



# St BEUNO'S

JESUIT SPIRITUALITY CENTRE



Programme of Events and Retreats for 2019–20

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.

### **Building Works 2019-2020**

After a review of the buildings and a 'master-planning' process, St Beuno's is developing the building under the direction of our architect in order to prepare for the future. While the works are confined to specific parts of the building, it does mean that they may be some noise and inconvenience at times during retreats. We would be grateful for your understanding. You can contact the Office to find out what works may be underway during your retreat and what the effects may be.

### **What does it cost?**

Our suggested offering per night for Individually Guided Retreats (IGRs), which includes spiritual direction and full board, are:

**EN-SUITE £81**

**STANDARD £70**

**SIMPLE £58**

Our 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.

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. Please see the website for our full booking policy.

### **Bursaries**

We want St Beuno's to be open to all, including students, young people and those with limited income. Financial support for retreats and for training may be available from the Society of Retreat Conductors – see [www.thesrc.org.uk](http://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 contact us.

### **Application Forms**

Please book through the retreat listing on the website, [www.beunos.com](http://www.beunos.com)

Contact us if you do not have internet access on: +44 (0) 1745 583444

### **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. We also have a portable Deafgard to alert guests to the fire alarm sounding in their room. Please inform us when booking if you require these facilities.

# INDIVIDUALLY GUIDED RETREATS

These retreats, held in silence, offer you the time and opportunity to pay attention to God and to be more aware of God's work in your life. Retreats also provide 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. You will have your own 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.

*Please note that further retreats may be added to the programme during the year so it is a good idea to check the website [www.beunos.com](http://www.beunos.com) for up to date information.*

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.

## 2019

OCTOBER		NOVEMBER		DECEMBER	
Fri 4 – Fri 11	6 day	Fri 8 – Fri 15	Budget 6 day	Mon 2 – Fri 6	Midweek
Mon 7 - Fri 11	Midweek	Tues 19 – Thurs 28	Budget 8 day	Fri 6 – Fri 13	6 day
Fri 11 – Sun 13	Weekend	Wed 20 – Wed 27	6 day	Mon 9 – Wed 18	8 day
Mon 14 – Wed 23	8 day	Wed 27 – Fri 6 Dec	8 day	Mon 9 – Fri 13	Midweek
Wed 23 – Wed 30	6 day			Fri 13 – Sun 15	Weekend
Wed 30 – Fri 8 Nov	8 day			Fri 13 – Fri 20	6 day
				Fri 20 – Sun 22	Weekend

## 2019

JANUARY		FEBRUARY		MARCH	
Mon 6 – Mon 13	6 day	Fri 7 – Fri 14	6 day	Mon 2 – Mon 9	6 day
Mon 6 – Fri 10	Midweek	Fri 7 – Sun 9	Weekend	Mon 2 – Fri 6	Midweek
Fri 10 – Sun 12	Weekend	Mon 10 – Fri 14	Midweek	Fri 6 – Sun 8	Weekend
Mon 20 – Fri 24	Midweek	Tue 18 – Thur 27	8 day	Mon 9 – Wed 18	8 day
Fri 24 – Sun 26	Weekend	Fri 28 – Sun 1 Mar	Weekend	Mon 9 – Fri 13	Midweek
Mon 27 – Fri 31	Midweek			Mon 16 – Thur 19	2 day
				Wed 25 – Fri 3 Apr	8 day
				Thur 26 – Sun 29	2 day
				Fri 27 – Sun 29	Weekend
				Mon 30 – Wed 8 Apr	8 day
				Mon 30 – Fri 3 Apr	Midweek

APRIL		MAY		JUNE	
Fri 3 – Thur 9	5 day	Tue 5 – Thur 14	8 day	Fri 5 – Sun 7	Weekend
Fri 3 – Sun 5	Weekend	Fri 8 – Thur 14	5 day	Mon 8 – Fri 12	Midweek
Wed 8 – Mon 13	Easter IGR	Fri 15 – Sun 24	8 day	Wed 17 – Fri 26	8 day
Tue 14 – Thur 23	8 day	Fri 15 – Sun 17	Weekend	Mon 22 – Fri 26	Midweek
Thur 16 – Thur 23	Budget 6 day	Mon 18 – Fri 22	Midweek	Fri 26 – Sun 28	Weekend
Fri 24 – Sun 26	Weekend	Mon 25 – Fri 29	Midweek	Mon 29 – Fri 3 Jul	Midweek
Tue 28 – Mon 4 May	5 day	Wed 27 – Wed 3 Jun	6 day		
Tue 28 – Tue 5 May	6 day				
Tue 28 – Thur 7 May	8 day				

JULY		AUGUST		SEPTEMBER	
Mon 6 – Fri 10	Midweek	Sat 1 – Sat 8	6 day	Fri 4 – Sun 6	Weekend
Mon 20 – Wed 29	8 day	Mon 3 – Wed 12	8 day	Wed 9 – Fri 18	8 day
Wed 22 – Wed 29	6 day	Mon 10 – Wed 19	8 day	Wed 9 – Wed 16	6 day
		Wed 12 – Fri 21	8 day	Mon 14 – Fri 18	Midweek
		Wed 19 – Fri 28	8 day	Fri 18 – Sun 27	8 day
		Fri 21 – Sun 23	Weekend	Fri 18 – Sun 20	Weekend
		Sun 28 – Tue 6 Sept	8 day	Mon 21 – Mon 28	6 day
				Mon 28 – Fri 2 Oct	Midweek

## BUDGET RETREATS

6 Day Budget IGR

Fri 8th – Fri 15th November 2019

8 Day Budget IGR

Tues 19th – Thurs 28th November 2019

6 Day Budget IGR

Thurs 16th – Thurs 23rd April 2020

**PLEASE NOTE:** Priority will be given to people who have not been to St Beuno's previously, young people under 35 and people who are unwaged or on a low income. Any other applications will be held in a "pool" until one month before the event.

