

Dominican Retreat Centre and Gardens

Tallaght Village, Dublin 24
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Upcoming Events 2024

On-going Events

- Sunday** *SRF Dublin Meditation Circle* Room 7 (087 273 3438/ 087 804 9007)
Sunday 9.45am to 12pm
- Monday** *'Grow' Mental Health Organisation*
7.00pm - 9.30pm Room 2 (Contact: Grow info line: 1890 474 474)
- Tuesday** *Circle Dancing (Joanne, 086 897 2191)*
2.15pm - 4.00pm Room 7
6 week course starting 16th January 2024
€72.00 payable in advance for 6 weeks/ €15.00 per week for drop ins!
For further information contact Joanne Grogan on joannegrogan@gmail.com
- Wednesday** *John Main Christian Meditation (Niall, 085 760 9500)*
8.00pm—9.00pm (resuming September)
- Zen Meditation on Zoom:** Mondays 7.50am - 8.30am
Tuesdays 7.50am – 8.30am and 7.30pm – 8.45pm
Thursdays 7.50am – 8.30am
Fridays 7.50am – 8.30am
Contact: greyheronzendo@gmail.com



Weekly Courses

Inspiring Faith with Canon Michael Hurley

During these six evenings, Fr Michael Hurley and friends will guide participants to a life-giving awareness of God's love for us. They will tell stories of the profound, and often surprising, differences that God makes in the lives of people.

Fr. Michael has had seven very varied appointments as a priest in the Archdiocese of Dublin and has a particular interest in the relevance of God in these times of change. He works in many parts of Ireland with small faith communities that support personal faith and parish renewal

Six week course, Monday evenings, 7pm – 8.30pm, 19th February to 25th March

Cost: €75 for six weeks (€15 per week if paying weekly).

Mysticism and Prayer with Dr David Halpin

Mysticism is the experience of union or the direct experience of ultimate reality which Christians call God. There have always been people who have had intense experiences of being united with or becoming one with the Divine. Many saints were mystics. But there are mystics found in every spiritual tradition. Some think mysticism is only for the few, however this course endeavours to equip people with the tools and insights to see mysticism is entirely open to anyone and everyone who is willing to put in the effort to live life at a greater depth.

Four week course, Wednesday evenings (7pm-9pm), 7th February to 28th February

Cost: €75 for four weeks (€15 per week if paying weekly).



January

14 January	SRF Prayer Meeting
20 Jan	Private Booking: Forest Bathing
26-28 January	Private Booking: Recovery Group
27 January	Private Booking: Mindfulness Group

February

2-5 February	Private Booking: Pre-Marriage Courses
7 February	School Retreat
7 February	Mysticism and Prayer with Dr David Halpin Four week course, Wednesday evenings (7pm-9pm), 7 th to 28 th February Cost: €75 for four weeks (€15 per week if paying weekly).
8 February	Private Booking: AMRI

February continued

- 9-10 February Zen Meditation Roshi Miriam Healy
Arrive Friday 7.45pm; 9pm sitting. Sat 7.30am first of 4 sittings. Two periods of teaching. Ends 4.30pm with Eucharist (optional)
Cost: €85 residential; €40 Saturday only Booking essential on 01 4048189 or email dominicanretreats@gmail.com
- 16-18 February Private Booking: Residential Group
- 19 Feb – 25 March **Inspiring Faith**, Canon Michael Hurley Six week course, Monday evenings (time) Cost: €75 for six weeks (€15 per week if paying weekly).
- 20/21 February School Retreat
- 24 February **Poetry, Spirituality and Prayer:**
A Day's Course to explore Poetry and our Spiritual lives. With Una Agnew
The way we read a poem and the approach we bring to it makes all the difference! Each poem offers us a window on a world, so it is a challenge to be open to the unique world the poet has created and notice how and where a poem finds resonance in our lives. This will differ from person to person since each of us brings our own world to the world of the poem. When we read and reread certain well-loved poems and even commit them to memory, we prepare for ourselves a powerful reservoir of soul food and self-care. The soul craves repetition while the mind seeks the excitement of the new. Poetry can offer us metaphors that awaken, nourish, and expand our soul. They also bring us healing comfort and peace.
A Short Course on Poetry and Prayer
This short course is an opportunity to examine the influence poems can have on our lives, even if we once thought poetry was simply an academic exercise. We will explore how certain poems reach us at the depth dimension of our lives and lead us into prayer. If you wish, you can bring to this course one or two of your favourite poems and we will explore some of the possibilities that surface in the interface of poetry and prayer.
Dr Una Agnew is a St Louis Sister, Professor Emerita of Milltown Institute, Dublin, Spirituality Dept. author of The Mystical Imagination of Patrick Kavanagh; A Buttonhole in Heaven (the Columba Press, 1998) reissued (Veritas, 2018). Love's Doorway to Life: An Alternative Biography of Patrick Kavanagh, (Éist, Audio Productions, 2017 www.eist.ie an audio triple CD compilation with her brother Art Agnew.
Cost €65 including light lunch places limited. Booking 01-4048189 or email dominicanretreats@gmail.com
- 24 February **Staying Grounded in Challenging Times with** Teresa Larkin
Learn to connect with your inner peace, strength and stability; learn grounding techniques to help you through stressful times; find your own compassionate voice; explore the world of the senses, how to calm the nervous system.
Cost: €65 including lunch. Booking 01 4048189 or email dominicanretreats@gmail.com
- 29 February Private Booking: Marie Keating Group

