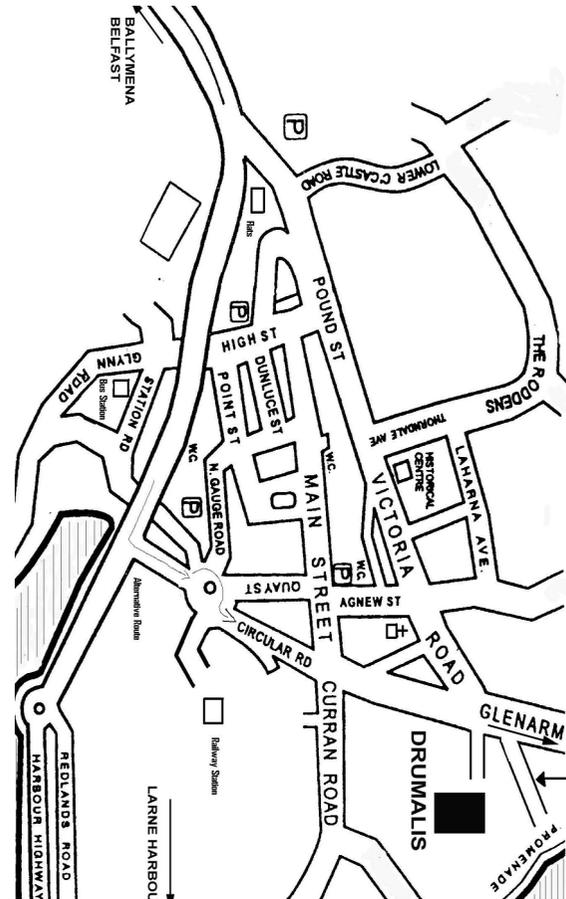


## DIRECTIONS



**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.*

Do you have any specific requirements (eg, disabled friendly accommodation, special diets, etc) or do you have a specific request regarding your choice of spiritual director?

.....

.....

Age group? (please tick as applicable)

- under 50  
 50- 70  
 over 70

A **non-refundable** and **non-transferable** deposit of £50 is required to secure each booking. This will be counted as part of the total cost. Cheques should be made payable to **Drumalis**.

We welcome credit and debit card payments during office hours (Mon-Fri, 9 am-5 pm).

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

Name of Bank: Ulster Bank  
Place of Bank: Carrickfergus Branch  
A/C Name: Sisters of the Cross and Passion  
Account Number: A/C 10011910  
Sort Code: 98-09-40  
BIC: Ulsgb2B  
IBAN: GB03 ULSB 98094010011910

Please return completed Booking Form by post to Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT or by email to [drumalis@btconnect.com](mailto:drumalis@btconnect.com)

## SUMMER 2023 IN-HOUSE DIRECTED RETREATS AT DRUMALIS



Choice of 8 day, 6 day or 4 day  
Individually Guided Retreats in  
June-July or August 2023

Monday, 26 June -  
Wednesday, 5 July

8 day Retreat (26 June - 5 July 2023)  
6 day Retreat (28 June - 5 July 2023)  
4 day Retreat (30 June - 5 July 2023)

or

Tuesday, 15 - Thursday, 24 August

8 day Retreat (15 - 24 August 2023)  
6 day Retreat (17 - 24 August 2023)  
4 day Retreat (19 - 24 August 2023)



Drumalis, 47 Glenarm Road, LARNE,  
County Antrim, BT40 1DT  
Tel 028 2827 2196/2827 6455  
Email [drumalis@btconnect.com](mailto:drumalis@btconnect.com)  
Website: <http://www.drumalis.co.uk>

## SUMMER 2023 DIRECTED RETREATS

### About the Retreats:

**Directed Retreats** are offered on 8 day, 6 day or 4 day options in-house at Drumalis in June-July and August. They are silent retreats, which are carried out with the assistance of an experienced retreat director.

An individually guided retreat is an experience of prayer, incorporating daily meetings on a one-to-one basis with a retreat director. The retreat is above all a time of listening to God. The director will act as a listener and companion on your journey. Mass will be said daily during the retreat.

Previous participants have also found that the location of Drumalis with its spacious grounds and proximity to the sea enhanced their retreat. Many have enjoyed walking by the sea, in the gardens or simply finding a quiet corner in which to reflect.

*“When Teresa of Avila was asked what she did in prayer, she replied, ‘I just allow myself to be loved.’”*

- Anthony de Mello,  
Sadhana, a Way to God

### Spiritual Directors:

The team includes Sr Phyllis Behan RSC, Sr Finola Cunnane SSL, Sr Anna Hainey CP and Margaret Webb. Sr Eileen Cassidy SND will be on the team for the June-July Directed Retreats. Josephine O’Neill and Mary O’Connor will join the team for the August Directed Retreats. We are awaiting confirmation of the priests for both retreats.

### Duration:

#### June - July Directed Retreats

- ❖ The 8 day retreat will begin with registration from 5 pm on the **evening of Monday, 26 June.**
- ❖ The 6 day retreat will begin with registration from 5 pm on the **evening of Wednesday, 28 June.**
- ❖ The 4 day retreat will begin with registration from 5 pm on the **evening of Friday, 30 June.**

All of the retreats will end after breakfast **on the morning of Wednesday, 5 July.**

#### August Directed Retreats

- ❖ The 8 day retreat will begin with registration from 5 pm on the **evening of Tuesday, 15 August.**
- ❖ The 6 day retreat will begin with registration from 5 pm on the **evening of Thursday, 17 August.**
- ❖ The 4 day retreat will begin with registration from 5 pm on the **evening of Saturday, 19 August.**

All of the retreats will end after breakfast **on the morning of Thursday, 24 August.**

### Cost:

The cost of the 8 day Directed Retreat is £800 sterling per person. The cost of the 6 day Directed Retreat is £600 sterling per person and the cost of the 4 day Directed Retreat is £400 sterling per person. The prices include all meals, accommodation and spiritual direction.

### BOOKING FORM

Name .....

Address .....

Tel No .....

Email .....

Please tick the retreat you would like to make:

#### June-July

- 8 day Retreat (26 June - 5 July 2023)
- 6 day Retreat (28 June - 5 July 2023)
- 4 day Retreat (30 June - 5 July 2023)

#### August

- 8 day Retreat (15-24 August 2023)
- 6 day Retreat (17-24 August 2023)
- 4 day Retreat (19-24 August 2023)

To assist with the administration of Directed Retreats, we would be grateful if you could please answer the following questions:

Have you experience of Directed Retreats?

.....  
.....

Do you have medical/health problems?

.....  
.....

*Please turn over....*