St Beuno’s is situated in the Vale of Clwyd in an Area of Outstanding Natural Beauty near the North Wales coast. With commanding views across the valley to the sea and the mountains of Snowdonia and good walks from the door, this is a wonderful place for a retreat.

The Centre is comfortable and maintains an atmosphere of tranquillity to enhance the silence of your retreat. The house offers a large chapel, a smaller Woodland Chapel as well as the well-loved rock chapel and other prayer rooms. We have a conference room, two lounges, two libraries, an Art Space and a number of meeting rooms. St Beuno’s is much appreciated for its wide corridors and sense of space.

The presence of constantly new gadgets, the excitement of travel and an endless array of consumer goods at times leave no room for God’s voice to be heard. We are overwhelmed by words, by superficial pleasures and by an increasing din, filled not by joy but rather by the discontent of those whose lives have lost meaning. How can we fail to realize the need to stop this rat race and to recover the personal space needed to carry on a heartfelt dialogue with God?

POPE FRANCIS, GAUDITE ET EXSULTATE, PARA 29
A wise Jesuit once spoke of St Ignatius’ conviction that God is at work in the world and in our lives, and that if you reflect on your experience, you will find God. If you do this, something will happen and that ‘something’ will be good.

This is central to Ignatian spirituality and central to the work that we do at St Beuno’s. What do we do here? At St Beuno’s we try to help people to find God at work in their lives, and to respond to this encounter not in a self-serving way but in service to others and the world. That is what are we here for, and the best way we know to do this is through the Spiritual Exercises and Ignatian retreats.

In our contemporary world there is great humanitarian need and exceptional political turbulence, and we live in a culture in which ‘religious literacy’ has diminished. Pope Francis, with inspiring intensity, has called the Church and the world to fundamental reform and renewal. Far from being a form of escapism, the spiritual life has to concern itself with these urgent issues and my hope is that St Beuno’s can help you to respond in the way that God is calling you to reform and renewal.

Roger Dawson
Fr Roger Dawson SJ
Director

‘The Christian life is a constant battle. We need strength and courage to withstand the temptations of the devil and to proclaim the Gospel. This battle is sweet, for it allows us to rejoice each time the Lord triumphs in our lives’

(POPE FRANCIS, GAUDETE ET EXSULTATE)
INDIVIDUALLY GUIDED RETREATS

An individually guided retreat offers you the time and opportunity to pay attention to God and to be more aware of God’s work in your life. It also gives the space to pray and to reflect on your life, to consider the decisions you have to make, and the priorities you want to set. Each retreatant has their own retreat guide or ‘spiritual director’ with whom you meet each day, and who will help you to focus, reflect and discern. The retreats at St Beuno’s are based on the Spiritual Exercises and the Ignatian tradition. The beautiful, rural setting of St Beuno’s provides a still and sacred place that is conducive to prayer.

These retreats are held in silence. There is celebration of the Eucharist and half-an-hour of Exposition of the Blessed Sacrament for communal silent prayer period available each day.

2018

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<tr>
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2019

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APRIL

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JULY

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<td>Mon 30 – Fri 4 Oct</td>
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2017-18 Programme
Barmouth, on the mid-Wales coast, is an excellent setting for a silent retreat. The Jesuit house faces the sea, there is a path down to a wonderful beach just 7 minutes away and hills rise up to over 1000 feet immediately behind the house. There are individual bedrooms, and a simple prayerful chapel for daily mass at 5.30pm and Exposition of the Blessed Sacrament in the evening. Under half a mile away, there is a small and beautiful medieval church which is always open: a wonderful place for prayer.

The main meal of each day is in the early evening after mass. Food for sandwiches is put out after breakfast thus enabling retreatants to be out all day if they wish. Both retreats are very suitable for people who find the quiet of the countryside conducive to prayer and who may be discerning how the Lord is calling them in their daily lives.

The 6 day retreat, which is also made in silence, is particularly designed for younger adults in their 20s and 30s. Each morning there is an optional short workshop dealing with methods of prayer, discernment and decision-making. In addition every evening there is a session for sharing and discussion for those who wish.

