

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.

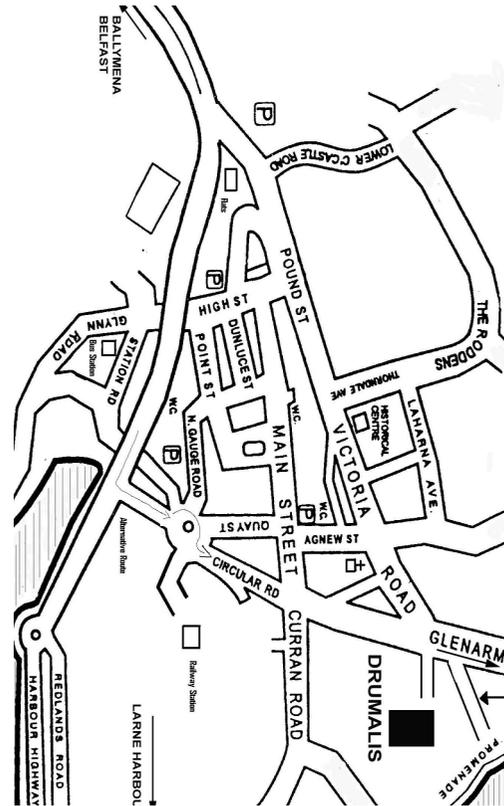
In the choice to let go of your known way of being, the whole world is revealed to your new eyes

By: Danna Faulds

*Abba, Abba Father
You are the potter,
We are the clay...
The work of your hands*



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.

MEETING GOD MINDFULLY



FOUR RETREAT DAYS AT DRUMALIS IN 2018 LED BY MARIA GARVEY

Day 1: Awakening Breath - *Stop, Breathe, Now*
(Saturday, 3 February 2018)

Day 2: Sacred Presence - *Be, Here Now*
(Saturday, 26 May 2018)

Day 3: Deep Listening - *Body, Mind and Spirit*
(Saturday, 15 September 2018)

Day 4: Loving Surrender - *Let Go and Let God*
(Saturday, 1 December 2018)

Drumalis, 47 Glenarm Road, LARNE,
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MEETING GOD MINDFULLY

“Here I am Lord” 1 Samuel 3:4

Bringing together the practices of Christian Contemplative Prayer and Mindfulness Based Stress Reduction, **Meeting God Mindfully** led by **Maria Garvey** is a series of four retreats running seasonally through the year. These retreats aim to support people in learning to calmly abide in the present moment, experience more of who they are, reduce anxiety and stress and gently come home to the still, quiet presence of God at the centre of their lives.

Coming to our Senses

“finally he came to his senses”

... and turned towards home. Luke 15:17

Mindfulness, sometimes called, ‘wakefulness’, ‘heartfulness’ and occasionally ‘soulfulness’ is a way of intentionally stopping to listen, staying alert and coming to our senses. Over time as we practice we learn to quieten the mind and connect to a spaciousness of heart that allows us to become more fully and wonderfully ourselves before God and with others. By simply stopping, breathing, looking, tasting, smelling, slowly walking and taking in the world with all of our senses we can find a safe and sacred space on our own and with God and over time deepen our relationships and nurture a soul friendship with the whole of life and creation.

Let Go and Let God

“Come to me, all you who are weary and burdened, and I will give you rest”. Matthew 11:28-30

Most of us are so busy that we hardly ever stop. More often than not we are lost in the past or the future, churning worries, plans or regrets over and over in our minds. All this worrying and fretting about so many things is commonly called stress and it can be soul destroying. Practices such as stepping into stillness, resting in silence, paying attention to the breath as it comes and goes and being fully present to one thing at a time allow us to encounter ourselves in the present moment. There is a healing in stillness and in nature. Sitting within stillness, sometimes even a sense of emptiness, and listening deeply helps us to connect with ourselves and to be fully present to whatever we have to be with in the moment. This kind of gentle presence often helps to reduce symptoms of stress and anxiety. We learn to surrender and as we ‘let go and let God’ we come to an experience of deep and lasting peace.

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:

Day 1: Sat, 3 Feb - Awakening Breath - Stop, Breathe, Now

Day 2: Sat, 26 May - Sacred Presence - Be, Here Now

Day 3: Sat, 15 Sept - Deep Listening - Body, Mind & Spirit

Day 4: Sat, 1 Dec - Loving Surrender - Let Go and Let God

These retreats begin at 9:30 am and finish at 5:00 pm allowing plenty of time to gently awaken our hearts, nourish our souls and encounter God already and always waiting for us in every moment.

Note: To embed the contemplative practices attendance at all 4 retreats is advised. Those who attend the series will be awarded a certificate of completion. However, it's also possible to attend one or more of the days and still get huge benefit.

Cost:

Each day costs £60 (includes morning and afternoon refreshments, lunch and access to a library of guided meditations and other resources)
Early Bird Rates: £48 per day payable in full 1 month in advance of each retreat day
Series of Four Retreat Days paid in advance - £175

BOOKING FORM

Name

Address

Postcode

Contact No

Email

Special Requirements (eg, dietary)

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

- Series of Four Retreat Days - £175
- Awakening Breath (Sat, 3 February)
- Sacred Presence (Sat, 26 May)
- Deep Listening (Sat, 15 September)
- Loving Surrender (Sat, 1 December)

A non-refundable and non-transferable full payment of **£48 per day** is required with each early bird booking or **£175** if all retreat days are booked together.

Please return completed Booking Form and payment to **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*