JULY 31ST – AUGUST 3RD *

Directors: Gerry Grace Ph.D., M.Div. and Sandra Medina Bocangel MD

Theme: Coming into greater Connectedness with Self-Other-Nature and The Divine

This retreat is an invitation to sharpen our awareness, and access the Heart's Core Compassion. From this compassionate heart centre there will be a guided exploration of the relationship with Self-Other-Earth and The Divine. This retreat will help uncover some core beliefs that keep us eclipsed from our true nature and essence. The retreat will be experiential, and components of the retreat will include: Sitting meditation, Qi Gong, Personal Reflection, Small Group Sharing, Personal Time in Nature.

€395 Full Board (3 Nights) (NOT a Silent Retreat)

**This and the following retreat may be taken as a 6 Day Retreat, €770*

AUGUST 3RD – 6TH *

Directors: Lani O'Hanlon and John Doyle

Theme: 'To use our own voice, to see our own light'

"We cannot live in a world that is not our own, in a world that is interpreted for us by others." Hildegard of Bingen. On this workshop/retreat, inspired by the mystical traditions of the East and West, we will enter the still place of our own unique, divine being to attune with and nurture our own simple inner presence and the natural playful flow of our creativity and connectedness.

€395 Full Board (3 Nights) (NOT a Silent Retreat)

**This and the previous retreat may be taken as a 6 Day Retreat, €770*

AUGUST 7TH – 13TH

Director: Fr. Hugh Lagan SMA

Theme: The Life Audit Retreat: Living the life you want

Embark on a healing and empowering journey of self-discovery designed to help you spring-clean your soul and reconnect with the passions, dreams, and core values that truly inspire you. Surrounded by the restorative power of nature and space for quiet reflection, this retreat offers the opportunity to release what no longer serves you, move beyond limiting beliefs, and gain clarity about the life you are meant to live.

€770 Full Board (6 day Silent Retreat)

AUGUST 21ST – 27TH

Directors: Fr. John Bennett MSC, Martin Doyle, Sr Margaret McDermott, Stasia Redmond

€840 Full Board Directed Retreat (6 day Silent Retreat)

AUGUST 27TH – 30TH

Director: Michael Dillon

Theme: Healing Hearts– Building emotional heart resilience.

A Spiritual Wellness Retreat. I tell you this to break your heart, by which I mean only that it break open and never close again to the rest of the world. - Mary Oliver: excerpt from the poem Lead. This is a spiritual wellness retreat to bring stillness to those spaces in our lives where we can hear the story of our hearts and become curious about how they heal.

€380 Full Board (3 Nights) (8 CPD hours Awarded) (NOT a Silent Retreat)

AUGUST 30TH – SEPTEMBER 2ND

Theme: Stillness By The Sea *(Make your own retreat)*

This retreat offers time and space to slow down, find spiritual stillness and reconnect with what matters most. With no set programme to follow, you are free to spend your time as you wish, whether walking along the beach, sitting quietly by the sea, reading, reflecting, praying or simply resting.

€375 Full Board (3 Nights) (NOT a Silent Retreat)

OCTOBER 11TH – 14TH

Director: Michael Dillon

Theme: Attuning with nature – Finding the Spiritual in Autumn.

We will use the beauty and energy of nature in this season of Autumn to assist us on our retreat as we open up the spiritual within. This retreat will include short inputs from Michael on how to use the spaces at Ballyvaloo to support Inner Silence and the Practice of Gratitude for our lives. Bring a pair of boots and a rain coat.

€380 Full Board (3 Nights) (8 hours CPD for attendance) (Silent Retreat)

NOVEMBER 15TH – 18TH

Director: Fr. Jim Cogley PP & Luba Rodzhuk

Theme: Wood you Believe Workshop - Discovering your Higher Purpose, Awakening your Creativity, Walking the Path of Destiny. The Way of Surrender

Why are we here? What is our purpose? These are some of the perennial questions that will be addressed during this retreat facilitated by Fr Jim Cogley a psychotherapist and wood artist. He will be accompanied by Luba Rodzhuk who specializes in spiritual accompaniment.

