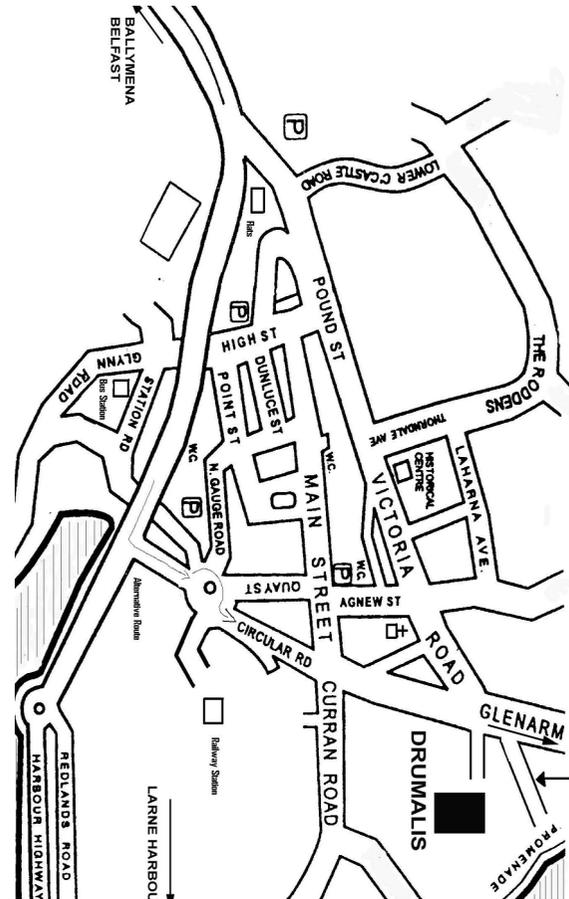


DIRECTIONS



By Road: From Belfast take the M2 and leave it at the A8 exit. Just outside Larne leave the A8 by turning left onto Pound Street at the High Rise Flats.

Continue straight on, through three sets of traffic lights to the end of Victoria Road, Drumalis gates are directly across the Glenarm Road.

By Public Transport: From Railway, Bus and Harbour follow the signs for the Coast Road. Drumalis is on the right before Bankheads Lane before you leave the town.

If you would like further information about getting to Drumalis, please do not hesitate to contact us.

Do you have any specific requirements (eg, disabled friendly accommodation/special diets, etc)

.....

.....

.....

Age group? (please tick as applicable)

- under 50
- 50- 70
- over 70

A **non-refundable** and **non-transferable** deposit of £30 is required with each booking to be made payable to **Drumalis**. This will be counted as part of the total cost.

Please return completed Booking Form and deposit to: Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT

Why not save time by paying deposits by phone. We welcome credit and debit card payments.

AUGUST DIRECTED RETREATS 2019



8 day Retreat
(13-22 August 2019)
or
6 day Retreat
(15-22 August 2019)

with **John Bennett msc**
& **Drumalis Team**



Drumalis, 47 Glenarm Road, LARNE,
County Antrim, BT40 1DT
Tel 028 28272196/2827 6455 Fax 028 2827 7999
Email drumalis@btconnect.com
Website: <http://www.drumalis.co.uk>

**AUGUST 2019
DIRECTED RETREATS**

About the Retreats:

Directed Retreats are offered on either an 8 or a 6 day basis at Drumalis in August. They are silent retreats, which are carried out with the assistance of an experienced retreat director.

An individually directed retreat is an experience of prayer, incorporating daily meetings on a one-to-one basis with a retreat director. The retreat is above all a time of listening to God. The director will act as a listener and companion on your journey. Mass will be said daily during the retreat.

Previous participants have also found that the location of Drumalis with its spacious grounds and proximity to the sea enhanced their retreat. Many have enjoyed walking by the sea, in the gardens or simply finding a quiet corner in which to reflect.

“When Teresa of Avila was asked what she did in prayer, she replied, ‘I just allow myself to be loved.’”

- Anthony de Mello, Sadhana, a Way to God

A range of complementary therapies are also available during the retreat (*at an additional cost*).

Spiritual Directors:

Fr John Bennett msc is a member of the Missionaries of the Sacred Heart and works in Dublin as an accredited supervisor, psychotherapist, spiritual director, group analyst, trainer and facilitator.

Other team members include **Sr Finola Cunnane SSL**, **Sr Anna Hailey CP** and **Sr Perpetua Henry RSM**.

Duration:

The 8 day retreat will begin with registration from 5:00 pm on the **evening of Tuesday, 13 August** and the 6 day retreat will begin with registration from 5:00 pm on the **evening of Thursday, 15 August**.

Both retreats will end after breakfast **on the morning of Thursday, 22 August**.

Cost:

The cost of the 6 day Directed Retreat is **£475** sterling per person and the cost of the 8 day Directed Retreat is **£610** sterling per person.

The prices include all meals, accommodation and spiritual direction.

BOOKING FORM

Name

Address

.....

Postcode

Tel No

Email

8 day Retreat (13-22 August 2019)

6 day Retreat (15-22 August 2019)

(please tick which one you would prefer)

To assist with administration of Directed Retreats, we would be grateful if you could answer the following questions:

Have you experience of Directed Retreats?

.....
.....

Do you have medical/health problems?

.....
.....