“Come to me, all you who are weary and burdened, and I will give you rest.” MATTHEW 11:2
Mother Teresa of Calcutta once said "In the silence of the heart, God speaks."

Silence. What an undervalued treasure in today’s noisy, busy, and often chaotic world. We are constantly running from one task to another, trying to check things off our “to do” lists and keep our heads above water. Often we struggle to hear ourselves think or to listen to those murmurings deep inside us. If we did, I think we would hear gentle, soothing words of “slow down” or “be at peace” or “you are loved.” In the gospel of Matthew, Jesus says “Come to me, all you who are weary and burdened and I will give you rest.” We need to intentionally cultivate opportunities to let silence into our lives, for as Cardinal Sarah says, silence is not “the lack of something but in fact is the presence of something…the presence of God.” We are all searching for something, for connection with others and the created world around us, for meaning in our lives, for understanding of who we are and our place in the world. We will only find that if we first go into the silence. The Emmaus Centre is first and foremost a place of silence, not because there is a lack of noise but because it is a place where you are invited to journey deeper into the mystery of life, that precious gift given to us with purpose. We believe that the journey to know yourself, to know others, and to know God is the most exciting and enriching journey you will take in this life and our varied programme seeks to meet you on that journey wherever you are and offer opportunities for your development as a whole person: spiritually, socially, intellectually, emotionally, and physically. We invite you to consider taking some time away from the busyness of daily life for yourself, whether it be to build confidence, heal from loss, or go deeper into the mystery of God. You are always welcome here and we hope to see you on the journey this year!

Julie Cosden - Director
The Emmaus Centre is a Christian Retreat and Conference Centre, welcoming people of all walks of life who are searching for growth, for healing, and for connection within themselves, with others, and with God. We recognize that there is a deep hunger today which can manifest itself spiritually, physically, and emotionally in all areas of our lives, be it our work, our families, our relationships, our faith, or within our very selves. The mission of Emmaus is to offer a peaceful space for people to take time for reflection, for silence, for spiritual nourishment, and for prayer. Our retreat programme includes workshops and guided retreats, offering spiritual guidance and practical encouragement for those searching for a deeper interior life and an authentic encounter with God, regardless of where they find themselves on their journey. Our personal enrichment workshops aim to help people in their formation as a whole person. We also have over 60 ensuite bedrooms, a large conference hall, several lecture rooms, and two prayer rooms for organizations and groups looking to host an event, training day, conference, or retreat. While just minutes from Swords Village and the Dublin airport, Emmaus is situated on ten acres of beautiful parkland with quiet walking paths and wide open green spaces. The Emmaus Centre also has a Hermitage available for personal retreats. Spiritual direction can be provided if requested in advance. You are welcome to use our prayer rooms, dining rooms, and common open space. Please contact Julie Cosden at julie.cosden@emmauscentre.ie or call us at +353 1 8700050 for more details and booking.
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10th & 11th March
Trusting in God: Embracing Freedom
With Br Denis Gleeson cfc
2 Day Workshop
Time: 9:30am – 6:00pm Saturday & 9:30am - 2:00pm Sunday
‘Trusting in God: Embracing Freedom’ examines some of the things that hold us back from truly accepting God into our lives. It looks at the beliefs, ideas, assumptions and misconceptions that it might be helpful for us to unload or revise.
Residential: €180.00 (Accommodation & All meals included). Non-Residential: €130.00 (Lunch included)

24th & 25th March
A Silent Weekend
With Br Denis Gleeson cfc
2 Day Workshop
Time: 9:30am – 6:00pm Saturday & 9:30am - 2:00pm Sunday
A Weekend of Silence – unplug, disconnect, switch off, wind down, relax and get away from it all with a weekend of silence in beautiful surroundings. A spiritual guide will also be available should you feel the need to talk confidentially. This weekend allows you time on your own but some guidance will be offered around options for spending that time. Residential: €180.00 (Accommodation & All meals included). Non-Residential: €130.00 (Lunch included)

