



## Themed Retreats 2018

These retreats offer a time of reflection and prayer around a particular topic, with talks and suggestions for prayer, as well as plenty of space. These retreats are not individually guided, but are made as part of a group. Most of the retreats are held in silence as an aid to prayer.

### School Of Prayer

**Fri 26 - Sun 28 January 2018 /  
 Fri 28 - Sun 30 September 2018**

What is 'Ignatian' prayer? Why has it become so appreciated by people from a variety of religious backgrounds? This weekend will introduce people to some basic methods of Ignatian prayer, including stillness, use of the imagination when praying with scripture, finding God by reflecting on our everyday experience in daily life, and finding God through art and creation. This will be a silent weekend with short, practical instruction sessions on prayer together with time for personal reflection and (optional) sharing in groups.

*Suggested Offering: Ensuite £160 Standard £138 Simple £114*

### Life before Death: the Psychology of Flourishing

**Fr Roger Dawson SJ**

**Fri 9 - Sun 11 February 2018 /  
 Fri 8 - Sun 10 June 2018 /  
 Fri 26 - Sun 28 October 2018**

Too often in spirituality we have only been concerned with life after death. Recent research in psychology has focussed on flourishing and what makes life worth living. Psychology of flourishing proposes that we need to do well along five dimensions: positive emotions; positive relationships; engagement; meaning; and accomplishment. All of this is underpinned by character. During this weekend Roger Dawson, a spiritual director and clinical psychologist, will introduce and explain this approach to flourishing as life before death with examples and practical exercises, and will make the link with our faith and Ignatian spirituality. This weekend will not be in silence, but there will be opportunities for silence, prayer and reflection.

*Suggested Offering: Ensuite £160 Standard £138 Simple £114*

### Myers Briggs, Prayer and Shadow

**Sr Anne Morris DHS and Kate Goodridge**

**Mon 19 - Fri 23 March 2018**

Using the Myers-Briggs personality types we shall be looking at how personality interrelates with prayer, relationships, and the 'shadow' side of our personality. A deeper awareness of ourselves and of others can free us to appreciate more deeply the gifts of others and to allow God to make greater use of our gifts and personalities in His service.

*Suggested Offering: Ensuite £320 Standard £276 Simple £228*

### Easter at St Beunos

**Thu 29 March - Mon 2 April 2018**

An opportunity to spend Easter in the beauty of the Vale of Clwyd and participate in the liturgy of Holy Week at St Beuno's. There will be some talks, time for prayer and periods of silence, as well as the chance to mix and socialise with others on the retreat.

*Suggested Offering: Ensuite £320 Standard £276 Simple £228*

### Marriage Weekend - Growing together

**Greg and Rose McCrave, Fr Roger Dawson SJ**

**Fri 13 - Sun 15 April 2018**

A unique opportunity for couples to take time and space to invest in the health and vitality of their relationship. We will review the timeline of marriage recalling the past with forgiveness, the present with gratitude and the future with hope. We will consider change and continuity, and the light and shade that is the experience of all married couples, and, through their covenantal love, how they are called to be a sign of God's love in the world.

*Suggested Offering: Ensuite £160 Standard £138 Simple £114*

### Art Retreat

**Karen Eliassen**

**Mon 23 - Fri 27 April 2018 /  
 Thu 7 - Sun 10 June 2018**

This silent group retreat will explore aspects of prayer practices involving art – both in the making of it and in the gazing upon it. Prayerful engagement with art can deepen our connection with God. The aim is to kindle our creative imagination through visual inspiration to consider how God touches and quickens us. The retreat is largely experiential and draws on Ignatian spirituality for its setting. No prior experience of praying with art is necessary.

### **Living & Working in an Ignatian Way**

**Tue 1 - Fri 4th May 2018**

This course deepens our understanding of Ignatius' vision of God and creation and of how this vision shaped his way of living and working. It explores how we too can become collaborators with God and with one another, servants of His Kingdom. This course will be especially useful for those working in Jesuit works or other Ignatian organisations.

