

6 DAY SILENT RETREATS



MAY 30TH – JUNE 5TH €710 FULL BOARD

Director: Fr. John Finn

Theme: HOME IS WHERE THE HEART IS

Jesus invites us to make our home in Him. This invitation calls us to a place of rest and safety, a place where we are accepted and nourished. As we reflect on this invitation we open our lives, minds and hearts into the loving embrace of the one who calls us. We encounter a loving God, who yearns and longs for us. Come and find rest in his love.

JUNE 6TH – 12TH €790 FULL BOARD

DIRECTED RETREAT

Directors: Fr. John Bennett MSC
Martin Doyle
Martina Lehane Sheehan
Stasia Redmond
Sr Finola Cunnane

JUNE 13TH – 19TH €710 FULL BOARD

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.

JUNE 20TH – 26TH €710 FULL BOARD

Director: Sr. Joann Heinritz, CSJ

Theme: Your one, wild and precious life!

We are living through the unravelling of many old stories—about who we are, why we’re here, and how we are meant to live together on this Earth.

As these inherited narratives shift, immerse yourself in retreat time to refocus and embrace LIFE before death!

JUNE 27TH – JULY 3RD €710 FULL BOARD

Director: Fr. Gerard McCarthy SVD

Theme: “Into the Mystery: A Journey of Spiritual Exploration and Growth.”

In this retreat we will step beyond the familiar into the depths of our discipleship and faith, embracing the mysteries of the loving God who calls us closer. Through a rich tapestry of Scripture, Eucharist, prayer, and silence, we’ll open our hearts to the Sacred, creating space for the Divine Presence to emerge. Guided by the Spirit, this journey invites you to be shaped, renewed, and transformed by the gentle whisper of God as we explore the profound depths of spiritual discovery which is at the very heart of the Word.

JULY 4TH – 10TH €710 FULL BOARD

Director: Dr. Gráinne Doherty

Theme: A Practical Mysticism for a busy world.

The great mystic St. Teresa famously said that “The Divine lives among the pots and pans.”

Drawing on the wisdom of great mystics of both the past and present, this retreat seeks to bring mysticism ‘down to earth’ by exploring how a mystic, rather than being physically removed from the world, is one who in the midst of the every day, strives to see and experience God in every fleeting moment.

JULY 18TH – 24TH €710 FULL BOARD

Director: Fr. Stephen Cummings OP

Theme: “ You, O God, are my God, I seek you; I thirst for you, my whole being longs for you.”
Ps 63:1

In this retreat we are invited to explore our desire and thirst for God and God’s desire and thirst for us. Using Scripture and other sources, we will explore this mutual desire between God and us.

JULY 25TH – 31ST €710 FULL BOARD

Director: Fr. Hugh Lagan SMA

Theme: Life’s Third Act: A spirituality for anyone wishing to live until they die

For anyone 45 years and older, this retreat explores the art of conscious aging, intentional living and a personal spirituality that empowers and liberates.

AUGUST 8TH – 14TH €710 FULL BOARD

Director: Dr. Jessie Rogers

Theme: Prayers for all Seasons: A journey with the Psalms

The Psalms invite us to bring our whole selves before God - our joys, sorrows, struggles, and hopes. These ancient songs give voice to every dimension of human experience, helping us to live not only the length of our days, but their depth and breadth as well.

AUGUST 22ND – 28TH €710 FULL BOARD

Director: Donna Worthington

Theme: THE WOMAN WHO ANOINTED JESUS

We will dive deep into this incredible Gospel text including exploring themes such as loss, theft and spiritual reclamation. The retreat will include quiet reflective time, a variety of creative approaches to prayer, and some group discussion.

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, Meetings and Group 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.

FACILITIES

Accommodation: 32 En-suite Rooms.

Meeting Room: Facilitating up to 80 Guests

Sacred Space: 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

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.