5th & 6th May
Down to Earth: An Introduction to Dreams
With Denis Gleeson cfc
2 Day Workshop
Time: 9:30am Saturday – 2:00pm Sunday
Dreams are the language of the unconscious and have a rich Hebrew and Christian tradition. This workshop explores that tradition and offers practical ways to work with dreams. Residential: €180.00 (Accommodation & All meals included). Non-Residential: €130.00 (Lunch included)
**20th – 25th May**  
**Heartfulness Retreat: Based on the Work of Thomas Keating**  
**With Br. Denis Gleeson**  
**5 Day Retreat**  
**Time:** 6:00pm Sunday – 2:00pm Friday  
As we move inwards on the Christian contemplative journey, we open our hearts and begin to see God everywhere and in everything.  
Residential: €400.00 (Accommodation & All meals included). Non-Residential: €265.00 (Lunch Included)

**10th – 15th June**  
**God is Love: The Heart of All Creation**  
**With Br. Denis Gleeson**  
**5 Day Retreat**  
**Time:** 6:00pm Sunday – 2:00pm Friday  
This special 5-Day Retreat will look at human evolution, Christ, religion, science and the development of consciousness.  
Residential: €400.00 (Accommodation & All meals included). Non-Residential: €265.00 (Lunch Included)

**8th – 13th July**  
**The Gift of Life: Life and Living, Death, and Dying With Br Denis Gleeson**  
**5 Day Retreat**  
**Time:** 6:00pm Sunday – 2:00pm Friday  
This Retreat offers a vision of hope and a view of reality that counters the cultural belief that death is a tragedy and the end of life, based on the work of Thomas Keating. Residential: €400.00 (Accommodation & All Meals Included). Non-Residential: €265.00 (Lunch included)

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**Christian Spirituality**

**22nd & 23rd September**  
**Healing and Spirituality (The Twelve Steps) With Br Denis Gleeson cfc**  
**2 Day Workshop**  
**Time:** 9:30am – 6:00pm Saturday & 9:30am - 2:00pm Sunday  
The Twelve-Steps of Alcoholics Anonymous are a proven spirituality and this programme is for anyone who wants to better understand what a healing spirituality actually involves. Residential: €400.00 (Accommodation & All Meals Included). Non-Residential: €265.00 (Lunch included)

**20th – 21st October**  
**Introduction to Centering Prayer**  
**With Br Denis Gleeson cfc**  
**2 Day Workshop**  
**Time:** 9:30am – 6:00pm Saturday & 9:30am – 2:00pm Sunday  
This programme introduces participants to the practice of centering prayer which can be an important step towards a contemplative lifestyle, personal transformation and a more intimate relationship with the Divine. Residential: €400 (Accommodation & All Meals Included). NR:€265.00 (Lunch included)

**10th – 11th November**  
**A Merton Retreat**  
**With Br Denis Gleeson**  
**2 Day Workshop**  
**Time:** 9:30am – 6:00pm Saturday & 9:30am – 2:00pm Sunday  
This programme is an introduction to the life, thought and spirituality of the American Catholic writer and theologian Thomas Merton one of the greatest spiritual teachers of the twentieth century.  
Residential: €180.00 (Accommodation & All Meals Included). Non-Residential: €130.00 (Lunch Included)

**24th – 25th November**  
**An Advent Retreat - A Reflection on Advent**  
**With Br Denis Gleeson**  
**2 Day Workshop**  
**Time:** 9:30am – 6:00pm Saturday & 9:30am – 2:00pm Sunday  
Prepare for Christmas with an Advent Day of prayer and reflection. Prepare to let Jesus be born anew in you this Christmas and explore the themes of hope, peace, joy and love in the company of Elizabeth, Joseph, Mary and John the Baptiser. Residential: €180.00 (Accommodation & All Meals Included). Non-Residential: €130.00 (Lunch Included)
28th April
We are the Easter People
With Mary Kearns
1 Day Workshop
Time: 10:00am – 4:00pm
In this programme, Mary Kearns invites participants to discover how the joy of Easter and the following forty days shines forth and uplifts us all as we contemplate the beauty of the jubilant feasts of early summer. NR: €50.00

