re-reading biblical texts we will together discover the Compassion of God for all of Creation.
€710 Full Board

AUGUST 9TH – 15TH

Directors: **Directed Retreat**
Fr. John Bennett MSC
Martin Doyle
Sr. Margaret McDermott MA
Fr. Myles O’Reilly SJ
Stasia Redmond
€790 Full Board

AUGUST 23RD – 29TH

Director: Fr. Hugh Lagan SMA
Theme: **Leaning into the Light: Reclaiming meaning, purpose and passion.**
These days of rest, reflection and renewal will offer practical wisdom and ancient spiritual truths on how to create the life you deserve, overcome obstacles, deepen your personal calling and reawaken your soul’s desire. Your life is waiting for you.
€710 Full Board

DAY RETREATS

FEBRUARY 14TH, 10.00am – 4.30pm

Director: Dr. Gráinne Doherty
Theme: **“Has God spoken only through Moses?”** (Num 12:2)
Hearing the voices and experiences of Biblical women speaking to our lives today.
In a reflective day of input, discussion, and prayer, we will spend time together recovering/discovering the voices of a number of women in the scriptures, and explore not only the significance of their

faith presence for their own time, but also how they can potentially speak to our lives, and the life of our church, today.
Cost: €30 including Lunch (Subsidised by the Sisters of St John of God)

APRIL 24TH,

Director: Fr. Jim Cogley PP
Theme: **A Word you Believe Seminar -**
A Seminar of healing and integration – growing strong at the broken places
Cost: €50 including Lunch

MAY 25TH

2pm - 6pm Open Day
Come and see what Ballyvaloo has to offer. All welcome.

JUNE 28TH,

Director: Michael Dillon
Theme: **Mind, Body, Spirit, Earth Wellness Day.**
This is a gentle day, a gift to yourself of care inviting you into a present moment experience. 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 (5 CPD hours awarded).

SEPTEMBER 27TH, 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, inviting you into a present moment experience. 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 (5 CPD hours awarded).

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 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 - €115 per person per day*
Meeting facilities and use of equipment are complimentary for residential groups. * **Minimum stay 2 days**

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 the full amount.

Special Needs: please advise the office 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:
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 2025



SHORT RETREATS, COURSES & WORKSHOPS

FEBRUARY 14TH – 16TH

Director: Brenda Kindregan
Theme: **Brigid: Woman and Saint of New Beginnings**
'Brigid was not just a religious figure but also a most famous woman in Irish history'
Join us for a weekend by the sea to explore the legacy of Brigid of Kildare, Woman and Saint- a legacy that continues to inspire us today. We will seek to deepen our knowledge of and our relationship with Brigid through input, poetry, legend/story, music and stillness.
€255 Full Board

FEBRUARY 24TH – 27TH

Director: Fr. Jim Cogley PP
Theme: **Wood you Believe Workshop – Towards a Spirituality of Healing and Integration.**
Exploring our personal and ancestral story in the context of the Christian story.
€365 Full Board

MARCH 3RD – 6TH

Directors: Lorraine O'Brien & Michael Dillon
Theme: **The Healing Power of Poetry; Exploring Poetry as a Spiritual Path**
A poet, is someone, who can pour light, into a cup, then raise it, to quench, your beautiful parched, holy mouth. Hafiz Join us for this soul journey retreat where we will dive deep into the sacred language of poetry. This interactive retreat will also offer time to rest, reflect and spend time in nature.
€365 Full Board

EASTER TRIDUUM APRIL 16TH – 20TH

Director: Fr. Tony Horgan MSC (Silent Retreat)
Theme: **Deepening our Experience of the Easter Triduum by opening up New Meanings to the Stories of our lives through awareness and gentle compassion.**
€480 (Full Board,
Leaving after Breakfast)



MAY 2ND – 4TH

Directors: Rachel Doyle & Michael Dillon
Theme: **Plants and Trees for healing and wellbeing. Getting the most from our plants and trees. A time to rest with nature.**
In this time of eco- awareness and challenges to our environment, at so many levels, we take a moment to see the true benefit of plants all around us. We will look at indoor plants and trees outdoors as resources for physical, spiritual and psychological well-being.
€255 Full Board