For those who have been on this path for some time and who wish to explore the more mystical side of the Christian tradition.

€395 Full Board (3 Nights)

ADVENT RETREAT: NOVEMBER 29TH - DECEMBER 2ND

Director: Fr Sean Devereux

Theme: Already, Not Yet

This theme looks at the tricky balance of the Advent season.

As Christians, we are already living in the 'already' of Christ's first arrival-His birth, death and resurrection-and we are still waiting for the 'not yet' of His Second Coming and the complete realisation of His Kingdom.

This encourages participants to move beyond the sentimental image of a "baby in a manger" and embrace a faith that's active, hopeful, radical, and just, even in our imperfect world.

€395 Full Board (3 Nights) (Silent Retreat)

ADVENT TRIDUUM: DECEMBER 6TH – 9TH

Director: Dr. Grainne Doherty

Theme: The Call of Advent: Preparing for the Divine to be born afresh

Approaching Advent, we are called to open ourselves up to Winter's quiet promise of a new creation, a new energy, and a new hope. This gentle retreat embraces how the stripping bare of Winter quietly opens up a space within us for the divine to be born anew.

€395 Full Board (3 Nights) (Silent Retreat)

DECEMBER 13TH – 15TH

Director: Michael Dillon

Theme: Connecting to ourselves for Christmas - A soothing time for all.

(Calming our nervous systems as we move into the Christmas period.)

This retreat offers an opportunity to connect with our own hearts, and the hearts of others, helping to ease feelings of isolation, while finding greater support and peace, as we approach the Christmas season.

€255 (2 Nights) (5 hours CPD for attendance)

ACCOMMODATION:

30 En-suite Rooms and a 2 Bedroom Apartment

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

Full Board €125 per person per day
Meeting facilities and use of equipment are complimentary for residential groups.
*** Minimum stay 2 Nights**

GENERAL INFORMATION

Arrival/Registration: from 4.00pm to 6:00pm with Supper at 6.00pm

Closing Day: Departure after Lunch

Welcome: We look forward to welcoming you to Ballyvaloo.
Ballyvaloo welcomes guests of all faiths and none.
As a retreat centre 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.

PUBLIC TRANSPORT

Train or Bus to O'Hanrahan Station, Wexford Town. Taxi service available to bring you to Ballyvaloo.

DIRECTIONS TO BALLYVALOO

See website for more detail

OFFICE HOURS

10.00am to 5.00pm Monday to Friday.

OUTSIDE OF THESE SCHEDULED EVENTS,

Ballyvaloo offers a peaceful and welcoming setting for residential groups and private retreats. Our comfortable accommodation and facilities suit a range of activities, including seminars, workshops, yoga, meditation, prayer, 12-step programmes and respite stays.

We welcome groups of all faiths and none, and are happy to discuss your needs and explore the possibilities. All bookings are subject to availability.

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BALLYVALOO

RETREAT CENTRE



2027 PROGRAMME

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

BALLYVALOO, BLACKWATER, ENNISCORTHY,
CO. WEXFORD Y21 X392

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

JANUARY 12TH – 15TH

Spiritual Rest

Director: Michael Dillon

Theme: Spiritual Rest: Reset for 2027 – Identifying the things that are in your control and accepting 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.

€380 Full Board (3 Nights) (7 CPD hours awarded)

JANUARY 25TH – 27TH

Pause by the Sea

Theme: There is a special beauty to the Irish coast in winter - the sound of the waves, wide open skies, fresh sea air and space to simply be.

Take two nights for yourself, to make your own retreat, with delicious food, no itinerary, just spiritual rest.

€250 Full Board (2 Nights)

JANUARY 29TH – 31ST

Director: Brenda Kindregan

Theme: Walking in the Footsteps of Saint Brigid: A Woman of Light and Hope

As we pause on the cusp of the Feast of Saint Brigid and the coming of a new spring, we are invited to walk in the footsteps of Brigid, a woman whose life radiated light, compassion, faith, and hope.