22nd September
Who are the Irish People:
Modern Irish Saints & Scholars
With Mary Kearns
1 Day Workshop
Time: 10:00am – 4:00pm
Join Mary Kearns, author and Master of Irish Studies, to discover the Irish men and women who significantly influenced our national character. From the earliest saints and scholars to writers of the twentieth century, Irish people have shown a character that is significantly different from other Europeans. In this fascinating field of study, some of those who contributed to the shaping of Irish identity are considered through the lens of Irish spirituality. Non-Residential: €50.00 (Lunch included)

20th October
They Don’t Need Flowers:
Remembering Our Beloved Dead
With Mary Kearns
2 Day Workshop
Time: 10:00am – 4:00pm
The month of November reminds us of our beloved departed. We miss them and love them. We do everything we can to honour them and show our love by taking care of their graves, often bringing flowers and memorabilia. By understanding what the Church offers we can provide real assistance to the Holy Souls in their journey to heaven. In this seminar we will discuss the purpose of these spiritual treasures and how to put them to the best use. Non-Residential: €50.00 (Lunch included)

24th November
Women of the Bible
With Mary Kearns
1 Day Workshop
Time: 10:00am – 4:00pm
Learn about Leah and Rachel, Deborah, Delilah, Ruth, Abigail and many other fascinating women. These women made significant choices, helped lead people out of bondage and dared to believe in God’s promises. NR: €50.00 (Lunch included)
28th & 29th April
Understanding the Wisdom of the Body
With Marian Burke
2 Day Non-Residential Workshop
Time: 10:00am - 4:00pm Saturday &
10:00am - 4:00pm Sunday
Focusing will bring physical release and many insights that allow you to respond in a way that helps you understand yourself and others. During the two days we will practice mindful exercises to bring us deeper into our Inner Being. We will also learn the art of Listening with compassion to ourselves and others as a way towards healing and personal growth. Non-Residential: €130.00 (Lunch included)

12th & 13th May
The Power of Listening to our Inner Critic & Wounded Parts from Childhood
With Marian Burke
2 Day Non-Residential Workshop
Time: 10:00am - 4:00pm Saturday &
10:00am - 4:00pm Sunday
This programme will help participants to integrate those wounded parts from your childhood by bringing them to consciousness allowing them to have greater self-awareness and self-acceptance, leading to a better emotional balance and healthier relationships. Non-Residential: €130.00 (Lunch included)

3rd November
Mindfulness in the Christian Tradition
With Marian Burke
1 Day Workshop
Time: 10:00am - 4:00pm
Rediscover the path to inner peace by learning and practicing mindfulness and meditation in the Christian Tradition. These methods of empowering ourselves at a deep level will lead to increased self-awareness and spiritual growth. In the silence we gradually and patiently come to know what dwells deep within us. We harmonise the various elements of body, mind and feelings, that make us unique, original and unrepeatable. Non-Residential: €60.00 (Lunch included)
14th April  
17th November  
Loss and Recovery  
With Fr Jim Cogley  
1 Day Workshop  
Time: 10:00am – 4:00pm  
This workshop will explore the many facets of loss as a profound invitation to find wholeness. “When the heart weeps for what it has lost, the spirit dances for what it has.” This day is for anyone who has encountered loss. Whether you have lost your job, your previous lifestyle or you have been bereaved for a loved one, this workshop will help you on your journey.  
Non-Residential: €65.00 (Lunch included)

17th-21st June  
A Journey of Healing and Wholeness Retreat – Exploring Inner Landscapes with Wood & Symbol  
With Fr Jim Cogley  
4 Day Retreat  
Time: 5:00pm Sunday – 2:30pm Thursday  
Author, priest, psychotherapist, and woodturner, and Director of Pilgrimage at Our Lady’s Island in Wexford, Fr Jim Cogley, invites you to explore aspects of personal and ancestral healing in the context of spirituality. His particular interest is that of healing, both personal and intergenerational, and how the past that is unacknowledged can influence our present and create our future. As an artist with wood he presents the age-old truths in the form of symbols. Residential: €400.00 (Accommodation & All meals included). Non-Residential: €265.00 (Lunch included)

