

## January

- 13-15 **Marriage Preparation Weekend (I)**  
21 **Mindfulness Day (X)** Carmel Sheridan, MA., M.Sc  
28 **In the Footsteps of Brigid.**  
Pádraigín Clancy, 10am-5pm  
28 **Celtic Spring Celebration 5-6pm (VIII)**

## February

- 3-5 **Alexander Technique (XI)**  
4-5 **Enneagram (XII) Part 2**  
Facilitator: Fr. Benny McHale  
7 **MBSR** This is an 8-week course which runs on consecutive Tuesday mornings from 10am-12:30pm  
Dr. Sue Redmond, PhD. Tel: 086-8102770  
11 **Mindfulness Day (X)** Carmel Sheridan MA., M.Sc  
13-21 **Galway Cathedral Novena: OLPH**  
22 **Caring For The Carers: (VI)** Managing Stress  
25 **Mindfulness Day (X)** Carmel Sheridan, MA., M.Sc



## March

- 1 **Caring For The Carers: (VI)** Challenges  
3-5 **Cana**  
8 **Caring For The Carers: (VI)** Gifts  
24-26 **Centering Prayer**  
Take some quiet time-out that will enable you to better receive the gift of Christ's presence and action in your life, during a weekend of contemplative prayer, stillness, solitude and reflection. Facilitator: Niamh Brennan  
31-2 Apr **Marriage Preparation Weekend (I)**



Roman Numerals refer to Event information overleaf

## April

- 1 **Exploring Forgiveness (IX)**  
Facilitator: Brendan O'Rourke C.Ss.R.  
5-7 **Mindful Leadership Retreat**  
Dr. Sue Redmond, PhD. Tel: 086-8102770  
or Contact Esker Retreat Centre 091-844007  
7-9 **Bethany Training** For parish-based groups to support others in their grieving journey  
13-16 **Easter Triduum**  
Three days of meditation and prayer in preparation for Easter  
Facilitator: Fr Seamus Devitt C.Ss.R.  
14-17 **MBSR Residential Retreat**  
Dr. Sue Redmond, PhD. Tel: 086-8102770  
or Contact Esker Retreat Centre 091-844007  
21-23 **Matt Talbot**  
24-26 **Clonfert Priests Retreat**  
29 **Bealtaine Celebration (VIII)** 5-6 pm.  
29 **Returning to the Well of Gaelic Wisdom**  
Part 1 with Pádraigín Clancy, 10am-5pm



## May

- 2 **MBSR** This is an 8-week course which runs on consecutive Tuesday evenings from 7pm-9:30pm  
Michael Lally. Tel: 087-9740243  
6 **Do Not Worry About Tomorrow (XIV)**  
Facilitator: Martina Lehane Sheehan  
8-14 **Foyer of Charity (V)**  
12-14 **Bethany Training** For parish-based groups to support others in their grieving journey  
19-21 **Myers-Briggs (III)** Dan Baragry C.Ss.R.  
26-28 **Mindfulness Residential Retreat** with Carmel Sheridan, MA., M.Sc

## June

- 3 **Mindfulness Day (X)** Carmel Sheridan, MA., M.Sc  
6-14 **Esker Solemn Novena to Our Mother of Perpetual Help**  
10 **Bethany Training** Follow up day  
16-18 **Marriage Preparation Weekend (I)**

Roman Numerals refer to Event information overleaf

## July

- 3-9 **Foyer of Charity (V)**  
8 **Mindfulness Day (X)** Carmel Sheridan, MA., M.Sc  
9-14 **Being Present in the Presence (II)**  
Meditation Retreat  
Facilitator: Brendan O'Rourke C.Ss.R.  
10-14 **Athenry Music School**  
15-23 **Cana**  
24-27 **Art Course (IV)** with Chris Hughes 087-9718405.  
28-30 **Mindfulness Retreat**  
Dr. Sue Redmond, PhD. Tel: 086-8102770  
or Contact Esker Retreat Centre 091-844007  
29 **Lúghnasa Celebration (VIII)** 5-6 pm.  
29 **Return to the well of Celtic Wisdom**  
Part 2 with Pádraigín Clancy, 10am-5pm



## August

- 9-21 **Net Ministries**  
21-26 **Colourstrings Camp**  
27 **Esker Cemetery Sunday** 3pm



## September

- 8-11 **Meditation / Yoga (VII)**  
with Koriko Moses S.J.  
22-24 **Bethany Training**  
For parish-based groups to support others in their grieving journey  
23 **Mindfulness Day (X)** Carmel Sheridan, MA., M.Sc  
25-30 **6-Day Preached Retreat** "Who do you say that I am"  
Facilitator Michael Kelleher C.Ss.R.  
29-1 Oct **Matt Talbot**