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

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

DIRECTIONS TO BALLYVALOO

From Dublin: Come off the M11 at Exit 23 and follow signs for Ballycanew on the R741. Continue through Ballycanew on the R741 and 17.5 km farther on take a left on to the R744 for Blackwater. When you arrive in Blackwater take a right turn at the T junction at the end of the street, for Ballyvaloo. The Retreat Centre is signposted on the LEFT, 4km from Blackwater.

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 4km farther 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.



BALLYVALOO

RETREAT CENTRE

PROGRAMME

2026

Tel: (053) 9137160 Email: office@ballyvaloo.ie

**BALLYVALOO, BLACKWATER, ENNISCORTHY,
CO. WEXFORD Y21 X392**

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SHORT RETREATS, COURSES & WORKSHOPS

JAN 27 – 29TH €205 FULL BOARD
(6 hours CPD for attendance at retreat sessions)

SPIRITUAL REST - AN INTRODUCTION TO THE EXPERIENCE OF BALLYVALOO. MID-WEEK PACKAGE

Director: Michael Dillon and Ballyvaloo team
Theme: Reset for 2026 - Intentional living.

Accepting the things that are in your control and identifying the things that aren't. An opportunity to rest, reflect and reset following the transition from the old year into the new. Guided reflections with music and movement.

JAN 30TH – FEB 1ST €255 FULL BOARD

Director: Brenda Kindregan
Theme: Saint Brigid's Wisdom, Our Becoming: A Journey of Soul and Earth

"We are not just in transition; we are the transition."
— Joanna Macy

At the edge where land meets sea, we are invited to listen more deeply—to the rhythms of the Earth, the stirrings of the soul, and the quiet call of who we are becoming. Saint Brigid's Wisdom, Our Becoming: A Journey of Soul and Earth, a retreat, rooted in the sacred wisdom of Saint Brigid.

FEB 17TH – 19TH €205 FULL BOARD
(6 hours CPD for attendance at retreat sessions)

SPIRITUAL REST - AN INTRODUCTION TO THE EXPERIENCE OF BALLYVALOO. MID-WEEK PACKAGE

Director: Michael Dillon and Ballyvaloo team
Theme: On Solid Ground -Embracing new beginnings and growth with ease in challenging times.

Using the season of spring as a metaphor to notice and be present to ourselves as we take that first important step for change and growth in our lives. Michael will lead some gentle reflections supporting us be present to the circumstances of our lives right now.

FEB 23RD – 26TH €365 FULL BOARD

Director: Fr. Jim Cogley PP & Luba Rodzhuk
Theme: Wood you Believe Workshop - Getting the Past out of the Present

Finding Healing from Personal and Ancestral Issues
Moving beyond Loss,Trauma and Victimhood
Towards a Spirituality of Wholeness

Jim uses his amazing wood carvings to explore core human issues in a manner that brings about real transformation – if you have not yet experienced his unique workshops, do not miss this opportunity.

MARCH 2ND – 5TH €365 FULL BOARD

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
This interactive retreat will also offer time to reflect, rest, and spend time in nature.

EASTER TRIDUUM APRIL 1ST – 5TH €480 FULL BOARD
(Silent Retreat) (Leaving after Breakfast)

Director: Fr. Ashley Evans SJ
Theme: The solemnity of the Easter Triduum ceremonies allows vacillating disciples re-discover their focus in life.

The quiet participation in the mystery of Christ's Passion and Resurrection strengthens the unbreakable bond of love that links the disciple to Christ.

MAY 15TH – 18TH €365 FULL BOARD

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 in time to see the true benefit of plants all around us. Open to all.

MAY 18TH – 21ST €380 FULL BOARD
(Silent Retreat)

Director: Martina Lehane Sheehan
Theme: Calming the mind, opening the heart..

Join us on this very special retreat, where we will journey into healing and stillness. Drawing from the insights and breakthroughs in psychology, neuroscience and contemplative spirituality, we will find creative and powerful ways to move from stress to serenity and from pain to purpose. (interweaving meditation, poetry, film, scriptural reflections and ritual).

