

"There was once a king who walked into his garden one day to find almost everything withered and dying. After speaking to an oak near the gate, the king learned that he was troubled because he was not tall and beautiful like the pine. The pine overheard their conversation and added that she, too, was upset, for she could not bear delicious fruit like the pear tree. The pear tree heard his name and began to complain that he did not have the lovely odour of the spruce. And so it went throughout the entire garden. Near the very edge of the garden grew a little daisy. As the king approached, he noticed her bright little face, full of life. "Well, little flower," said the monarch, "I'm glad to find that there is at least one happy face in my garden." "Oh king," she said, "I know I'm little, and not many people notice me, but one day I realized that you if planted me here, you must have had a good reason. So, your majesty, I'm determined to be the best little flower I can be!"

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.

"They are like trees planted along the riverbank, bearing fruit for each season. Their leaves never wither, and they prosper in all they do."

- Psalm 1:3

"BLOOMING"



SPRING INTO SUMMER

Drumalis, Saturday, 13 May 2017

*Second in the Series of Four Retreat Days
with Maria Garvey in 2017*

FINDING STILLNESS THROUGH THE SEASONS



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“BLOOMING”

SATURDAY, 13 MAY 2017

About “Blooming” - the second in “Finding Stillness through the Seasons” - a series of four themed retreat days at Drumalis in 2017:

Set in the beautiful surroundings of Drumalis, ‘Blooming’ will be a time to RESET, REJUVENATE, REFRESH and BLOOM WHERE WE ARE PLANTED!

Through *Silence, Contemplation, Spiritual Conversation and Presence in Nature* the day is designed to nourish body, mind and spirit. With Summer on the way, we will focus on self-care, self-compassion and self-expression and take time and space for our own human nature to blossom and shine together with the whole of creation.

The main focus of the retreat will be on reconnecting with the wisdom of the heart and remembering the spiritual and life practices that allow us to know that we are ‘rooted in and grown on LOVE’ Ephesians 17.

THERE IS A CRACK IN EVERYTHING ...

During the retreat we will consider what it takes for us to be the very best that we can be and do what it is that we are called to do, no matter what!

Like a flower that grows through a crack in the concrete, we will discover that we can make the best of whatever situation we find ourselves in. With renewed acceptance, appreciation, compassion and courage we will come to see that we do not have to be limited or diminished by circumstances or conditions beyond our control.

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.

Date: Saturday, 13 May 2017

The 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:

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

Early Bird Rate: £45 payable in full 1 month in advance of the retreat day.

BOOKING FORM

Name

Address

Postcode

Contact No

Email

Special Requirements (eg, dietary)
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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.*