



## CELTIC BLESSING

*Deep peace of the  
 running wave to you.  
 Deep peace of the  
 flowing air to you.  
 Deep peace of the  
 quiet earth to you.  
 Deep peace of the  
 shining stars to you.  
 Deep peace of the  
 gentle night to you.  
 Moon and stars  
 pour their healing  
 light on you.  
 Deep peace of Christ  
 to you.*

## DIRECTIONS



**By Road:** From Belfast take the M2 and leave it at the A8 exit. Just outside Larne leave the A8 by turning left onto Pound Street at the High Rise Flats. Continue straight on, through three sets of traffic lights to the end of Victoria Road, Drumalis gates are directly across the Glenarm Road.

**By Public Transport:** From Railway, Bus and Harbour follow the signs for the Coast Road. Drumalis is on the right before Bankheads Lane before you leave the town.

*If you would like further information about getting to Drumalis, please do not hesitate to contact us.*

*"Silence is the language of God, all else is poor translation" - Rumi*

## BE STILL AND KNOW



*For everything there is a season, and a time for every purpose under heaven.  
 Ecclesiastes 3:1*

## FINDING STILLNESS THROUGH THE SEASONS

*Retreat Days with Maria Garvey in 2017*

- WINTER INTO SPRING – Awakening ...**  
 (Saturday, 11 February 2017)
- SPRING INTO SUMMER – Blooming where we're planted ...** (Saturday, 13 May 2017)
- SUMMER INTO AUTUMN – Letting Go, Letting Be, Letting Come ...**  
 (Saturday, 16 September 2017)
- AUTUMN INTO WINTER – Finding the Still Point Within ...** (Saturday, 25 November 2017)

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 Website: [www.drumalis.co.uk](http://www.drumalis.co.uk)

## BE STILL & KNOW RETREAT DAYS 2017

### About the retreat days:

The spiritual practices of stillness and silence are needed today more than ever before. Our modern lives are often filled with news, noise, demands and distractions that often leave us feeling stressed and weary.

*'Come to me all you who are weary and over burdened and I will give you rest'*

– Matthew 11:28

Drumalis is pleased to offer 'Be Still and Know', a series of quiet retreat days guided by Maria Garvey in Spring, Summer, Autumn and Winter, 2017.

You are invited to come away for a while to rest, pray and come home to yourself. As you leave behind the frantic rhythm of our world and embrace the silence and stillness of the retreat you will gently slow down, catch your breath and reconnect with the deep peace and joy at the centre of your being. The beautiful surroundings and the gentle rhythm of these days will nurture your body, delight your heart, ignite your spirit and inspire your soul.

*"Nothing in all creation is so like God as stillness."*  
– Meister Eckhart

'Be Still and Know' can be done as a series of retreats through the seasons of the year or as standalone days. Each day will have a different focus and will include: meditation practices, centering prayer, silent reflection, art, journaling and walking in nature.

An experienced spiritual companion, mindfulness teacher and retreat leader, Maria is trained in both Eastern and Western traditions of meditation, contemplation and other spiritual practices.

Rooted in Christian contemplation, centering prayer and mindfulness meditation these retreat days are offered to men and women of any age and of all faiths and spiritual traditions or none.

### About the retreat-giver:

In a career spanning more than 30 years, as a leader in education, health & social care, community and social enterprise, Maria has brought her experience and knowledge to a wide range of individuals and organizations both nationally and internationally.



Trained in Transformational Leadership, Coaching, Organizational Facilitation, Mindfulness and Spiritual Accompaniment her work is dedicated to empowering people, enhancing wellbeing and optimizing performance in life, work, community and leadership.

Inspiring people to do what inspires them, she facilitates groups, offers leadership coaching and training and teaches Mindfulness Based Stress Reduction (MBSR) and other transformational practices. She is a spiritual companion to a number of people and an experienced retreat leader. Scripture, centering prayer, nature, the creative arts and friendship nourish and sustain her own life and spiritual journey.

### Dates:

**Sat, 11 February WINTER INTO SPRING**

– Awakening ...

**Sat, 13 May SPRING INTO SUMMER**

– Blooming where we're planted ...

**Sat, 16 September SUMMER INTO AUTUMN**

– Letting Go, Letting Be, Letting Come ...

**Sat, 25 November AUTUMN INTO WINTER**

– Finding the Still Point Within ...

Each day will run from 10:00 am to 4:30 pm. Participants are asked to register from 9:30 am and tea/coffee will be available on arrival.

### Cost:

Each day costs £55 (includes retreat materials, morning and afternoon refreshments and a full lunch.)

Early Bird Rates: £45 payable in full 1 month in advance of each retreat day.

### BOOKING FORM

Name .....

Address .....

Postcode .....

Contact No .....

Email .....

Special Requirements (eg, dietary)

.....  
Please tick which date(s) you would like to attend:

Winter into Spring (Sat, 11 February)

Spring into Summer (Sat, 13 May)

Summer into Autumn (Sat, 16 Sept)

Autumn into Winter (Sat, 25 Nov)

A non-refundable and non-transferable full payment of £45 per day is required with each early bird booking.

Please return completed Booking Form and deposit to: Co-ordinator of Admin Services, Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT

*Cheques should be made payable to Drumalis.*

*We accept payment by credit/debit card.*

*Why not save time by paying deposits and booking your place by phone.*