Through story, poetry, music, silence and reflection, we will journey with Brigid and explore the wisdom of her life and legacy.

€280 Full Board (2 Nights)

FEBRUARY 15TH – 18TH

Directors: Lorraine O'Brien & Michael Dillon

Theme: Spending time in the Healing Presence of Poetry

"Truly, we live with mysteries too marvellous to be understood… Let me keep my distance, always, from those who think they have the answers" From 'Mysteries, Yes' by Mary Oliver

Join Lorraine and Michael for a gentle retreat, open to everyone with an interest in poetry-no experience or expertise needed, just a willingness to be curious, playful, and open to the soulfulness of poetry, with time to reflect, rest, and reconnect with nature.

€395 Full Board (3 Nights)

FEBRUARY 22ND – 25TH

Director: Fr. Jim Cogley PP & Luba Rodzhuk

Theme: Wood you Believe Workshop - Healing and Integration for the times we live in.

Revealing the exciting Christian message of healing, hidden beneath layers of historical accretions.

Discovering your Higher Purpose, Awakening your Creativity. The Way of Surrender

€395 Full Board (3 Nights)

MARCH 20TH DAY EVENT

Director: Michael Dillon

Theme: Mind, Body, Spirit, Earth; An experience of Ballyvaloo

This is a gentle day, a gift to yourself of care inviting you into a present moment experience. 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: €60 including Lunch (5 CPD hours awarded)

10.00am – 4.00pm

EASTER TRIDUUM MARCH 24TH – 28TH

Director: Fr. John Finn MSC

Theme: Come join us as we celebrate the Pascal Mystery of Jesus death and resurrection. We journey together opening our hearts to the gift of God in Jesus. Sharing in the Lords journey to the cross, we await the gift of resurrection, so that we may be again an Easter people, whose song is Alleluia, Alleluia, Alleluia.

€520 Full Board (4 nights) (Silent Retreat) (Leaving after breakfast)

APRIL 1ST DAY EVENT

Director: Fr. Jim Cogley & Luba Rodzhuk

Theme: Wood You Believe… Discovering your Higher Purpose

€60 Price (Includes Lunch)

APRIL 9TH DAY EVENT

Director: Dympna Mallon

Theme: Old Maps No Longer Work - Reflecting on Challenge, Change and Discipleship

This will be a gentle day with input and reflection. The title of Joyce Rupp's poem: Old Maps No Longer Work, resonates with many, as we endeavour to be true disciples in a changing, challenging world.

Cost €40 (Includes Lunch Subsidised by Sisters of St John of God)

MAY 25TH – 28TH

Directors: Michael Dillon and Danielle Stevenson, Arboretum

Theme: Grounding with Nature in the Presence of Healing Plants.

At a time when our environment faces so many challenges, this retreat offers an opportunity to reconnect with the natural world and rediscover the many gifts that plants and trees bring to our lives. We will explore how nature can nourish us physically, spiritually and emotionally, supporting our well-being in ways both simple and profound.

€395 Full Board (3 Nights)

MAY 30TH – JUNE 5TH

Director: Dr Finola Cunnane

Theme: Called to be Fully Alive: A Reflective Journey into what gives our lives meaning, purpose and depth.

In the midst of our daily lives, it is easy to lose touch with what truly matters. This retreat offers an opportunity to pause and reflect on life's deeper questions. What does it mean to be fully alive? Where do we find joy, hope and fulfilment? What gives our lives meaning and purpose? Where is God quietly present in the story of our lives?

€770 Full Board (6 day Silent Retreat)

(Note: This retreats begins on Sunday Evening)

JUNE 5TH – 8TH *

Director: Brother Richard Hendrick

Theme: Calming The Storms.

Based on his bestselling book Calming the Storms, (published by Hachette Press), Brother Richard will lead a retreat on the practice of Mindfulness, Meditation, and Contemplation based on the Christian mystical tradition.

The course will include deep teaching, guided practice and practical suggestions for integrating these practices into your daily life.

