



## 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.



## 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: 091 850 367 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

Address: Redemptorist Retreat Centre,  
Esker, Athenry, Co. Galway.  
H65 XA36

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

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

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

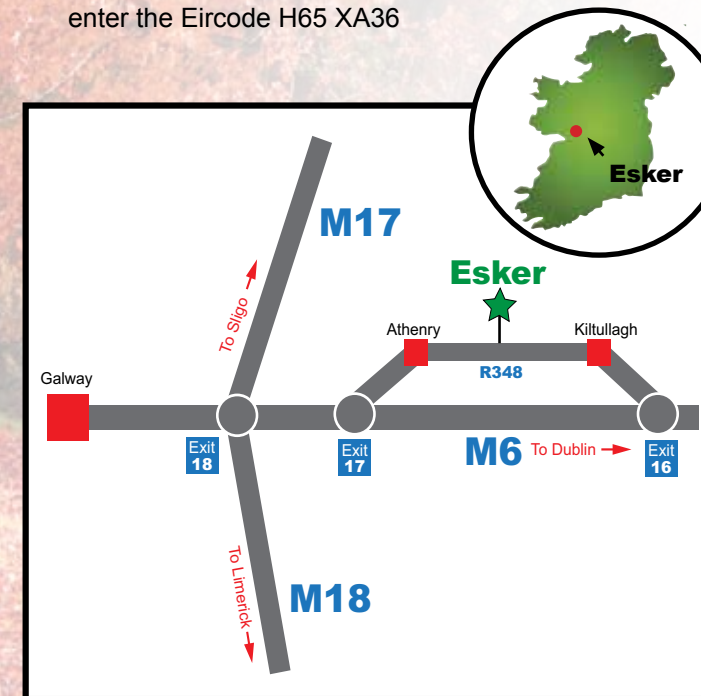


## Where we are

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

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



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# ESKER

## A Soul Space

### 2020

Redemptorist Retreat Centre  
Esker, Athenry, Co. Galway

## 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
- 6-10 Killaloe Diocese Youth Ministry**
- 17-19 Marriage Preparation Weekend (I)**
- 25 Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 26-31 Private Retreat**

## February

- 1 Celtic - Spring Celebration (V)** 5-6 pm
- 7-9 Scouting Ireland**
- 15-16 Heal Your Life Workshop**  
Join us for a two day powerful, transformational workshop, based on the philosophy of Louise L. Hay. Pre-booking essential.  
Contact: Paula Mcloughlin (087) 978 6086
- 17-25 Galway Cathedral Novena: OLPH**
- 27-28 Youth Ministry Re-Connect**
- 28-1 Bethany Training** For parish-based groups to support others in their grieving journey

## March

- 6-8 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
- 13-16 Zen Group**
- 21 Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 27-29 Marriage Preparation Weekend (I)**



Roman Numerals refer to Event information overleaf

## April

- 3-5 Beginning Experience**
- 6-7 Paper Boat Opera**
- 9-12 Easter Triduum** Fr. Seamus Devitt C.Ss.R
- 13-19 Foyer of Charity (III)**
- 24-26 Matt Talbot**
- 25 Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.



## May

- 2 Bealtaine Celebration (V)** 5-6 pm
- 6-8 Esker Youth Ministry / Meitheal**
- 8-10 Alexander Technique (IV)**
- 8-10 Bethany Training** For parish-based groups to support others in their grieving journey
- 12-14 American Missionaries**
- 22-23 Cana**
- 28-30 American Pilgrimage**



## June

- 2-10 Esker Solemn Novena to Our Mother of Perpetual Help**
- 12-14 Marriage Preparation Weekend (I)**
- 14-18 Tuam / Killaloe Priests' Retreat**
- 19-21 Grow**
- 20 Bethany Training** Follow up day
- 25-2 Wonder Voyage**

Roman Numerals refer to Event information overleaf

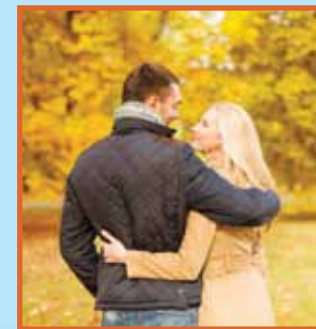
## July

- 3-12 CANA**
- 13-17 Athenry Music School**
- 26-31 Preached Retreat**  
Fr. Denis Luddy C.Ss.R
- 31-2 2020 Religion & Culture**  
Esker's contribution to Galway's Year of Culture



## August

- 1 Lúghnasa Celebration (V)** 5-6 pm
- 10-16 Foyer of Charity**
- 15-31 Net Ministries**
- 28-30 Big Book**



## September

- 6 Cemetery Sunday**
- 12 Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 18-20 Beginning Experience**
- 25-27 Bethany Training** For parish-based groups to support others in their grieving journey

Roman Numerals refer to Event information overleaf

## October

- 2-4 Marriage Preparation Weekend (I)**
- 6-9 Kairos**
- 9-11 Matt Talbot**
- 12-14 Triduum St. Gerard Majella**  
Mass, Petitions and Blessing with Relic of St. Gerard  
Daily 10am and 8pm
- 16-18 Alexander Technique (IV)**
- 23-26 Zen Group**
- 30-1 Beginning Experience**
- 31 Samhain Celebration (V)** 5-6 pm



## November

- 4 Holy Souls Candlelight Mass** 8pm  
A quiet reflective Mass in candlelight to commemorate the faithful departed
- 13-15 Bethany Training** For parish-based groups to support others in their grieving journey
- 14 Mindfulness Day (II)** Carmel Sheridan, MA., M.Sc.
- 16-22 Foyer of Charity**
- 27-29 Advent Retreat** A quiet weekend apart, as we begin our journey towards the mystery that is Christmas  
Fr. Seamus Davitt C.Ss.R

## December

- 7-11 Esker Healing Mission**  
A Healing Eucharistic Mission in preparation for Christmas  
Daily 10am, 5pm, 7pm and 9pm

Roman Numerals refer to Event information overleaf