## INDIVIDUALLY GUIDED RETREAT WEEKENDS FOR PEOPLE IN THEIR 20s AND 30s

Fri 6th – Sun 8th December 2019

Fri 24th – Sun 26th April 2020

Fri 12th – Sun 14th June 2020

# INDIVIDUALLY GUIDED RETREATS OUTSIDE ST BEUNO'S

## Barmouth

**8 Day IGR**      **Wed 22nd – Fri 31st July 2020**

The Jesuit house near Barmouth on the mid Wales coast is an excellent setting for a retreat. Priority on this retreat will be given to those who have not made an individually guided silent retreat before. Bookings will be finalised in early June 2020.

**6 Day IGR**      **Fri 24th – Fri 31st July 2020**

This retreat is particularly designed for younger adults in their twenties and thirties who may be discerning how the Lord is calling them in their daily lives. Priority will be given to people in this age group and bookings will be finalised in early June 2020.

## SPIRITUAL EXERCISES OF ST IGNATIUS

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 cannot guarantee the same retreat guide for each stage.

*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

14 October – 19 November 2019

6 January – 11 February 2020

1 August – 6 September 2020

### Full Spiritual Exercises in Two Stages

23 October – 8 November 2019

3 – 19 March 2020

### Full Spiritual Exercises in Three Stages

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



## THEMED RETREATS

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 rather made as part of a group. Some of the retreats are held in silence as an aid to prayer. For full details see our webpage.

### **LGBT WEEKEND**

Fri 15 – Sun 17 November 2019

### **LIFE BEFORE DEATH:**

#### **THE PSYCHOLOGY OF FLOURISHING**

Fri 29 November – Sun 1 December 2019

Fri 8 – Sun 10 May 2020

### **DESIGNING YOUR LIFE WITH GOD**

Fri 6 – Sun 8 December 2019

### **AN ADVENT RETREAT WITH HENRI NOUWEN**

Fri 13 – Sun 15 December 2019

### **CHRISTMAS PREPARATION**

Mon 16 – Fri 20 December 2019

### **PSYCHOLOGY, MINDFULNESS AND**

#### **THE CHRISTIAN LIFE**

Fri 24 – Mon 27 April 2020

### **SCHOOL OF PRAYER**

Fri 24 – Sun 26 January 2020

Fri 15 – Sun 17 May 2020

### **TOWARDS A SPIRITUALITY OF DEMENTIA**

Fri 31 Jan – Sun 2 February 2020

### **MYERS-BRIGGS, PRAYER AND THE SHADOW**

Mon 3 – Fri 7 February 2020

### **GROWING TOGETHER:**

#### **A WEEKEND RETREAT FOR MARRIED COUPLES**

Fri 28 February – Sun 1 March 2020

### **LIVING AND WORKING IN AN IGNATIAN WAY**

Mon 9th – Friday 12th March 2020

### **EASTER AT ST BEUNO'S**

Thur 9 – Mon 13 April 2020

### **THE IGNATIAN BODY**

Thur 9 – Mon 13 April 2020

Fri 22 – Sun 24th May 2020

### **MEN FOR ALL SEASONS: A RETREAT FOR MEN, EXPLORING MODELS FOR CHRISTIAN MANHOOD**

Fri 3 – Sun 5 July

### **CONVERSATIONS WITH EVE**

Mon 24 – Fri 28 Aug 2020

### **DISCERNMENT RETREAT:**

#### **CHANGING DIRECTION**

Fri 28 August – Wed 2 Sept 2020

### **ART RETREAT**

Wed 9 – Mon 14 Sept 2020

### **POETRY RETREAT**

Wed 16 – Mon 21 Sept 2020

## TRAINING AND FORMATION IN IGNATIAN SPIRITUALITY

St Beuno's runs a range of courses to help participants grow in their capacity to offer Ignatian spiritual guidance and direction in a variety of different contexts. Some of the courses are aimed at those further along this journey and so have specific entry requirements. For full details and prices, please refer to the website.

### **Course in Retreat Giving and Spiritual Guidance**

1 October – 8 December 2019

### **Prayer Guides Course**

13 - 20 February 2020

### **Spiritual Direction Course**

27 January – 10 February 2020

### **Introduction to Spiritual Accompaniment**

18 – 27 February 2020

20 – 29 July 2020

### **Understanding the Exercises: A Workshop for Spiritual Directors**

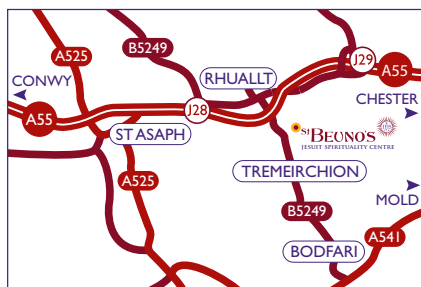
4 – 8 May 2020

### **Supervision Course**

22 – 29 May 2020

# HOW TO GET TO ST BEUNO'S

**For SatNav, use postcode LL17 0AS**



## By Car

St Beuno's lies halfway between Rhualt and Tremeirchion near St Asaph just off the B5429.

When travelling west from Chester take exit 29 marked Rhualt. When travelling east from Conwy take exit 28 to Rhualt.

In the village of Rhualt, 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](http://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.

# St BEUNO'S

JESUIT SPIRITUALITY CENTRE



St Beuno's, Tremeirchion, St Asaph, North Wales LL17 0AS. United Kingdom

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