**Suggested Offering:**

- 8 Day £504
- 6 Day £392

Special rate for people in their 20’s and 30’s on lower income:

- 8 Day £270
- 6 Day £219

(Please note, bursaries are available, see back pages)

How can we know if something comes from the Holy Spirit or if it stems from the spirit of the world or the spirit of the devil? The only way is through discernment, which calls for something more than intelligence or common sense. It is a gift which we must implore. If we ask with confidence that the Holy Spirit grant us this gift, and then seek to develop it through prayer, reflection, reading and good counsel, then surely we will grow in this spiritual endowment.

(Pope Francis, Gaudete et Exsultate, Para 29)
INDIVIDUALLY GUIDED RETREATS ON A BUDGET

For students and people who are unwaged or on a low income
6 Day Budget IGR
Fri 9 – Fri 16 November 2018
8 Day Budget IGR
Tue 20 – Thu 29 November 2018
6 Day Budget IGR
Thu 4 – Thu 11 April 2019

As well as offering retreats, St Beuno’s trains people in spiritual accompaniment and spiritual direction. The above retreats will be directed by those training here. They all have prior pastoral experience in order to be accepted on the training course, and have been trained by the Beuno’s team prior to the retreat. During the retreat their work is supervised by an experienced spiritual director.

We are able to offer these retreats for as little as £10 per night for under 30s, and for £20 per night for those aged 30 or over. So, 6 day retreat = £70/£140, and 8 day retreat = £90/£180. You can pay more if you can afford it, but if you cannot, then that will suffice.

For budget retreats we give priority to younger people, unwaged or on low incomes and those who have not been to St Beuno’s before. Please give details of your circumstances when you apply.

INDIVIDUALLY GUIDED RETREATS FOR PEOPLE IN THEIR 20’S AND 30’S

The World is not Enough?
Fri 25 - Sun 27 January 2019
Fri 26 - Sun 28 April 2019
Fri 14 - Sun 16 June 2019

Retreats for younger people ready to face the challenge of silence and to encounter your deepest desires. There will be input on ways of praying and God-centred decision-making and each retreatant will have the opportunity to meet daily with an experienced guide. There will also be the time for shared prayer each day. A chance to disconnect, enjoy the beauty and peace of North Wales, and reconnect with God.

(See also the 6 day Individually Guided Retreat in Barmouth, p.8)

Suggested Offering for a weekend: £90

Young Adult Weekend on Ecology
Fri 12 – Sun 14 October 2018

A weekend for people in their 20s and 30s reflecting on Pope Francis’ encyclical, Laudato Si. In it, Francis calls all people to engage in a new dialogue about how we are shaping the future of our planet. This weekend is an opportunity to engage with what this letter might have to say to us, particularly as young adults in today’s world, through an Ignatian lens.

Suggested Offering: Standard £90

Bursaries are available. See page p.25

‘The Lord asks everything of us, and in return he offers us true life, the happiness for which we were created. He wants us to be saints and not to settle for a bland and mediocre existence.’

(POPE FRANCIS, GAUDETE ET EXSULTATE)
SPIRITUAL EXERCISES OF ST IGNATIUS

I ask for knowledge of all I have received, that stirred to profound gratitude I may be able to love and serve God in all things. (Spiritual Exercises 233)

The Spiritual Exercises can be made at St Beuno’s either as a full 30 day retreat, in two 15 day stages or three 10 day stages. We recommend that applicants have experienced a silent, individually guided retreat before undertaking the full Spiritual Exercises as a 30-day retreat. There is a registration procedure requiring an application form and two references. Please apply in good time.

30 Day Retreats

8 October – 13 November 2018
6 January – 11 February 2019
1 August – 6 September 2019
14 October – 19 November 2019
6 January – 11 February 2020
1 August – 6 September 2020

Suggested Offering Oct 2018 – Sept 2019:
En-suite £1700
Standard £1340
Simple £944


The Spiritual Exercises in Stages

These retreats are for those who would like to make the full Spiritual Exercises in a residential form but not as a full month away. The advantage of this method of making the Exercises is that there is time to take in each ‘week’ of the Exercises and to ‘test’ them with the reality of everyday life.