Fr Jim Cogley is a psychotherapist and woodturner with nearly thirty years experience. He was one of the pioneers to explore the effects of twin loss and is currently Director of Pilgrimage at Our Lady’s Island Wexford. His particular interest is that of Healing, both personal and intergenerational, and how the past that is unacknowledged can influence our present and create our future. As an artist with wood he presents the age-old truths in the form of symbols. Regarded as an inspirational speaker, he is constantly in demand for seminars, retreats and conferences. He is the author of several books in the Wood You Believe series including: The Unfolding Self, The Ancestral Self, The Twinless Self and The Spiritual Self.
5th May
Growing Strong at the Broken Places
With Fr Jim Cogley
1 Day Workshop
Time: 10:00am – 4:00pm
Finding the Path through Suffering. The Deeper Awakening. Life breaks us all, only some grow stronger at the broken places. Fr Jim Cogley invites you for this 1-Day workshop which he will use handcrafted wood symbols.
Non-Residential: €65.00 (Lunch included)

12th May
The Journey of Transformation
With Fr Jim Cogley
1 Day Workshop
Time: 10:00am – 4:00pm
This is a special 1-Day workshop with Fr Jim Cogley using Handcrafted wood symbols. A Deeper Awakening towards Healing & Wholeness that which we don’t transform, we transmit to those around us and transfer to another generation.
Non-Residential: €65.00 (Lunch included)

13th October
Healing the Family Tree
With Fr Jim Cogley
1 Day Workshop
Time: 10:00am – 4:00pm
What one generation tries to forget another is forced to remember. This seminar will explore aspects of our ancestral and family shadow. The past can be alive and well in the present. Ancient scripts repeat and patterns recur. How can these be broken? In this 1-Day workshop, Fr Jim Cogley will explore where we come from and the integration of our family shadow is an important key to finding identity health and wholeness.
Non-Residential: €65.00 (Lunch included)

1st December
Awakening to Wonder Advent Retreat
With Fr Jim Cogley
1 Day Workshop
Time: 10:00am - 4:00pm
Fr. Jim Cogley invites participants to attend a day of reflection in preparation for Advent. This journey with handcrafted wood symbols will awaken participants to the wonder of Christmas.
Non-Residential: €65.00 (Lunch included)

15th September
The Archangel Raphael
With Fr Jim Cogley
1 Day Workshop
Time: 10:00am – 4:30pm
The prayer of Tobit and Sarah found favour with God and the archangel Raphael was sent to heal them both – Tobit of his blindness and Sarah of her Demon. Fr Cogley will share on the healing power of Raphael and on healing in general. (Cf Book of Tobit in the Old Testament). *Having a Bible for this seminar may be useful but is not a requirement.  
Non-Residential: €65.00 (Lunch included)
Confidence & Self Esteem for WOMEN
1 Day Workshop
7th April
8th September
27th October
With Maria Lynch
Time: 10:30am – 4:30pm
Do you feel lack of self-worth? Do you feel not good enough to accomplish what you want? Do you feel it is somehow your fault that things are not going the way you want? Do you feel you lack the confidence it takes to succeed? Have you been giving your power away?
If yes, this is the workshop for you.
Non-Residential: €65.00 (Lunch Included)

Confidence for Interviews
1 Day Workshop
28th April
15th September
With Maria Lynch
Time: 10:30am – 4:30pm
This day is designed to build your confidence for interviews and help you present yourself in a positive manner. Connect with your strengths, get clarity about how to answer questions and get overall tips on how to be successful in the interview process. This workshop will be a step in the right direction and aims to reconnect with your innate qualities and strengths being true to yourself.
Non-Residential: €65.00 (Lunch included)

Confidence & Assertiveness for Adults
1 Day Workshop
9th June
29th September
With Maria Lynch
Time: 10:30am – 4:30pm
Learn how to make an impact when communicating with others, how to manage conflict and how to set healthy boundaries and protect your energy during challenging situations.
This workshop is aimed at adults that want to improve their assertiveness levels and feel confident to stand up for themselves. You will leave feeling re-energised, empowered and motivated to make the first steps to become more assertive!
Non-Residential: €65.00 (Lunch Included)
Style & Confidence for Women
1 Day Workshop
19th May
With Maria Lynch
Time: 10:30am – 4:30pm
In this practical, fun, interactive Style workshop you will learn about the main STYLE rules, about BODY SHAPES, how to make the most of your figure, how to dress for your body shape, what parts of your body to camouflage and what to enhance, how to accessorise, how to mix and match outfits and dress for your lifestyle, how to be a savvy buyer and much more. Non-Residential: €65.00 (Lunch included)