*Suggested Offering: Ensuite £240 Standard £207 Simple £171*

### **Men for Others: An Ignatian exploration of male spirituality, relationships and identity**

**Fri 15 - Sun 17 June 2018**

**Fr Roger Dawson SJ, Stephen Hoyland and Greg McCrave**

This weekend considers male identity and relationships of father, son, brother, husband and friend. We will use the wisdom of Ignatian spirituality to accompany each other on the male spiritual journey to God to offer support, challenge and encouragement, as well as times for reflection, prayer and relaxation along the way. **NOTE: This follows on from last year's "Men for All Seasons" weekend, but stand independently as well, so is open to newcomers.**

*Suggested Offering: Ensuite £144 Standard £122 Simple £104*

### **Daughter and Fathers: Tales from the Old Testament**

**Mon 25 - Fri 29 June 2018**

**Karen Eliassen**

This silent retreat will explore from a number of different angles the many ways, both weird and wonderful, in which the Old Testament tells of daughters and fathers. These ancient texts, some of which are lengthy tales and others mere titbits, often at first glance prove provocative for the modern reader. But with prayerful perseverance we may well discover how they have the power to spiritually enrich us in our own experiences of daughter-father dynamics.

*Suggested Offering: Ensuite £320 Standard £276 Simple £228*

### **Poetry and Prayer**

**Fri 20 - Tue 24 July 2018**

**Fr Brian McClorry SJ**

While at St Beuno's Gerard Manley Hopkins prayed and wrote some of his best poetry. This retreat, not individually guided, allows time for prayer, reading and writing poetry, as well as exploring links between prayer and poetry. There will be input, discussion and some silence.

*Suggested Offering: Ensuite £320 Standard £276 Simple £228*

### **Changing Direction**

**Fri 24 - Wed 29 August 2018**

There are times when people need to make significant changes either in work, vocation or relationships, or would like time to explore decisions before God. This retreat draws on the wisdom of Ignatian spirituality with its resources for discernment, and offers the chance to listen to the desires of your heart and discover what God might be saying through them. The retreat will be made in silence as an aid to prayer and reflection.

*Suggested Offering: Ensuite £432 Standard £366 Simple £312*

### **A Retreat with St Mark**

**Mon 24 - Fri 28 Sept**

Mark's Gospel is widely considered as the oldest and the best of the gospels, forming a dramatic and carefully constructed narrative with a broad variety of characters and settings. Produced in a situation of crisis many centuries ago, it continues to offer great rewards for Christians of today who are prepared to listen to it and to respond to its gospel message in prayer.

*Suggested Offering: Ensuite £320 Standard £276 Simple £228*

### **Weekend Individually Guided Retreat For Men Age 30+**

**Fri 14 - Sun 16 September 2018**

**Fr Peter Verity**

The primary focus of this weekend is the possibility of priestly vocation in later life so it is limited to men between the ages of 30 and 55. However, it is also suitable for men not specifically considering priesthood as it is not presumed that any major choice or commitment will be made during the weekend. There will be input and also the opportunity for one-to-one guidance.

*Suggested Offering: Ensuite £144 Standard £122 Simple £104*

### **LGBT Weekend: Christ, the Power of God and the Wisdom of God**

**Fri 30 Nov - Sun 2 December 2018**

St Beuno's offer a beautiful place and a 'safe space' for LGBT folk, together with time for group sharing and the sacrament of reconciliation. James Alison will accompany us in a series of meditations opening up what it means for us to find that we have been created in Christ, called and chosen before we are born, and are becoming something that gives off God's glory. The Wisdom of God, inside which we have been invited to participate, will be the key to our getting a sense of the gratitude that goes with finding who we are.

*Suggested Offering: Ensuite £160 Standard £138 Simple £114*

### **Christmas Preparation**

**Mon 17 - Fri 21 December 2018**

A time of peace and prayer to prepare spiritually for Christmas. There will be a daily presentation to help you in your prayer. You will have space for creative workshops and a daily Eucharist, as well as the opportunity for the Sacrament of Reconciliation or to speak with a member of the team. The retreat will mostly be held in silence.

*Suggested Offering: Ensuite £320 Standard £276 Simple £228*