We cannot guarantee the same retreat guide for each stage.

Full Spiritual Exercises in Two Stages

For those who wish to make the full Spiritual Exercises of St Ignatius in two halves of about two weeks each. The break comes during the Second Week of the Exercises, allowing for a prayerful following of Christ in daily life.

14 – 30 November 2018
4 – 20 March 2019

23 October – 8 November 2019
3 – 19 March 2020

Suggested Offering Oct 18 – Sep 19:
En-suite £1200
Standard £1040
Simple £864

Suggested Offering Oct 19 – Sep 20: tba

Discernment is necessary not only at extraordinary times, when we need to resolve grave problems and make crucial decisions. It is a means of spiritual combat for helping us to follow the Lord more faithfully. We need it at all times, to help us recognise God’s timetable, lest we fail to heed his promptings of his grace and disregard his invitation to grow. Often discernment is exercised in small and apparently irrelevant things, since greatness of spirit is manifested in simple everyday realities. It involves striving untrammelled for all that is great, better and more beautiful, while at the same time being concerned for the little things, for each day’s responsibilities and commitments.

POPE FRANCIS,
GAUDETE ET EXSULTATE, PARA 169

Full Spiritual Exercises in Three Stages

For those wishing to make the full Spiritual Exercises of St Ignatius in three stages of ten days each. These stages can be made in a one year period or extended over a two or three year period. The first stage includes the introductory exercises and the First Week of the Exercises; the second stage is the Second Week; and the third stage is the Third and Fourth Weeks.

15 – 26 October 2018
14 – 25 January 2019
27 Feb – 10 Mar 2019
6 – 17 April 2019
1 – 12 July 2019
23 Sep – 4 Oct 2019
13-24 January 2020
26 February – 8 March 2020
14 – 25 April 2020
29 June – 10 July 2020
21 September – 2 October 2020

Suggested Offering Oct 18 – Sep 19:
En-suite £825
Standard £715
Simple £594

Suggested Offering Oct 19 – Sep 20: tba
MINDFULNESS, STRESS AND CHRISTIAN SPIRITUAL PRACTICE

A retreat for those working in the health and care sectors
Professor Mark Williams
8th – 12th July 2019

There has been a growing interest in mindfulness over the last few years. It is increasingly used in the health and care sectors, both for helping staff deal with the emotional challenges of the workplace, and for helping reduce stress and prevent depression in those for whom they care. What is mindfulness and how is it practiced? How does it fit with Christian tradition in general, and prayer in particular? This retreat will explore the dialogue between mainstream mindfulness, prayer and faith. There will be opportunity for guided practice, enquiry and dialogue, as well as time for silence, personal practice and enjoyment of the extraordinary beauty of the countryside surrounding St Beuno’s.

Requirements:
We expect this to be a popular retreat and priority will be given to those working in health and social care / caring professions and to those who have not been to St Beuno’s before. There is a registration procedure with a separate application form. To reserve a place on this retreat, please complete the online booking form and we will send you the additional short application form. You will be notified if you have been given a place by the end of January 2019.

Professor Mark Williams
Mark Williams is Emeritus Professor of Clinical Psychology, University of Oxford, and recently retired as Director of the Oxford Mindfulness Centre. He is an Anglican minister, an honorary Canon of Christ Church Cathedral, and a member of Wheatley United Reformed Church.


THEMED RETREATS 2017

Mindfulness, Stress and Christian Spiritual Practice

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. For details see below or on our webpage.

Life before Death:
The Psychology of Flourishing
26 - 28 October 2018
7 – 9 June 2019
6 – 8 September 2019
Fr Roger Dawson SJ

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. We shall also look at applying this as a psychology for dealing with tough times.

This weekend will not be in silence, but there will be opportunities for silence, prayer and reflection.

