



HOPE IS
THE THING
WITH
FEATHERS

Hope is the thing
with feathers
That perches in the soul,
And sings the tune
without the words,
And never stops at all,

And sweetest in
the gale is heard;
And sore must be the storm
That could abash
the little bird
That kept so many warm. ...

I've heard it in
the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

- Emily Dickinson



Online Guided Retreat
hosted by Drumalis
via Zoom with
Sr Joann Heinritz CSJ

Sunday, 19 -
Friday, 24 June 2022

Drumalis, 47 Glenarm Road, LARNE,
County Antrim, BT40 1DT
Tel 028 28272196/2827 6455
Email drumalis@btconnect.com
Website: <http://www.drumalis.co.uk>

About the Online Guided Retreat:

The online retreat will be hosted by Drumalis via Zoom from Sunday, 19 - Friday, 24 June 2022 and will be led by Sr Joann Heinritz CSJ.

Below Sr Joann shares her theme for the retreat:

Hope is the thing with feathers

This phrase, from a well-known poem of American poet, Emily Dickinson, is a kind of hymn of praise, written to honor the human capacity for hope. Our retreat will awaken us to the signs of **hope** that abound as we navigate turbulent times standing on the shoulders of those who have gone before us:

**“Those who hope in the LORD
will renew their strength.**

**They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.”**

~ Isaiah 40:31



About the Retreat-giver:

Sr Joann Heinritz is a Sister of St Joseph of Carondelet. Presently she is involved in the Jesuit School of Theology Renewal program in Berkeley, California, as spiritual director, retreat director and instructor. Having completed a Master's degree in Spirituality, and been certified as a Massage Practitioner at the Care Through Touch Institute in Berkeley, she incorporates in her retreats and workshops a passion for embodied spirituality and holistic well-being.

Sr. Joann volunteers as a massage therapist at The Friendly Place, a women's shelter in Oakland, California.

A popular and well-respected retreat-giver, she has been leading retreats at Drumalis for over fifteen years.

Duration:

The online retreat will begin with a live opening session at 7:30 pm on Sunday, 19 June, during which Sr Joann will give an overview of the retreat and lead an opening meditation.

The daily timetable from Monday - Thursday will be:

10:00 am Morning Prayer (pre-recorded by Sr Joann)

4:00 pm Afternoon Session (live with Sr Joann)

7:30 pm Evening Session (live with Sr Joann)

The retreat will end with a live concluding session with Sr Joann at 10:00 am on Friday, 24 June.

There may also be the possibility of small group and individual sharing sessions dependent on numbers attending. This will be discussed at the introductory session on Sunday, 19 June.

All sessions will be via Zoom.

Cost and Booking Information:

The cost of the online retreat is £295.

If you would like to book a place, please email drumalis@btconnect.com or telephone during office hours (Mon-Fri, 9 am-5 pm) – telephone 028 28272196/ 28276455 (from UK) or 048 28272196/28276455 (from Republic of Ireland).

Full payment is required to secure your place on the retreat.

We welcome credit and debit card payments by phone.

Payment can also be made by bank transfer - the bank details are:

Name of Bank: Ulster Bank
Place of Bank: Larne Branch
A/C Name: Sisters of the Cross and Passion
A/C Number: A/C 10011910
Sort Code: 98-09-40

To assist processing bank transfers, we would appreciate it if you would please use your name and **“Feathers”** to identify your payment.

Once payment has been received, a receipt will be sent by email to confirm your place.

Nearer the time of the retreat, usually a week in advance, you will receive an email with further information and Zoom login details.