Confidence, Presence & Visibility for Women
1 Day Workshop
6th October
With Maria Lynch
Time: 10:30am – 4:30pm
Confidence and Presence are two fundamental states of mind that are necessary and important to flourish in modern life. Learn how to be more confident and improve your presence for VISIBILITY and how to develop the art of being present and GROUNDED in yourself during challenging situations. This workshop is a practical, hands-on workshop that is aimed at WOMEN of all ages designed to give you self-help techniques so you can learn how to pave the road to confidence and presence within yourself.
Non-Residential: €65.00 (Lunch included)

Confidence & Assertiveness for Women
1 Day Workshop
17th November
With Maria Lynch
Time: 10:30am – 4:30pm
Maria Lynch will explore in this 1-DAY workshop how to be assertive and develop an assertive mindset and a more confident approach to challenging situations. Do you feel not good enough to accomplish what you want? Do you feel it is somehow your fault that things are not going the way you want? Do you feel you lack the confidence it takes to succeed? Have you been giving your power away? If yes, this is the programme for you. This workshop gives you a chance to start rebuilding your confidence & self-esteem in a safe environment.
Learn strategies to reclaim back your power and build a robust sense of self.
Non-Residential: €65.00 (Lunch included)

Confidence, Presence & Visibility for Women
1 Day Workshop
6th October
With Maria Lynch
Time: 10:30am – 4:30pm
Confidence and Presence are two fundamental states of mind that are necessary and important to flourish in modern life. Learn how to be more confident and improve your presence for VISIBILITY and how to develop the art of being present and GROUNDED in yourself during challenging situations. This workshop is a practical, hands-on workshop that is aimed at WOMEN of all ages designed to give you self-help techniques so you can learn how to pave the road to confidence and presence within yourself.
Non-Residential: €65.00 (Lunch included)
16th September
Mindful Eating
With Deirdre Kavanagh
1 Day Workshop
Time: 10:30am – 4:30pm

What we eat has a direct influence on our health. Our food issues and weight problems aren’t just about what we’re eating, but why we’re eating in the first place. Deirdre invites anyone who wants to learn about their personal relationship with eating and food to attend this programme. Mindful eating draws substantially on the use of mindfulness meditation. Mindfulness helps bring our attention and awareness to the present moment, which in turn, helps us disengage from habitual and unsatisfying habits and behaviors. Engaging in mindful eating practices on a regular basis can help us discover a far more satisfying relationship to food.
Non-Residential: €60.00 (Lunch included)

24th March
Beyond Mindfulness:
A Journey Into Deep Awareness
With Joseph Feely
1 Day Workshop
Time: 10:00 am – 4:00pm

Beyond Mindfulness: A Journey Into Deep Awareness programme would be for those people who have some experience already with mindfulness. It consists of four meditations over the period of one day that cultivate a deeper awareness of awareness itself. This 1-Day programme will entail four reflective exercises that lead us to become aware of our awareness.
Non-Residential: €60.00 – Lunch included
22nd September
Dancing for World Peace
With Barbara Perry
1 Day Workshop
Time: 10:30am – 4:30pm
Barbara Perry invites participants to experience the joy of dancing in a circle with others and a sense of well-being and community. The United Nations Organisation has designated the 21st of September as International Day of Peace. It has long been a heartfelt desire for Friedel Kloke-Eibl, founder of the Institute for Sacred Dance/Dance Meditation (Germany), to be engaged in working for peace. On this day or as close to it as possible, Friedel invites dancers all over the world to come together in their own place or elsewhere with the specific intention of dancing for world peace. Around the globe, all will be dancing the same dances. The energy created by this dancing together with a common intention can become a powerful force for good. So, come along and join us. No previous dance experience is required. Clear instructions will be given for each dance. NR: €60.00 (Lunch included)