€395 Full Board (3 Nights) (Silent Retreat)

**This and the following retreat may be taken as a 6 Day Retreat, €770*

JUNE 8TH – 11TH *

Directors: Members of Contemplative Outreach Ireland

Theme: Return to the Heart.

A Journey back home to ourselves through silence, stillness and the senses. Experience being truly present to yourself, to the Divine within and to all that is.

We invite you to share in a time of contemplative prayer, stillness, solitude and reflection, set within our centre's tranquil surroundings. Open to all who feel curious or drawn to experiencing a different way of being. - A Taste of Silence

€395 Full Board (3 Nights) (Silent Retreat)

**This and the previous retreat may be taken as a 6 Day Retreat, €770*

JUNE 12TH – 18TH

Director: Fr. John Finn MSC

Theme: I Came That You May Have Life

In John's Gospel (10:10) we read Jesus promised, that if we follow him we will have life in abundance. Life in this context is given as a gift to be lived and not as a torture to be endured. When we respond to the call of Jesus, with openness and generosity, utilizing the gifts that God has given to us, we will truly experience life as joyful. As followers of Jesus we are called to bring hope, peace and reconciliation into the woundedness and brokenness in our world.

€770 Full Board (6 day Silent Retreat)

JUNE 19TH DAY EVENT

Director: Michael Dillon

Theme: Mind, Body, Spirit, Earth; An experience of Ballyvaloo

This is a gentle day, a gift to yourself of care inviting you into a present moment experience. 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.

€60 including Lunch (5 CPD hours awarded)

10.00am – 4.00pm

JUNE 19TH – 26TH

REST AND RELAXATION

This is a time to rest in the natural peace and tranquillity of Ballyvaloo, whether on your own or with a friend. Experience the spirituality all around you through nature, quiet spaces, an en-suite room of your own, the good company of others, and nurturing food. .

€840 Full Board (7 Nights)

JUNE 26TH – JULY 2ND

Director: Fr. Gerard McCarthy SVD

Theme: Every Step a Grace

Our Scripture-based retreat will bring us close to the risen Christ - who through Cross and empty tomb, through the years of his ministry, and through the flesh he took at Bethlehem, draws us now to himself. Every step of his life is a grace given to us.

€770 Full Board (6 day Silent Retreat)

JULY 3RD – 9TH

Director: Fr. Stephen Cummins

Theme: "Give to your heart what will satisfy your heart."

These words from Abba Poemen will accompany us into this silent retreat.

€770 Full Board (6 day Silent Retreat)

JULY 10TH – 13TH *

Director: Noirin Lynch

Theme: May I stay forever in the Stream:

A gentle exploration of thirst and divine refreshment in our lives. Weaving practises from Irish spirituality with scripture, music and reflection; we will allow ourselves to recognise our deep thirst and to reclaim opportunities offered for refreshing healing and hope.

€395 Full Board (3 Nights) (Silent Retreat)

**This and the following retreat may be taken as a 6 Day Retreat, €770*

JULY 13TH – 16TH *

Director: Deirdre Ni Chinneide

Theme: Finding God in Music – Singing the Heart Home

'Music gives a soul to the Universe, wings to the mind, flight to the imagination and life to everything' Plato.

This retreat will provide a space for the power of music to nourish our spirit and in and through the beauty of Sound, Song and Silence.

€395 Full Board (3 Nights) (Silent Retreat)

**This and the previous retreat may be taken as a 6 Day Retreat, €770*

JULY 17TH – 24TH

REST AND RELAXATION

This is a time to rest in the natural peace and tranquillity of Ballyvaloo, whether on your own or with a friend. Experience the spirituality all around you through nature, quiet spaces, an en-suite room of your own, the good company of others, and nurturing food.

€840 Full Board (7 Nights)

JULY 24TH – 30TH

Director: Dr Jessie Rogers

Theme: Consider the Seed …

A seed is small enough to overlook, yet within it lies a promise of the future. Drawing on images of seed, sowing, and harvest from the Scriptures, we will reflect on God's gifts and our response, on patient waiting and generous sowing, and on the mysterious growth of God's kingdom.

€770 Full Board (6 day Silent Retreat)