Roman Numerals refer to Event information overleaf

## October

- 6-8 **Marriage Preparation Weekend (I)**  
9-11 **Triduum to St. Gerard Majella**  
Mass, Petitions and Blessing with Relic of St. Gerard  
Daily 10am and 8pm  
21-22 **Art Course (IV)** with Chris Hughes 087-9718405  
28 **Celebrating Samhain** Pádraigín Clancy, 10am-5pm  
28 **Outdoor Samhain Celebration (VIII)** 5-6 pm.  
28 **Mindfulness Day (X)** Carmel Sheridan, MA., M.Sc



## November

- 4-5 **Dreams (XIII)** Facilitator: Brendan O'Rourke C.Ss.R.  
8 **Holy Souls Candlelight Mass** 8pm  
A quiet reflective Mass in candlelight to commemorate the faithful departed  
11-12 **Enneagram (XII) Part 1**  
Facilitator: Fr. Benny McHale  
17-19 **Bethany Training** For parish-based groups to support others in their grieving journey  
24-26 **Alexander Technique (XI)**  
25 **Mindfulness Day (X)** Carmel Sheridan, MA., M.Sc

## December

- 1-3 **Advent Retreat**  
A quiet weekend apart, as we begin our journey towards the mystery that is Christmas  
Facilitator: Peter Burns C.Ss.R.  
4-8 **Esker Healing Mission**  
A Healing Eucharistic Mission in preparation for Christmas.  
Daily 10am, 5pm, 7pm and 9pm.  
15-17 **Healing in the Spirit** Weekend of healing and wholeness in body, mind and spirit based on the Word of God and the Sacraments.  
Facilitator: Jim McManus, C.Ss.R.

Roman Numerals refer to Event information overleaf



## Event Information

### I: Marriage Preparation Weekend

This residential course provides couples with the tools for a successful marriage on a weekend away from the hustle and bustle of wedding preparations and other distractions. It focuses on the couple's relationship and provides a framework for healthy communication and growth to build a strong marriage. This course is approved by the Catholic Church for Marriage Preparation.

### II: Being Present in the Presence

Guided, silent and movement meditations together with light grounding & breath work, all in a restful, quiet atmosphere. Facilitator: Brendan O'Rourke C.Ss.R.

### III: Celebrating Differences

Myers-Briggs Personality Profiles with Dan Baragry, C.Ss.R. The Myers Briggs is an internationally accepted tool which enables us to identify our personal gifts and strengths as well as those of others and enables us to appreciate how we can work and live in harmony together, deepening our relationships and working more effectively in teams.

### IV: Art Course with Chris Hughes

Oils and acrylic painting class made easy. All equipment supplied, just turn up. Guaranteed a 20" X 16" canvas completed per day. The only thing you bring is inspiration.

### V: Foyer of Charity

Do you need to come away, have time for yourself and rest for a while? 5 day silent retreat preached by Fr. Kilian Byrne. Presents a synthesis of the Christian faith. Authentic spiritual teaching in a climate of silence. Theme: "If you but knew the gift of God..." Enquiries: Helen 086-1678027

### VI: Caring for the Carers

These three nights are intended for carers and parents of children with special needs. Take this time out for yourself to re-engage, renew and refresh yourself. You deserve it. Facilitated by Bernie Hanley MA PGDSEN, Certified Play Therapist (PTI) and Frances Kelly MA PGDSEN, Certified Play Therapist (PTI).

### VII: . Meditation / Yoga

This silent retreat is an opportunity for people to take time out to deepen their relationship with God through the practice of Meditation. Facilitator: Korko Moses. S.J. (India) For further information please contact Laura at 087-7489694 or Marie Therese at 087-2350068

### VIII: Ancient Feasts.

Open air celebrations of creation, of the natural seasons and of the movements of God's grace in our lives.

### IX: Forgiveness

A day to explore forgiveness. Is it a feeling, a letting go, a forgetting, a decision? Is it always possible? What happens if I don't forgive? Is it a once for all decision? Forgiveness as a way of freeing my heart. Facilitator: Brendan O'Rourke C.Ss.R.

### X: Mindfulness.

This day-long retreat can help with stress, anxiety, depression and can have a positive effect on your personal growth as well as physical problems like hypertension and chronic pain. Facilitator: Carmel Sheridan, M.A., M.Sc. Tel: 086-8185974.