14th-18th May
Alexander Technique Five Day Immersion Programme
With Richard Brennan
5 Day Workshop
Time: 10:30am Monday – 2:30pm Friday
The Alexander Technique is a way to feel better, and move in a more relaxed and comfortable way... the way nature intended. During this 5-Day course you may find that your confidence and self-esteem naturally grow, and with it a natural spontaneity, a greater contentment and a deeper love of life. In this programme, participants will have a daily individual session as well as learning in groups. This week has been described in the past as ‘life-changing’ and ‘the best week of my life’. The Alexander Technique will help you to move through the rest of your life with greater ease! Residential: €540.00 (Accommodation & All meals included)

6th & 7th October
Back in Balance – Alexander Technique
With Richard Brennan
2 Day Workshop
Time: 10:30am Saturday – 4:00pm Sunday
Alexander Technique improve balance, posture and co-ordination, helping prevent or dramatically alleviate many of the common aches and pains that are common today. The Technique can help prevent or dramatically alleviate many of the common aches and pains that are common today. It also can be very useful to musicians who suffer from tension problems when playing their instrument or any sportsperson who wishes to avoid injury or improve their performance. Residential: €195.00 (Accommodation & All Meals Included).
Non-Residential: €145.00 (Lunch Included)
19th May
Teen EmPOWERment
Workshop
With Gráinne Stone
1 Day Workshop
Time: 10:00am - 1:00pm
The Teen EmPOWERment Programme is based on the philosophies of the Heal Your Life creator Louise L. Hay. Many teenagers today are overwhelmed with anxiety, depression, exam stress, lack of self-confidence and self-esteem. This workshop is focused on participants aged 13-15 years old.
Non-Residential: €45.00

14th & 15th April
Heal Your Life
With Gráinne Stone
2 Day Workshop
Time: 10:00am Saturday - 4:00pm Sunday
This Programme enables participants how to use and create positive affirmations to attract the life they want, letting go of criticisms, taking an honest look at their thoughts and allowing them to truly access their emotions. When they create a space of honesty in their life and begin to love themselves, the internal arguments cease and allows positive changes to happen. It is based on the philosophies of American motivational author Louise L. Hay. Many teenagers today are overwhelmed with anxiety, depression, exam stress, lack of self-confidence and self-esteem. This workshop is focused on participants aged 13-15 years old.
Residential: €225.00 (All meals included) & a follow-up evening 5-6 weeks after the workshop
Non-Residential: €180.00 (Lunch included) & a follow up evening 5-6 weeks after the workshop.

24th March
16th June
Free to Be:
Healing Art Workshop
With Gráinne Stone
1 Day Workshop
Time: 10:00am - 4:30pm
This 1-day workshop includes working with the senses, story creating, group creative work. Its emphasis is on the healing power of art and how creativity is a catalyst for inner healing.
Non-Residential: €60.00 (Lunch & art materials included in cost)
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Presenter</th>
<th>Duration</th>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td>16th June</td>
<td>The Art of Gratitude Through Heartfullness</td>
<td>Aisling Killoran &amp; Ray Manning</td>
<td>1 Day Workshop</td>
<td>10:30am - 4:30pm</td>
<td>&quot;You are a living magnet. What you attract into your life is in harmony with your dominant thoughts.&quot; – Brian Tracy. In this one day workshop, Therapists in Energy Psychology Aisling Killoran &amp; Ray Manning will explore the powerful practice of gratitude. When we shift our approach and look at the things in our world from our hearts rather than our minds, we are able to experience gratitude for things we might otherwise take for granted.</td>
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<td>22nd Sept</td>
<td>HeartMath: Transforming Stress into Resilience</td>
<td>Aisling Killoran &amp; Ray Manning</td>
<td>1 Day Workshop</td>
<td>10:30am - 4:30pm</td>
<td>Join Aisling and Ray for an empowering and interactive workshop. HeartMath is a scientifically validated system of techniques and technologies. It is easy to learn, simple, but powerful and can be used &quot;in the moment&quot;. Aisling will take you through a visualisation technique that will help in mending the Heart’s Emotion-Great for relationship issues, feelings, and decision making. She will also explore the science that lies behind these proven techniques along with exercises in self-reflection, that in turn helps Reduce Stress &amp; Anxiety.</td>
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<tr>
<td>24th Nov</td>
<td>Sleep: Taking Charge of Your Sleep &amp; Unwrapping Your Dreams</td>
<td>Aisling Killoran &amp; Ray Manning</td>
<td>1 Day Workshop</td>
<td>10:30am - 4:30pm</td>
<td>In this 1-Day Workshop participants will learn how to enhance the wellness and sleep through scientifically validated Heartmath techniques that help reduce stress and enjoy better sleep, as well as release stress as it occurs during the day and not let it build up. Participants will also be provided with solutions to help restore the quality of their sleep. In this programme, the presenters, Aisling &amp; Ray, will guide you through relaxation techniques and other scientifically validated techniques to help you fall into a deep and peaceful sleep.</td>
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15th – 20th July
An Astonishing Secret Silent Retreat
With Fr Daniel O’Leary
5 Day Silent Retreat
Time: 6:00 pm Sunday – 2:00 pm Friday
Fr Daniel O’Leary invites participants to reflect on the infinite love of God and is a call to stretch our thoughts, emotions and imagination as we deepen our faith-understanding. An Astonishing Secret Retreat is based on Daniel O’Leary’s beautiful book. This retreat is to be savoured by anyone with an appetite for spiritual nourishment. Residential: €480 (Accommodation & All Meals Included). Non-Residential: €330

