

LORETO SPIRITUALITY CENTRE, LLANDUDNO

Retreats, Autumn 2024

'I listened to God's deep dream for me.' (Mary Ward)

Weekend Retreat 30 August - 1 September

A discernment weekend, drawing on the life and writings of Mary Ward, to help us reflect on the choices we make.

Josette Zammit-Mangion IBVM and Ewa Bem IBVM

'For to me, to live is Christ' (Phil 1:21a)

Weekend Retreat 20-22 September

Praying with St Paul's Letter to the Philippians

Josette Zammit-Mangion IBVM

The Sea within: Wellbeing and Sandplay for a Changing Era

Weekend Retreat 27-29 September

A relaxing and refreshing space to get in touch with your own inner resources and gifts through sandplay, poetry, quiet meditation and stillness, and incorporating Wellbeing practices such as Tai Chi, self-acupressure, and Circle Dance.

Anne Harrison

Space to Grieve

Weekend Retreat 15-17 November

A weekend for those who have recently been bereaved.

There will be opportunities to share our stories, reflect and pray together, and plenty of space for yourselves. Individual accompaniment will be available.

Ewa Bem IBVM and Rev. Kate le Sueur

Praying with Poetry

Midweek Retreat 18-22 November

During this weekend retreat we will spend time praying with material from poets, including: *George Herbert; Patrick Kavanagh; R.S. Thomas; Denise Levertov; Elizabeth Jennings.*

Brendan Comerford SJ

Advent Triduum: A Leap of Divine Joy

Midweek 2-6 December

Advent Scripture Reflections with Art, Poetry and Music

Tom McGuinness SJ and Magdalen Lawler SND

INDIVIDUALLY GUIDED RETREATS

16-20 September	Midweek IGR
16-25 September	8 Day IGR
14-18 October	Midweek IGR with Workshops on Prayer for those who wish
4-13 November	8 Day IGR

For more information and details of our Individually Guided Retreats, please see our website: www.loretocentre.org.uk

Email address: loretocentre@yahoo.co.uk

Phone number: 01492 878031

Registered Charity: 250607

