

Saturdays

Saturday retreats start at 10am and end at 4pm. Please bring a packed lunch.

Tea & Coffee will be provided.

Suggested Offering: €25

January 25: **How to live from the Heart in 2020**
Discovering Mindful Pathways to our Wholeness and to our Oneness with the Divine.

A Day of Reflection, Peace and Stillness to nourish and guide us as we start into this New Year chapter of our Lives .

The day will include periods of Silence.

- Pamela-Maria O'Reilly MSc.

February 1: **'The Odd Couple'**

This day will examine two great women, St Thérèse of Lisieux and Dorothy Day and what brought them together spiritually, in spite of their vastly different backgrounds

- Frank Gallagher OCD

February 15: **Resting in the Arms of God**

Through music, Scripture, reflection and prayer, this day will seek to explore the gift and message of new birth and the nearness of God in our lives.

- Deirdre Ní Chinnéide

March 7: **The Power of One**

This day will explore what each person would like to influence or change in their own lives and in the world. Transformative power ...

- Dr Marie Murray

April 4: **A Journey through Exodus**

'God's presence is with you as you journey towards freedom'.

An opportunity to spend time exploring your own journey, to deepen God's Word in your life and to discover some new insights into the Book of Exodus.

- Thérèse Fitzgerald nds

April 9: **(2.00 to 8.00 pm) Holy Thursday Retreat**

This special afternoon will reflect on the rich themes that will be played out in the sacred liturgy that will follow at 8.00 pm.

- Avila Team

April 18: **The Richness of Now**

The present moment is where 'we live and move and have our being'. Through mindfulness exercises, this day will seek to cultivate greater awareness of ourselves, of others, of our world and of the Loving Presence that holds all things in being.

- Angela Rogerson

May 2: **Transformation in God**

A Day of Reflection on how St Elizabeth of the Trinity drew inspiration from St John of the Cross in coming to her discovery of the Divine Indwelling

- Dr John Quigley OCDS

May 16: **Praying with the Christian Mystics**

This day will be an introduction to the life and teachings of four great Christian mystics: Julian of Norwich, St Teresa of Avila, St John of the Cross and Meister Eckhart and how their spiritual journey to God can help us today.

- Annetta Maguire OCDS

June 6: **'In Word and Sacrament'**

Day for Readers and Eucharistic Ministers

A day of prayer and reflection on these two important ministries

- Vincent O'Hara OCD

June 20: **The Carmelite Spirit and the New Evangelisation.**

The urgency of a new evangelisation has been gathering momentum under the papacy of Pope Francis.

Has the spirit of Carmel anything to offer this call of the Church today?

- Tony Parsons OCD

Residential Individually Guided Retreats

Suggested Offering €400

June 15–21:

Jennifer McAleer RGS, Tom Stone OCD
and
Frank Gallagher OCD

July 20–26:

Clodagh Plunkett
and
Noel O'Connor OCD

August 10–16:

Alacoque O'Reilly OCDS
and
Felix Okolo OCD

Special Events

March 19-20

'Wood You Believe'

Getting the Past out of the Present
Finding freedom from Personal and Ancestral
Issues Using wood carvings to explore core
human issues

- Fr Jim Cogley

Advance booking essential

Suggested offering €50
(Includes light lunch on Saturday)

Musical Journey through Lent

Tuesdays of March 7.30 pm

(To be confirmed)

Evening Course

Reading St Matthew's Gospel
Mondays of February and March at 7.30 pm

(Beginning February 3)

Tom Stone OCD

Offering: €10 per night

Contact Us

Avila Carmelite Centre,
Bloomfield Avenue,
Morehampton Rd.
Donnybrook, Dublin 4.
(01) 6430200

Email us: info@avilacentre.ie

Visit us on the web: avilacentre.ie

*Transport: nearby bus stop on
Morehampton Road, with Buses
46A, 39A, 145 & 155 all going
to the City Centre.*

Avila Carmelite Centre is a place of silence and retreat. In this place of solitude in the heart of Dublin city, we seek to protect the peace and silence for all who come. We welcome people at all stages of their spiritual journey. You are welcome to come and stay in one of our eight guest rooms or two hermitages for short or long periods. All our rooms are self-catering at €60 per night.

Four conference rooms and a board room are also available to small or large groups, please see our website for rates.



January — August
2020



"I will let fall from heaven a shower of roses." -St. Therese