



# Build<sup>in</sup>Hope Plant<sup>in</sup>Faith

A one-day retreat  
celebrating creation



Sunday 26 June 2022

9:30 am - 5:30 pm

This will be a day with time to relax, pray, reflect, and engage with nature and other participants. A number of options may be chosen on the the day:

- 🌿 join a group for forest bathing<sup>S</sup>
- 🌿 read and re-reading chosen passages of scripture
- 🌿 quietly consider a selections from Laudato Si'
- 🌿 walk the Native Tree Trail in Saint Anne's Park
- 🌿 take some time with a nature poem
- 🌿 tree-planting in Manresa's grounds
- 🌿 a guided walk of Manresa's Labyrinth
- 🌿 Mass of 13 Sunday in Ordinary Time



*Forest bathing is a health and well-being practice that originated in Japan in the 1980s. During a forest bathing walk you spend time among trees with a small group of people, with the aim of slowing down and using all the senses. The walk will be about 2km and includes a few optional nature-based activities.*

The day will be facilitated by Joyce Fitzpatrick, Rosalinde Schut and Piaras Jackson SJ.

**Rosalinde Schut** is a certified life coach and qualified forest bathing guide, trained with Nádúr Centre for Integrative Forest Therapy. Loving to see people flourish in being outdoors, Rosalinde set up Walk of Leaf and has led walks in Dublin, Limerick and Wicklow.

With degrees in botany and in therapeutic horticulture, **Joyce Fitzpatrick** is keen to communicate the many benefits of engagement with the natural world. She has experience in education in school settings and in enabling people to benefit from attention to our environment through gardening and botanical journaling.

Cost: €70

includes refreshments and lunch

Book online [manresa.ie](http://manresa.ie)