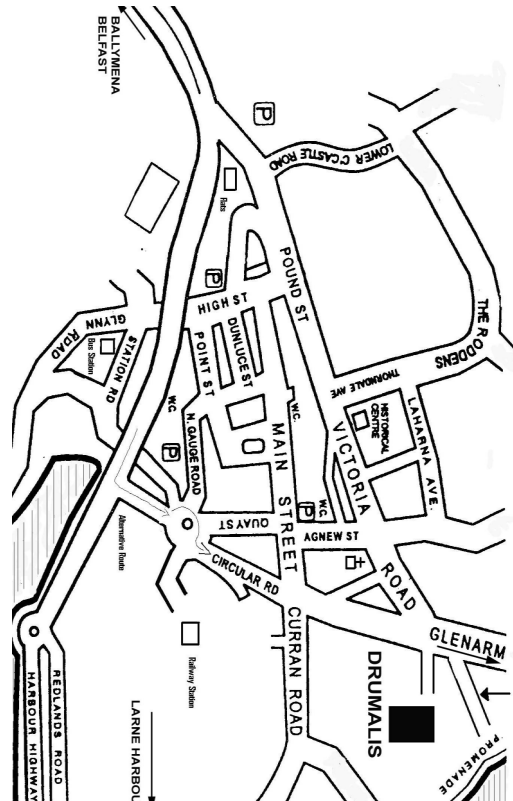


Looking behind
I am filled
with gratitude.
Looking forward
I am filled
with vision.
Looking
upwards
I am filled
with strength.
Looking within
I discover peace.

- Native American Apache Prayer



DIRECTIONS



By Road: From Belfast take the M2 and leave at the A8 exit. Just outside Larne town centre leave the A8 by turning left onto Pound Street. 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.

Walking in Wonder



16-22 July 2023

**Guided Retreat
at Drumalis
with
Joann
Heinritz CSJ**

WALKING IN WONDER

About the Retreat:

Probing our deep spiritual hunger and finding sustenance by looking inward with courage and looking outward with compassion.

Each day will include a daily morning presentation, ample time during the day for personal reflection, immersion in the outer and inner landscapes of Drumalis, walking/hiking, creative experiences, spiritual guidance, and a prayer ritual/body praise/sharing session each evening.

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

Duration:

The retreat will begin with registration from 5:00 pm on Sunday and evening meal will be served at 6:00 pm. There will be an introductory session on the first evening. The retreat will end after breakfast on Saturday morning.

Cost:

The cost of the retreat is **£520** sterling per person which includes all meals and accommodation as well as facilitator's fees.

WALKING IN WONDER BOOKING FORM

Name

Address
.....

Contact No

Email

Special Requests
(eg, ground floor accommodation, specific dietary requirements etc)

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.

We welcome credit and debit card payments during office hours (Mon-Fri, 9 am-5 pm) - tel 028 28272196/28276455.

Cheques should be made payable to **Drumalis**.

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	ULSBGB2B
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