JUNE 7TH – 10TH*

Director: Sr. Colette Kane OP (Silent Retreat)
Theme: **Our fragile world, the Incarnate location of God's Beautiful presence ...**
"The world henceforth becomes a temple and life itself one continued act of adoration. The change is no less than this: that whereas God was formerly seldom in our thoughts, we can now scarcely look upon anything without perceiving its relations to him." William Paley, Natural History (1802) This retreat will reflect on the implications of a theology of creation for spirituality, for a renewed understanding of the essential connection between Creation and Incarnation.
€380 Full Board

JUNE 10TH – 13TH *

Director: Dr. Una Agnew SSL (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'
€380 Full Board

** These two retreats may be taken as a 6 Day Retreat, €710*

AUGUST 29TH – SEPTEMBER 3RD

Directors: Dr. Marko Punkanen & Michael Dillon
Theme: **A Journey to Presence - Building Compassion Satisfaction, preventing Compassion Fatigue. (25 hours CPD contact)**
An annual five-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.
€750 Full Board

OCTOBER 10TH - 13TH

Directors: Gerry Grace Ph.D., M.Div. & Sandra Medina Bocangel MD
Theme: **Broken Heart, Open Heart, Compassionate Heart (12 Hours CPD)**
This is an experiential retreat oriented towards opening to and processing the energy of grief. We are drawing from two ancient wisdom traditions: Christian Mysticism and Zen Buddhism to guide us on this retreat.
€415 Full Board

NOVEMBER 17TH – 20TH

Director: Fr. Jim Cogley PP
Theme: **Wood you Believe Workshop – Towards a Spirituality of Healing and Integration.**
Exploring our personal and ancestral story in the context of the Christian story.
€365 Full Board

ADVENT RETREAT DECEMBER 1ST – 4TH

Director: Fr. Vincent Sherlock PP (Silent Retreat)
Theme: **"Listen!" In a world filled with noise and distraction we strive to listen, to hear and respond to God's voice. In these days, we will hear again some of those passages from scripture, liturgy, story, poem and song, that invite us to be, at first still, so that we may truly respond to what has been heard.**
€365 Full Board

ADVENT RETREAT DECEMBER 8TH – 11TH

Director: Dr. Grainne Doherty (Silent Retreat)
Theme: **Called to follow the star: Living the Advent Journey**
Like the Magi setting out on their quest of following the star over 2,000 years ago, we too are invited to enter into our own journey of exploring the direction and call of our lives today. Through input and gentle reflection space - we open ourselves up to birthing afresh the divine in us, renewing and re-energising us in the Advent gifts of faith, hope, joy, and love.
€365 Full Board

DECEMBER 12TH – 14TH

Director: Michael Dillon
Theme: **Calming for Christmas - A soothing time for all. (6 hours CPD for attendance)**
Connecting with our own heart and the hearts of others to reduce isolation in challenging times. A time of mindful guided reflection and nurturing self-care based on current neuroscience and psycho-spirituality. (This is a retreat for those of all faiths and none)
€255 Full Board

REST & RELAXATION BREAKS

JUNE 28TH – JULY 5TH €745 Full Board
AUGUST 2ND – 9TH €745 Full Board

6 DAY SILENT RETREATS

MAY 31ST - JUNE 6TH

Director: Fr. Gerard McCarthy SVD
Theme: **"Come and See" (John 1:39)**
"Come and See" is a Scripture-based retreat exploring the transformative power of God's Word, the Word that invites us to embrace the new vision of the Gospel and the true transformation that comes from a genuine encounter with God.
€710 Full Board

JUNE 14TH – 20TH

Director: Martina Lehane Sheehan
Theme: **Rise Again – Towards a Horizon of Hope.**
Based on the title of Martina's new book, we will journey towards healing, stillness and hope.... through scriptural reflections, input, meditation, poetry and guided prayer....
€710 Full Board

JUNE 21ST – 27TH

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. €710

JULY 5TH – 11TH

Director: Fr. Kieran O'Mahony OSA
Theme: **Luke: artist of the spiritual life.**
Our retreat will combine praying the Word of God (Lectio Divina), Christian meditation, the Eucharist and personal time.
€710 Full Board

JULY 12TH – 18TH

Director: Donna Worthington
Theme: **The woman at the Well (John 4:1-42) An invitation to journey to the well, to Christ the Living Water.**
The retreat will include imagery, theatre presentation, discussion of the Gospel passage, Ignatian guided prayer based on the beautiful journey to the well.
€710 Full Board