AUG 28TH – SEP 2ND €750 FULL BOARD
(25 hours CPD contact)

Directors: Dr. Marko Punkanen & Michael Dillon
Theme: Cultivating our Creativity as a resource for Self-Care

A workshop for therapists, mental health workers and those in the front-line caring professions. Connection and presence with our clients is vital for mental health workers and those working in the caring professions.

This experiential workshop explores how we can keep our inner creativity active so we can avoid the pitfalls of negative routine patterns that keep us disconnected from ourselves and our clients. We will work from a place of spontaneity that is safe, by exploring and experiencing improvisation techniques from music and dance-movement therapy.

OCT 27TH-29TH €205 FULL BOARD
(Silent Retreat) (6 hours CPD for attendance at retreat sessions)

SPIRITUAL REST - AN INTRODUCTION TO THE EXPERIENCE OF BALLYVALOO. MID-WEEK PACKAGE

Theme: Attuning with nature – Autumn.
Director: Michael Dillon and Ballyvaloo team.

This retreat will include short inputs on how to use the spaces at Ballyvaloo to support inner silence and be present to the beauty of nature in this season of Autumn.

Bring a pair of boots and a raincoat.

NOV 16TH – 19TH €365 FULL BOARD

Director: Fr. Jim Cogley PP & Luba Rodzhuk
Theme: Wood you Believe Workshop - Personal and Ancestral Healing Seminar

This seminar will be of special interest to those involved in therapy and health care. It will focus on self-care and avoiding burnout as well as many aspects of personal and ancestral healing.

ADVENT RETREAT: NOV 30TH – DEC 3RD €365 FULL BOARD
(Silent Retreat)

Director: Fr. Brendan Nolan PP
Theme: "Season of Mist and Joyful Expectations"
Looking towards the dawn of Salvation.

ADVENT RETREAT: DEC 7TH – 10TH €365 FULL BOARD
(Silent Retreat)

Director: Noreen Mackey
Theme: Rejoice greatly!

The scriptures frequently mention joy and rejoicing. Christmas brings "tidings of great joy". So, what is joy? Can we rejoice in the middle of pain and suffering, in the middle of a broken world? During our retreat we will look at what it means to be joyful, and how we can "rejoice in the Lord always." And we will be accompanied throughout by joyful music!

DEC 11TH – 13TH €255 FULL BOARD
(6 hours CPD for attendance at retreat sessions)

Director: Michael Dillon
Theme: Being at Home in Ourselves for Christmas - A soothing time for all.

Connecting with our own heart and the hearts of others to reduce isolation in challenging times. These days will be a time of mindful guided reflection and nurturing self-care based on current neuroscience and psycho-spirituality.

REST & RELAXATION BREAKS

JULY 11TH – 18TH €770FULL BOARD

AUGUST 1ST – 8TH €770 FULL BOARD

DAY RETREATS

APRIL 16TH, 10.00AM – 4.00PM COST €55
(Including Lunch)

Director: Fr. Jim Cogley
Theme: A Wood you Believe Seminar - The Journey of Transformation

A Deeper Awakening towards Healing & Wholeness.
That which we don't transform we transmit to those around us and transfer to another generation.

APRIL 19TH OPEN DAY 3PM -5PM
Come and see what Ballyvaloo has to offer.
All welcome.

APRIL 24TH, 10.00AM – 4.30PM COST €35
(Including Lunch Subsidised by Sisters of St John of God)

Director: Dr. Gráinne Doherty
Theme: "Arise, shine; for your light is come." (Is. 60:1): Celebrating the radical Easter message of liberation for women.

In Springtime every year, we proclaim that "We are an Easter people." What difference does this make to us?

In a day of input, discussion, and prayer, we will be invited to reflect on how the radical Easter message of death and new life speaks to our lives and the life of the church – especially in its relationship with women.... It's a time to 'arise, shine; for your light is come'!

JUNE 13TH 10.00am – 4.00pm COST €55
Including Lunch (5 CPD hours awarded).

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.