Suggested Offering:  
En-suite £172
Standard £148
Simple £124

A retreat for those working in the health and care sectors
Professor Mark Williams
8th – 12th July 2019

There has been a growing interest in mindfulness over the last few years. It is increasingly used in the health and care sectors, both for helping staff deal with the emotional challenges of the workplace, and for helping reduce stress and prevent depression in those for whom they care. What is mindfulness and how is it practiced? How does it fit with Christian tradition in general, and prayer in particular? This retreat will explore the dialogue between mainstream mindfulness, prayer and faith. There will be opportunity for guided practice, enquiry and dialogue, as well as time for silence, personal practice and enjoyment of the extraordinary beauty of the countryside surrounding St Beuno’s.

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This weekend will not be in silence, but there will be opportunities for silence, prayer and reflection.

Suggested Offering:  
En-suite £172
Standard £148
Simple £124
THEMED RETREATS

Designing Your Life with God
2-4 November 2018
Fr Nick Austin SJ & Fr Roger Dawson SJ
What do I want to do with my life? And what does God want me to do with my life?
This weekend will help you to design your life with God. Drawing on Ignatian spirituality, ancient philosophy and contemporary psychology, it will help you to name what you really desire and what God is calling you to. There will be a combination of input sessions, time for personal reflection, and the opportunity to speak with a spiritual director. Whether you don’t know where to begin or are wondering if it is time to make a change, this weekend will help you design and build a well-lived, God-centred and more joyful life. Fr Nick Austin SJ teaches theological ethics and Fr Roger Dawson SJ is a clinical psychologist. Both are spiritual directors.
Suggested Offering: En-suite £172
Standard £148 Simple £124

LGBT weekend
30 November – 2 December 2018
James Alison
“Remember where we’ve come from as we work out where we’re going”.
James will lead a weekend in which, as well as talks and times of silence, there will be opportunities to reflect together and share on how LGBT matters can be organic to the growth of the Christian Faith.
Suggested Offering: En-suite £172
Standard £148 Simple £124

Christmas Preparation
17 – 21 December 2018
Sr Anne Morris DHS & Br Alan Harrison SJ
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: En-suite £344
Standard £296 Simple £248

School of Prayer
25 – 27 January 2019
17 – 19 May 2019
What is ‘Ignatian’ prayer? Why has it become so appreciated by people from a variety of religious backgrounds? It has been found to be helpful for those searching for faith and meaning in life, for those relatively new to prayer and for those trying to pray in the midst of muddle of daily life.
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: En-suite £172
Standard £148 Simple £124

Myers-Briggs, Prayer and the Shadow
11 – 15 February 2019
Sr Anne Morris DHS
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: En-suite £172
Standard £148 Simple £124

Growing Together: A weekend retreat for married couples
1 – 3 March 2019
Fr Roger Dawson SJ and Rose & Greg McCrave
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.
There will be time for individual prayer and reflection, and for couples to share with each other, and where appropriate, with the group. Please note all accommodation is in single rooms.
This weekend is not intended for individuals.
Suggested Offering: En-suite £172
Standard £148 Simple £124

Living and Working in an Ignatian Way Course
18 – 21 March 2019
This short course deepens our understanding of Ignatius’s vision of God and creation, and how this vision gives us ways of living and working. It explores how we too can become ‘co-workers’, collaborators with God and with one another: servants of Christ’s Kingdom.
This course will be especially useful for those working in Jesuit works or in other Ignatian organisations.
Suggested Offering: En-suite £258
Standard £222 Simple £186

Preparing the Holy Week Liturgies - Workshop
26 – 29 March 2019
Vron Smith & Sarah Young
A basic introduction to the dynamic of the Triduum and the structure and content of the liturgies. The workshop will include prayerful engagement with the texts, study of the liturgical material and their celebration. This is suitable for those who would welcome a simple exploration of this special time of the Church’s year. This is not a silent retreat.
En-suite £258 Standard £222
Simple £186

Easter at St Beuno’s
18 – 22 April 2019
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: En-suite £344
Standard £296 Simple £248

The Lord speaks to us in a variety of ways, at work, through others and at every moment. Yet we simply cannot do without the silence of prolonged prayer, which enables us better to perceive God’s language, to interpret the real meaning of the inspirations we believe we have received, to calm our anxieties and to see the whole of our existence afresh in his own light. In this way, we allow the birth of a new synthesis that springs from a life inspired by the Spirit.