### XI: Alexander Technique

The Alexander Technique is a unique way of improving balance, posture and co-ordination. It can help prevent or dramatically alleviate backache, migraine, arthritis, insomnia, depression and stress as well as the whole range of physical aches and pains that are common today. Facilitator: Richard Brennan.

### XII: Enneagram

The Enneagram is from a wisdom tradition exploration of the heart, head and gut centres of personality, based on nine types. It is a fun, enlightening and challenging way to understand your individual way of being and your gifts for society. Facilitator: Fr. Benny McHale.

### XIII: Dreams

Dreams have been valued in ancient cultures and religions. They were understood to give guidance, to challenge imbalance in our lives, and to invite us to wholeness. In these two days we will look at dream theory, and at ways to work and play with our dreams. Facilitator: Brendan O'Rourke C.Ss.R.

### XIV: Do not worry about tomorrow

A day retreat on Stress Release and Wellbeing (Meditation, input and Scriptural reflection). Martina Lehane Sheehan (Psychotherapist, Spiritual Director, Author)

## Youth Ministry

School Retreats throughout the school year facilitated by Esker Youth Retreat Team. Day and Overnight Programmes, - from 6th Class Confirmation students through to Leaving Certificate students. Contact Youth Ministry Office: Tel: 091-850298. Email: eskeryouthministry@gmail.com

### Facilities

Youth Village: 2 Dormitories accommodating 74 people; 4 Meeting Rooms, Kitchen, Dining Room & Chapel. The Youth Village is for hire to catered or self catering Groups. Wooded Walks and 18 Hole Pitch & Putt Course.

### Retreat Prices

Day Retreat/Workshop .....	€45
Weekend Retreat/Workshop .....	€155
6 Day Retreat/Workshop .....	€375

## Contact Us

Address: Redemptorist Retreat Centre,  
Esker , Athenry, Co. Galway.

Tel/Fax: 091-844549 / 091-845698.

Website: [www.redemptoristsesker.ie](http://www.redemptoristsesker.ie)

Email: [info@redemptoristsesker.ie](mailto:info@redemptoristsesker.ie)



## Where we are

Satellite Co-ordinates:

N53° 16.940; W8° 40.852

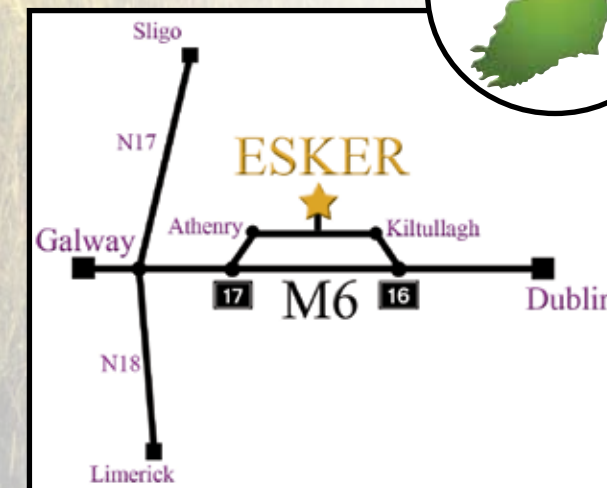
**From the East**, take Exit 16 from M6 for Kiltullagh. From Kiltullagh, follow the signs for Athenry on R348. Turn Right immediately before the Underpass. Continue for 1.6km to Esker Monastery.

**From the West**, take Exit 17 from M6 for Athenry. Follow the signs for New Inn/Ballinasloe on R348. Turn Left immediately after the Underpass. Continue for 1.6km to Esker Monastery.

**From the South**, take N66 from Gort to Loughrea. Take N65 from Loughrea to M6. Do NOT enter M6. Cross over the motorway and follow the signs for Kiltullagh. From Kiltullagh, follow the signs for Athenry on R348. Turn Right immediately before the Underpass. Continue for 1.6km to Esker Monastery.

**From the North West**, take N17 to Tuam. In Tuam, turn left at the 3rd traffic lights towards Dublin/Athenry/Tuam Golf Club. Pass the "level crossing". Then turn right at the Mini Roundabout. Continue to the next roundabout and turn left. Continue on the Dublin/Athenry road. Turn right at Fork R347 for Athenry at Bishop McHale College.

Continue R347 to Athenry. From Athenry follow the signs for Ballinasloe on R348. Turn Left immediately after the Underpass. Continue for 1.6km to Esker Monastery.



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# ESKER

## A Soul Space

# 2017

Redemptorist Retreat Centre  
Esker, Athenry, Co. Galway