

January

- 5-6 **Blessing of St. Dominic's Well**
Mass & blessing of Dominic's Well. Blessed water traditionally taken and sprinkled on houses, land and farm animals. 11am
- 19 **Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 25-27 **Marriage Preparation Weekend (I)**

February

- 2 **Celtic - Spring Celebration (V)** 5-6 pm.
- 16 **Mindfulness Day (II)** Carmel Sheridan MA., M.Sc.
- 18-26 **Galway Cathedral Novena: OLPH**
- 22-24 **Alexander Technique (IV)**
- 23-25 ** **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



March

- 1-3 **Bethany Training** For parish-based groups to support others in their grieving journey
- 8-10 **Centering Prayer**
- 22-24 **S.A. Convention**
- 23 **Mindfulness Day (II)**
- 29-31 **Marriage Preparation Weekend (I)**



Roman Numerals refer to Event information overleaf

April

- 5-7 **Beginning Experience**
- 12-14 **Matt Talbot**
- 18-21 **Easter Triduum**
- 22-28 **Foyer of Charity (III)**
- 26-28 **Zen Group**
- 27 **Bealtaine Celebration (V)** 5-6 pm
- 27 **Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 29-1 **Clonfert Priests Retreat**



May

- 10-12 **Marriage Preparation Weekend**
- 17-19 **Bethany Training** For parish-based groups to support others in their grieving journey
- 18 **Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 24-26 **Grow**
- 26-31 **Preached Retreat** with Fr. Seamus Devit C.Ss.R.
- 31-2 **Meditation / Yoga (VI)** with Korko Moses S.J.



June

- 4-12 **Esker Solemn Novena to Our Mother of Perpetual Help**
- 10-13 **Tuam/Killaloe Priest Retreat**
- 15 **Bethany Training** Follow up day
- 22 **Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.

Roman Numerals refer to Event information overleaf

July

- 1-5 **Athenry Music School**
- 6 **Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 8-14 **Foyer of Charity (III)**
- 20-27 **Cana**
- 27 **Lúghnasa Celebration (V)** 5-6 pm



August

- 2-4 **Big Book**
- 11-26 **Net Ministries**



September

- 1 **Cemetery Sunday**
- 21 **Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 27-29 **Bethany Training** For parish-based groups to support others in their grieving journey

Roman Numerals refer to Event information overleaf

October

- 4-6 **Marriage Preparation Weekend (I)**
- 11-13 **Matt Talbot**
- 14-16 **Triduum to St. Gerard Majella**
Mass, Petitions and Blessing with Relic of St. Gerard Daily 10am and 8pm
- 18-20 **Beginning Experience**
- 26 **Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.



November

- 2 **Samhain Celebration (V)** 5-6 pm.
- 6 **Holy Souls Candlelight Mass** 8pm
A quiet reflective Mass in candlelight to commemorate the faithful departed
- 8-10 **Alexander Technique (IV)**
- 15-17 **Bethany Training** For parish-based groups to support others in their grieving journey
- 23 **Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 29-1 **Advent Retreat** A quiet weekend apart, as we begin our journey towards the mystery that is Christmas

December

- 9-13 **Esker Healing Mission**
A Healing Eucharistic Mission in preparation for Christmas
Daily 10am, 5pm, 7pm and 9pm.

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: 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, MA., M.Sc. Tel: 086-8185974.

III: 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. Theme: "If you but knew the gift of God..." Presents a synthesis of the Christian faith. Authentic spiritual teaching in a climate of silence. Enquiries: Helen 086-1678027

IV: 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

V: Ancient Feasts.

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

VI: 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)
Contact Esker for bookings 091 844007



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	€50
Weekend Retreat/Workshop	€165
6 Day Retreat/Workshop	€395

Contact Us

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Esker , Athenry, Co. Galway.
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Tel/Fax: 091-844549 / 091-845698.
Website: www.redemptoristsesker.ie
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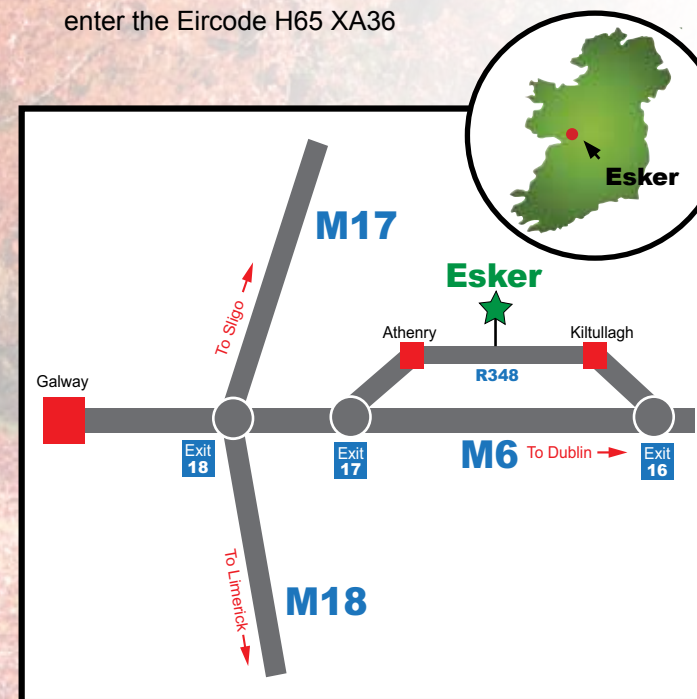


Where we are

Satellite Co-ordinates:
N53° 16.940; W8° 40.852

By road from all directions, take Exit 16 from M6 (Dublin/Galway) for Kiltullagh/Loughrea (from the exit 7kms to go). Follow the signs for Kiltullagh (3km). At Kiltullagh Church take R348 towards Athenry (3kms). Turn right immediately before the motorway underpass. Continue 1.6km to the gate of Esker Retreat Centre. Enter left. Inside the gate, continue straight, keeping the church on your right, until you enter the square. Fáilte romhat.

For google maps and satnavs,
enter the Eircode H65 XA36



ESKER

A Soul Space

2019

Redemptorist Retreat Centre
Esker, Athenry, Co. Galway