POPE FRANCIS,
GAUDETE ET EXSULTATE, PARA 171
### THEMED RETREATS

#### Art Retreats
23 - 26 April 2019  
Tim McEvoy & Iona Reid-Dalglish  
11 – 16 September 2019  
Karen Eliasen & Tim McEvoy  
These group retreat will explore aspects of prayer practices that involve art – both in the making of it and in the gazing upon it. Prayerful engagement with art in this way can deepen our connection with God. The aim of these days is to kindle our creative imagination through visual inspiration to consider how this 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 in any shape or form is necessary.

**Suggested Offering April:**  
En-suite £258  
Standard £222  
Simple £186

**Suggested Offering September:**  
En-suite £430  
Standard £370  
Simple £310

#### Discernment Retreat: Changing Direction
23 – 28 August 2019  
Vron Smith & Iona Reid-Dalglish  
There are times when many 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:**  
En-suite £430  
Standard £370  
Simple £310

#### Poetry and Prayer
18 – 22 September 2019  
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:**  
En-suite £344  
Standard £296  
Simple £248

#### Friends of St Beuno’s Weekend
28 – 30 September 2018  
15 – 17 February 2019  
Over the decades many people have been on retreat at St Beuno’s, trained in spirituality or direction here, attended courses or been visiting directors. Some describe St Beuno’s as their ‘spiritual home.’ These weekends are a time for Friends of St Beuno’s to stay at St Beuno’s and enjoy the peace and beauty of the place. There will be time to socialise, several optional talks and workshops, times of prayer and silence, and free time to walk or visit the area. There will also be voluntary work in the gardens and grounds, or in the house!

**The meals will not be in silence.**

Please note these weekends are only open to members of the Friends of St Beuno’s scheme. Contact friends@beunos.com for more information, see www.beunos.com or phone 01745-583444

**Suggested Offering September 2018:**  
En-suite £144  
Standard £122  
Simple £104

**Suggested Offering February 2019:**  
En-suite £172  
Standard £148  
Simple £124

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**St Beuno’s 2017-18 Programme**
TRAINING AND FORMATION IN IGNATIAN SPIRITUALITY

We need to practice the art of listening, which is more than simply hearing. Listening, in communication, is an openness of heart which makes possible that closeness without which genuine spiritual encounter cannot occur... Only through such respectful and compassionate listening can we enter on the paths of true growth and awaken a yearning for the Christian ideal: the desire to respond fully to God’s love and to bring to fruition what he has sown in our lives.

POPE FRANCIS, EVANGELII GAUDIUM

Spiritual Direction Course
11 – 25 January 2019
13 – 27 January 2020
To help participants grow in their capacity to offer Ignatian spiritual direction in different contexts. The course recognises that spiritual direction in the Ignatian tradition is discerning, dynamic and personal. The assumption behind the process is that God is at work in the everyday life of each person.

The course is primarily experiential in nature; using individual and group work.

• Inputs, overviews of the process, talks on specific topics given by the team.
• Observed practice of the skills used in spiritual direction
• Feedback from trainers on skills / gifts observed in practice sessions
• Structured reflection on personal growth and learning.

We need to practice the art of listening, which is more than simply hearing. Listening, in communication, is an openness of heart which makes possible that closeness without which genuine spiritual encounter cannot occur... Only through such respectful and compassionate listening can we enter on the paths of true growth and awaken a yearning for the Christian ideal: the desire to respond fully to God’s love and to bring to fruition what he has sown in our lives.

POPE FRANCIS, EVANGELII GAUDIUM

Requirements: The course is intended for those with some experience and training in one to one work with people. It is usually a pre-requisite for applicants to this course to have attended the ‘Introduction to Spiritual Accompaniment Course’ and to have a recommendation from their tutor on the course that they are ready to undertake training in spiritual direction. (Such recommendations are given at the end of the ISA course rather than at a later date.)

