

Weekend Retreats

8:00 pm Friday 29 November to 2:00 pm Sunday 1 December or 8:00 pm Friday 6 December to 2:00 pm Sunday 8 December 2019

Guided reflection and prayer exploring the Christmas message and relating it to our deepest human longings.

Oasis Day - a one-day retreat

9:30 am to 6:00 pm Saturday 7 December 2019 or Saturday 14 December 2019

These one-day oases offer opportunities to stop and take stock of the meaning of Christmas. *Choose from the Hop-on/Hop-off options here to take a day between 16 and 20 December.*

Christmas Preparation with Children

3.00-5.00pm Sunday 15 December 2019

Some time for families to prepare thoughtfully and prayerfully for Christmas.

New Year Retreat

8:00 pm Sunday 29 December 2019 to 3:00 pm Wednesday 1 January 2020

With its theme of 'Finding hope in unexpected places' this is an ideal way to end the year and to see in 2020 - taking time to reflect, consider and decide how to embrace the year to come.

RETREATS

COURSES

EVENTS

This brochure lists only some of Advent 2019. To find out more about Manresa's other Retreats, Courses and Events, sign up for our newsletter, ask us to send you information or see our website www.manresa.ie

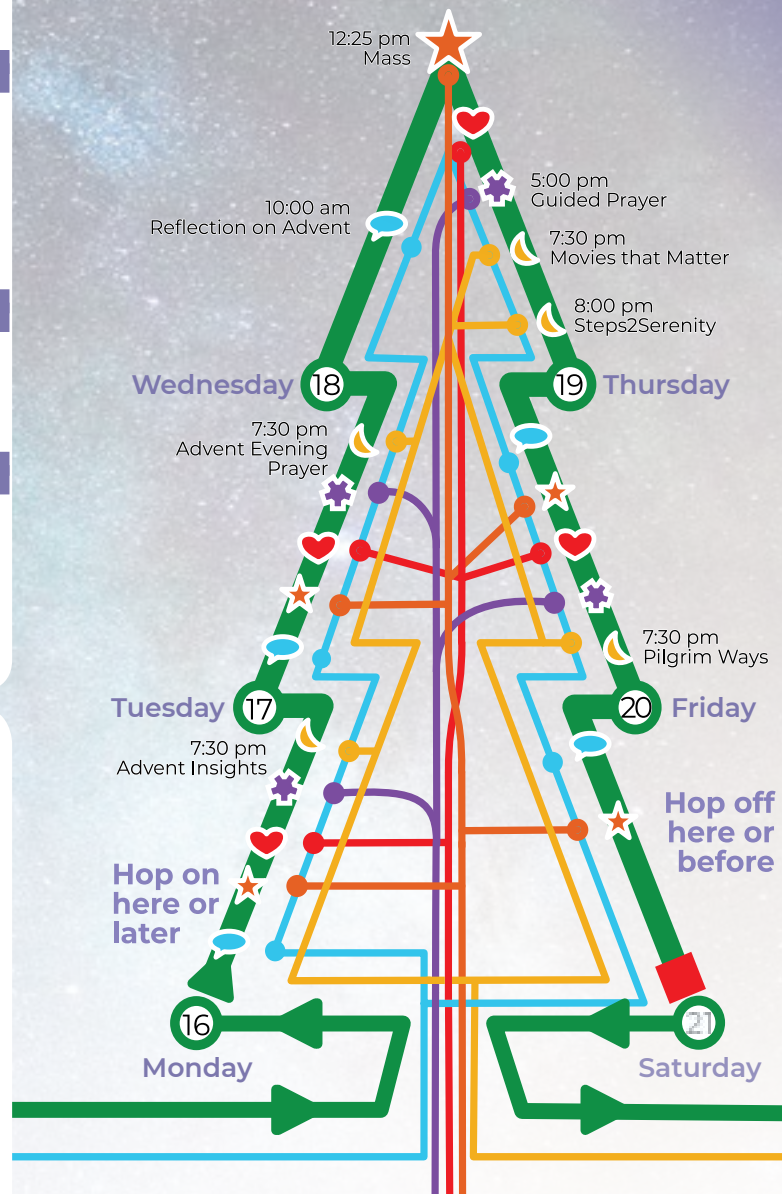


To find us, stop first at www.manresa.ie/directions



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Hop-on Hop-off Advent Retreat

www.manresa.ie/hoho

Your Advent timetable may allow some time of recollection — a few hours, perhaps, or a night or two. If you would like a quiet mid-day, evening meal or overnight stay, please make a booking — otherwise you are welcome just to come along.

	Mon 16	Tue 17	Wed 18	Thu 19	Fri 20
 10:00 am			Reflection		
 12:25 pm			Mass		
1:00 pm			Lunch		
 3:00 pm	One-to-ones / Confession				
 5:00 pm			Guided Prayer		
6:00 pm			Evening Meal		

Evening Programmes

Monday: Advent Insights

7:30 pm to 9:00 pm Monday 16 December 2019

The second part of Advent prepares us to celebrate Jesus' birth and to find its meaning for our time.

Tuesday: Advent Prayer Evening

7:30 pm to 9:00 pm Tuesdays 26 November 3, 10 and 17 December 2019

Sessions of guided prayer on each Tuesday of Advent can help to create a 'sacred space' for you.

Wednesday: Movies that Matter

7:30 pm to 10:00 pm Wednesday 18 December 2019

A seasonal film for your consideration and conversation.

Wednesday: Steps2Serenity

8.00-9.30pm Wednesday 18 December 2019

Meditation and prayer for people in 12-step recovery.

Thursday: Pilgrim Ways

7:30 to 9:00 pm Thursday 19 December 2019

Time for each person to deepen their appreciation of walking and to consider the direction and character of their own 'camino'.

Start when you can...

Choose your time between the morning of **Monday 16 December** and the morning of **Friday 20 December 2019**

finish when you want

The busy time before Christmas doesn't easily allow for long stretches of quiet or a few days retreat. You are welcome to Manresa for whatever time is available to you in the last week before Christmas. There are many opportunities through the week for some quiet or for guided reflection and prayer - including daily mass, confession and conversation times.

Each morning



A brief input at 10 am will offer a reflection on an Advent theme and suggest some pointers for prayer during your day.



You are welcome to join the resident community for mass at 12:25 pm on any day.

Each afternoon



From 3 to 4 pm there will be opportunities for spiritual conversation with a qualified spiritual director or a chance to celebrate the Sacrament of Reconciliation.



At 5 pm, a time of guided prayer led by one of our directors will help to enter into some personal quiet.

Each evening



Various events are on offer through the week, taking place at 7:30 pm or 8:00 pm. Seasonal reflections are presented using a variety of approaches to Advent and Christmas.

Stay overnight

Enjoy one or more quiet nights in our single en-suite rooms before going to work or engaging in your other preparations for Christmas

Drop in for any event - book in for any mealtime or overnight stay by phoning 01 833 1352.

www.manresa.ie/hoho