

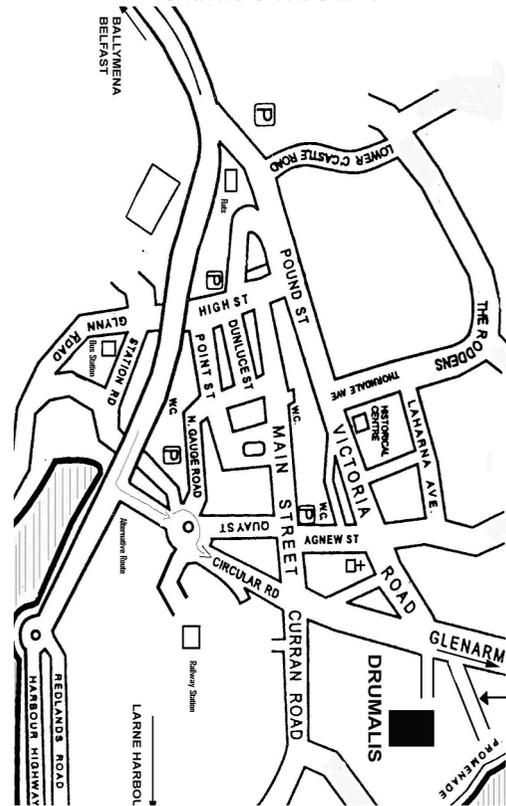
BIRTHRIGHT

Despite illness of body or mind,
in spite of blinding despair
or habitual belief,
who you are is whole.
Let nothing keep you
separate from the truth.
The soul, illumined from within,
longs to be known for what it is.
Undying, untouched by fire
or the storms of life,
there is a place inside where
stillness and abiding peace reside.
You can ride the breath
to go there.
Despite doubt or hopeless turns
of mind, you are not broken.
Spirit surrounds, embraces,
fills you from the inside out.
Release everything
that isn't your true nature.
What's left, the fullness,
light and shadow,
claim all that as your birthright.

- 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.

*"The breath of life from God came into them,
and they stood on their feet."*

- Rev 11: 11

SACRED PRESENCE *BE - HERE - NOW*



Meeting God Mindfully
Drumalis, Saturday, 26 May 2018

*Second in the Series of Four Retreat Days
with Maria Garvey in 2018, bringing
together the practices of Christian
Contemplative Prayer and Mindfulness
Based Stress Reduction*

Drumalis, 47 Glenarm Road, LARNE,
County Antrim, BT40 1DT
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Email drumalis@btconnect.com
Website: www.drumalis.co.uk

“SACRED PRESENCE”

SATURDAY, 26 MAY 2018

About “Sacred Presence” - the second in “Meeting God Mindfully” - a series of four themed retreat days at Drumalis in 2018:

There are times in life when we become totally disorientated, when tragedy knocks us sideways, when life itself is so fast that all we feel is the inadequacy and stress of not being able to keep up, when suffering or depression risks knocking us off our feet, when all we can feel is pain into the marrow of our bones, into the fabric of our souls.

There is no uniformly right response to times like this. Often we think that we will just ‘get over it’ in the fullness of time. But there is no such thing as ‘getting over it’. Big disruptions and even small ones, leave a new normal in their wake. As much as we would like to wind back the clock to better times, there is no ‘going back’ in life, no ‘back to the old me’ only forward to the me I am now, in this moment, learning to be with life as it comes.

“This too shall pass” - Don’t just do something – sit there!

Most of us are familiar with the phrase “allow nature to take its course”. However, when our experiences feel unbearable we have a tendency, to want to intervene, to do something, to solve problems and repair brokenness, to propose, plan, fix, interpret, explain and solve. Yet, what is needed most is the simple art of presence, the willingness to sit and wait and ‘keep watch’ as life unfolds through moments of pain and uncomfortable darkness. Life is impermanent. The only moment we have is this one, and the next one and the next. Life happens only in the now. Everything passes in its own good time. That is our only certainty.

SACRED PRESENCE: In the natural surroundings of Drumalis this retreat day offers contemplative and mindfulness practices to help us to become ever more present in our lives. When we are tempted to ‘get busy’ or to ‘get fixing’ these practices help us to find stillness, courage, acceptance, forgiveness, compassion and healing just as we are and just as life is right now.

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.

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland” - Isaiah 43:18-19

Cost:

The day, which runs from 9:30 am - 5:00 pm, costs £60 (includes morning and afternoon refreshments, lunch and access to a library of guided meditations and other resources.)

Early Bird Rate: £48 payable in full by Monday, 30 April 2018

“When you feel like a quivering, cowardly shell of yourself, when despair yawns as a terrible chasm, when fear paralyzes any chance for pleasure. This is just a fight that has to be won, over and over and over again.”

Catherine Woodiwiss – Sojourners Magazine

BOOKING FORM

Name

Address

Postcode

Contact No

Email

Special Requirements (eg, dietary)

A non-refundable and non-transferable full payment of £48 per day is required with each early bird booking.

Please return completed Booking Form and deposit 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 booking your place by phone.*