In some circumstances it may be possible to attend this course without having attended ISA if there is significant prior training and previous experience.

Participants should also have made the full Spiritual Exercises of Ignatius Loyola, having done this as a retreat in daily life (19th annotation), or residentially as a 30 day retreat or in stages.

Suggested Offering 2019 : En-suite £1372
Standard £1190 Simple £980
Suggested Offering 2020 : tba

Prayer Guides Course
8 - 15 February 2019
7 – 14 February 2020
The aim of this course is to train participants to help others to pray - both in one to one settings like Weeks of Guided Prayer and also through facilitating group workshops in prayer, particularly in the Ignatian tradition. The course will include the following: ways of praying, listening skills and relationship dynamics, basic presentation skills and basic group work. The course will include theoretical and practical elements.

Course requirements:
• Commitment to one’s own prayer life and some familiarity with Ignatian approaches to prayer
• Some experience of having been accompanied in your prayer and life - maybe through participation on a Week of Prayer or other guided Ignatian retreat.

Suggested Offering 2019 : En-suite £686
Standard £595 Simple £490
Suggested Offering 2020 : tba

Introduction to Spiritual Accompaniment
20 February – 1 March and 22 – 31 July 2019
18 – 28 February and 20 – 29 July 2020
The aim of this eight day course, which runs twice a year, is to introduce participants to the basic principles of Ignatian Spiritual Accompaniment. It will include: listening skills, discernment of spirits, a model of Ignatian accompaniment, spiritual conversation and ways of praying. The course will help deepen and improve one-to-one pastoral ministry, using Ignatian principles based on the Spiritual Exercises which will be valuable in a variety of pastoral settings. This course will also introduce some of the skills necessary for spiritual direction, but while the course may reveal a gift for spiritual direction, it does not provide sufficient training for people to offer spiritual direction.

Course requirements:
• Commitment to one’s own prayer life
• Experience of receiving spiritual accompaniment on directed retreats or ongoing spiritual direction.

Suggested Offering 2019 : En-suite £882
Standard £765 Simple £630
Suggested Offering 2020 : tba
TRAINING AND FORMATION IN IGNATIAN SPIRITUALITY

Course in Retreat Giving and Spiritual Guidance

2018 course now full
1 October – 8 December 2019

The ‘Ten Week’ course aims to help participants to gain competence and experience in giving individually guided retreats based on the Spiritual Exercises of Ignatius Loyola through both experiential and theoretical learning. The emphasis is on retreat direction, though the programme also prepares for the more general ministry of spiritual direction. As well as acquiring skills the course seeks to discern and develop the charism for this ministry. The course is also suitable for those who are working (or preparing to work) in the area of discernment and formation, whether lay, clergy, or religious.

The course comprises of:

- Preparation for Retreat-giving - includes: the dynamics of the Spiritual Exercises; the principles of discernment; and some fundamental themes of spiritual theology relevant to this ministry.
- Retreat-giving - supervised practice of retreat-giving, including one 6 day and one 8 day residential Individually Guided Retreat in St Beuno’s (participation in this part of the programme will depend on the suitability and skills of the individual course members, and St Beuno’s staff reserves the right of final decision as to whether course members participate in this element of the programme).
- Study of the Spiritual Exercises - this includes practical application of the Exercises in everyday life, and involves study and practical work to help understand the dynamic of spiritual growth/development.
- Throughout the course there will be personal supervision, observed practice, and assessment of your progress and needs.

Participants need to have made the full Spiritual Exercises of St Ignatius and have some understanding of Ignatian Spirituality. An excellent fluency in English and a good understanding of the British culture are requirements for this programme.

