

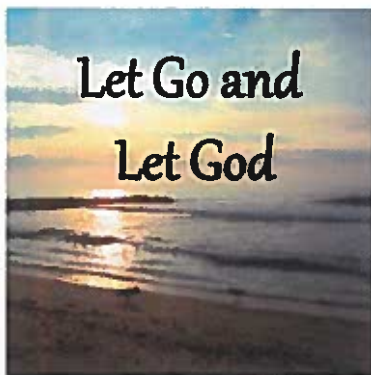
## Allow

There is no controlling life. Try corralling a lightning bolt, containing a tornado. Dam a stream and it will create a new channel. Resist, and the tide will sweep you off your feet.

Allow, and grace will carry you to higher ground. The only safety lies in letting it all in - the wild and the weak; fear, fantasies, failures and success. When loss rips off the doors of the heart, or sadness veils your vision with despair, practice becomes simply bearing the truth.

In the choice to let go of your known way of being, the whole world is revealed to your new eyes.

- Danna Faulds



## 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.*

*"Come to me, all you who are weary and burdened, and I will give you rest."*

- Matthew 11:8

## "LETTING GO"



**SUMMER INTO AUTUMN**  
Drumalis, Saturday, 16 September 2017

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

**FINDING STILLNESS  
THROUGH THE SEASONS**



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**“LETTING GO”**  
SATURDAY, 16 SEPTEMBER 2017

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

Autumn is a wonderful reminder of the practice of Letting Go and Letting God. No matter how hard we try we cannot hold onto anything. Much as we try to be in control, it is humbling to remember that we are not even in control of our own breath. Once we breathe out we have to trust that the next in breath will come. We live in constant change maybe now more than ever. It can be both exhilarating and exhausting. In it all the one thing we can be certain of is that *“this too shall pass”*. When times are hard, as they sometimes are, we want to be able to let go of the suffering, the worry, stress and anxiety we feel and when times are good it’s normal to want to hold on tight to the sense of peace and joy and wellbeing that is there. But just as the leaves fall off the trees in the Autumn everything passes. It’s easy to think *“Everything will be o.k. when ... I have more money, lose more weight, when the children go back to school, when I have more time, less to do, when there are fewer demands on me, when... when... when! AND ... while we are waiting for the day to come when everything will be all right our lives are passing us by.*

In many spiritual traditions, we learn how to LET GO, LET BE and LET COME through Contemplative practices. This retreat will be a gentle time of deep rest and coming home to ourselves and to our lives just as they are. It will be led in a spirit of silence and will include times of prayer, guided meditation, personal reflection, art, writing and walks in in the beautiful natural surroundings of Drumalis. We will explore how laying down our burdens, letting go of our attachments to how things should be, accepting things as they are and welcoming whatever comes are practices of surrender that lead us into the path of true freedom and happiness.

**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, 16 September 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) .....

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.*