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## St John of the Cross

December 14, 10am to 4pm

Suggested offering €25

On his feast day, this day will reflect on St John of the Cross and explore his teaching on prayer, the dark night and the adventure that is the spiritual life when it is imbued with the contemplative spirit

Jim Noonan OCD

MAKE ROOM FOR AWE

## Pre Christmas retreat In Silence and Peace

December 21, 10am to 4pm

Suggested offering €25

A day of quiet and stillness amidst the Christmas rush

Please note:

this is a silent retreat

The Avila Team

## Musical Journey through Advent

These reflective evenings will take place in the quiet of the Avila chapel and ponder Advent themes through

music (voice, harp and violin), interspersed with readings

K O'Connor, M O'Donnell, T O'Donnell & N O'Shea

Tuesdays December 3, 10 and 17 at 7.30 pm (All Welcome)

### The Monday Meditation

The group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month at 7.30pm. Please note there is no meeting in January. The meditation will resume on Monday 10<sup>th</sup>. February 2020.

### Poetry/Book Club

The Poetry/Bookclub meet on the 1<sup>st</sup> Tuesday of each month at 7.30pm The next meeting is on Tuesday 3<sup>rd</sup>. December. At that meeting each person can present a poem about Christmas or a Christmas short story. Please note: There is no meeting in January. The next meeting will be on 4<sup>th</sup>. February 2020.

For bookings & enquiries contact the Avila Retreat Centre

Phone Number: 01 6430200, Email: info@avilacentre.ie

Website: www.avilacentre.ie