Deadline for applications for course in 2020: 1st May 2020

Suggested Offering for the 2018 course was:
- En-suite £6,324
- Standard £5,576
- Simple £4,556

Suggested Offering 2019: TBA

Just as you cannot understand Christ apart from the kingdom he came to bring, so too your personal mission is inseparable from the building of that kingdom: “Strive first for the kingdom of God and his righteousness” (Mt 6:33). Your identification with Christ and his will involves a commitment to build with him that kingdom of love, justice and universal peace. Christ himself wants to experience this with you, in all the efforts and sacrifices that it entails, but also in all the joy and enrichment it brings. You cannot grow in holiness without committing yourself, body and soul, to every effort of this endeavour. (Pope Francis, Gaudete et Exsultate, para 25)
Offerings for Retreats and Courses
A booking is secured with a deposit of £100 at the time of booking and the balance will be due one month before the retreat or course starts. In the event of cancellation, the deposit is non-refundable, but may be transferred to another retreat or course within a 12 month period.
We have three rates, including one for a smaller, ‘simple’ room for those on a budget. Our suggested offering per night, which includes spiritual direction and full board, is:

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<tr>
<th></th>
<th>En-suite</th>
<th>Standard</th>
<th>Simple</th>
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<tbody>
<tr>
<td>Weekend</td>
<td>£150</td>
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<tr>
<td>Midweek</td>
<td>£300</td>
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<tr>
<td>6 Day Retreat</td>
<td>£525</td>
<td>£455</td>
<td>£378</td>
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<tr>
<td>8 Day Retreat</td>
<td>£675</td>
<td>£585</td>
<td>£486</td>
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Our themed weekends, themed retreats and courses in Ignatian spirituality are priced individually. It costs more than our suggested offering to run St Beuno’s. Retreats are subsidised by the Jesuits in Britain by about 14%. If you are able to pay the full cost of your retreat or course (an additional 14%), we would be most grateful. If you are able to pay more and thereby subsidise another retreatant, that too would be greatly appreciated.

Bursaries
We want St Beuno’s to be open to all, including students, young people and those with limited income. If our suggested offering is too much, financial support for retreats and for training may be available from the Society of Retreat Conductors – see www.thesrc.org.uk
We may also be able to offer a subsidy from our Bursary Fund, funded by generous donations from our supporters. If you are requesting financial assistance, please let us know when you book and we will send you an application form.

If you would like to make a donation to the Bursary Fund to assist someone else to come on retreat at St Beuno’s, then please see Donations (below).
HOW TO GET TO ST BEUNO’S

For SatNav, use postcode LL17 0AS

By Car
St Beuno’s lies halfway between Rhuallt and Tremeirchion near St Asaph just off the B5429. When travelling west from Chester take exit 29 marked Rhuallt. When travelling east from Conwy take exit 28 to Rhuallt. In the village of Rhuallt, take the road signed to Tremeirchion. St Beuno’s is the first left turn after just over half a mile.

By Train or Coach
The nearest town is Rhyl. Take a taxi from the railway station. See St Beuno’s website for taxi information.

By Air
The nearest airports are Manchester and Liverpool. From Manchester take the train to Rhyl. From Liverpool take the bus to Liverpool South Parkway, then the train to Rhyl, via Chester.

BOOKING AND GENERAL INFORMATION

Application Forms
Please book through the retreat listing on the website, www.beunos.com. Contact us if you don’t have internet access on: +44 (0)1745 583444

Private Retreat
We are pleased to accept people for private, silent retreats (not guided) if they have previously attended a programmed event at St Beuno’s. This is subject to a room being available.

Groups
We welcome day and residential groups at certain times of year, subject to the availability of rooms.

Arrivals and Departures
Unless otherwise stated, retreats begin in the evening with arrivals from 4-6pm. Most retreats end at 9am, after breakfast. Weekend retreats end by 4pm on Sunday.

Accessibility
St Beuno’s has a lift to the chapel, public rooms and some bedrooms. There is a loop system in the chapel for those with hearing aids. Please inform us when booking if you require these facilities.

More Information
Further information about our programme and the Centre is available on our website. You can contact us directly by email, phone or letter.

Contact details can be found overleaf.

What the world needs today is a generation who loves...Love is what the modern world needs.

ALBERTO HURTADO