12th-17th August
Putting on the Mind of Christ Retreat
With Bishop Brendan Comiskey
5 Day Retreat
Time: 5:00 pm Sunday – 2:20 pm Friday
Bishop Brendan Comiskey invites participants to attend an inspirational 5-Day Retreat Residential: €480.00 (Accommodation & All Meals Included). Non-Residential: €330.00 (Lunch included)

29th September
Living the Little Way: Reflections on the Spirituality of St. Therese of Lisieux
With Julie Cosden
1 Day Workshop
Time: 10:00 am – 4:00 pm
The Emmaus Centre director, Julie Cosden invites you to attend a day of reflection upon the Spirituality of St. Therese of Lisieux’s writings. “Then, overcome by joy, I cried, ‘At last I have found my vocation. My vocation is love. In the heart of the Church, I will be love, and then I will be all things.” – St. Therese. Non-Residential: €50.00 (Lunch Included)

13th - 14th October
Happiness at the Heart of the Christian Journey: Exploring the Search for Happiness in our Daily Lives
Fr. Brian Kavanagh
Weekend Retreat
Time: 19:00 am Saturday – 4:00 pm Sunday
Love. Joy. Happiness. Each of these three words have their root in the story of humanity and in the history of God’s relationship with people from the time of creation. Residential: €280 (Accommodation & All Meals Included). NR: €130 (Lunch Included)
Christian Meditation in the tradition of St Benedict & John Main Group
Monday mornings from 11 am to 12 Noon
with Marian Burke
In the words of John Paul II ‘Prayer gradually and patiently coming to know what dwells deep within us and of harmonising the various elements of body mind and feelings that make us Unique, original and unrepeatable.’
Price: Donation
(Meetings don’t take place on bank holidays)

Emmaus Catholic Charismatic Renewal
Wednesdays Evening at 8 pm
Give praise and honour to God our Father through the power of the Holy Spirit.
Price: Donation
For more information please email Ethna Lundy at ethnalundy@yahoo.ie

Centering Prayer
Tuesday Evenings from 7:30 to 8:30 pm
with Br Denis Gleeson cfc
Centering Prayer is a prayer of silence. It is a prayer without words and without thoughts. It is a prayer, however, that has the power to open us up to God in a way that allows God transform our lives.
Price: Donation
The Emmaus Centre

FAMILY DAY

SUNDAY, 27TH MAY
1.00 PM - 4.00 PM

www.emmauscentre.ie/Open-Day

Ennis Lane, Lissenhall,
Swords, Co. Dublin

Two minutes from exit 4 of the M1.
Ten minutes by car north of Dublin Airport
on the N1/R132.

All are welcome!

- Ireland’s Tallest Mobile
  Climbing Wall
- Great Food
- Workshops for Children
  & Families of all ages
  - Music
  - Performance
  and much more...

www.emmauscentre.ie/open-day