March

- 1-3 March **Zen Meditation** Roshi Miriam Healy
Arrive Friday 7pm; 8pm sitting. Ends 12pm lunch and departure on Sunday.
Cost: €175 residential; €100 non-residential. Booking essential. Booking 01 4048189 or email dominicanretreats@gmail.com

March continued

- 7 March Private Booking: Marie Keating Group
- 9 March Private Booking: Kilnamanagh/Castleview Parish Lenten Retreat
- 22-24 March Private Booking: Kriya Group
- 23 March **Go Down to the Potter's House**, Fr Donagh O'Shea OP
Working with clay as a different path to meditation. No previous experience of pottery or meditation required.
(Optional Eucharist 4.30pm)
Cost: €70 incl. lunch. Booking essential. Booking 01 4048189 or email dominicanretreats@gmail.com
- 27 – 30 March **Holy Week Retreat: The self-emptying of Christ**, Fr Donagh O'Shea OP
“He emptied himself, taking the form of a servant” (Phil. 2:7). The Holy Week ceremonies will be celebrated with the Dominican community in the Priory Church. Cost: €300 residential; €180 non-residential. €65 per day incl. lunch

April

- 5 – 6 April **Zen Meditation Roshi Miriam Healy**
Arrive Friday 7.45pm; 9pm sitting. Sat 7.30am first of 4 sittings. Two periods of teaching. Ends 4.30pm with Eucharist (optional)
Cost: €85 residential; €40 Saturday only Booking essential on 01 4048189 or email dominicanretreats@gmail.com
- 12-14 April Private Booking: Focus Ireland
- 13 April **Wood you believe: A Day with Fr Jim Cogley (Day 1)**
Getting the Past out of the Present, Bringing Healing to our Lives; the Practice of Forgiveness; Moving beyond Loss, Trauma and Victimhood.
*Fr Jim Cogley is a priest of the Ferns Diocese and a psychotherapist in the Jungian tradition
His innovative, self-taught, woodworking skills, provide a unique opportunity to present the age-old truths of life and spirituality in the form of symbols that speak for the soul.*
Cost: €65 including lunch.
- 18 April School Retreat
- 20-21 April Private booking: IFS
- 26-28 April Private Booking: Beginning Experience

May

- 2-5 May Private Booking: University of Mary, USA
- 4 May **Wood you believe: A Day with Fr Jim Cogley (Day 2)**
Getting the Past out of the Present, Bringing Healing to our Lives; the Practice of Forgiveness; Moving beyond Loss, Trauma and Victimhood.
*Fr Jim Cogley is a priest of the Ferns Diocese and a psychotherapist in the Jungian tradition
His innovative, self-taught, woodworking skills, provide a unique opportunity to present the age-old truths of life and spirituality in the form of symbols that speak for the soul.*
Cost: €65 including lunch.

May continued

- 10-11 May **Zen Meditation Roshi Miriam Healy**
Arrive Friday 7.45pm; 9pm sitting. Sat 7.30am first of 4 sittings. Two periods of teaching. Ends 4.30pm with Eucharist (optional)
Cost: €85 residential; €40 Saturday only Booking essential on 01 4048189 or email dominicanretreats@gmail.com
- 24-28 May Private Booking: Christian University Group

June

- 7-8 June **Zen Meditation Roshi Miriam Healy**
Arrive Friday 7.45pm; 9pm sitting. Sat 7.30am first of 4 sittings. Two periods of teaching. Ends 4.30pm with Eucharist (optional)
Cost: €85 residential; €40 Saturday only Booking essential on 01 4048189 or email dominicanretreats@gmail.com
- 9 – 14 June **Come Healing of the Spirit**
A five day retreat based on the work of Leonard Cohen and led by writer and broadcaster John MacKenna.
For more than thirty years, Cohen and MacKenna were close friends. Drawing on the songs and writings of Leonard Cohen, this retreat is a journey through Cohen's approach to life, love, spirituality, loss, belief and death.
Cost: €530.00 residential; €300.00 non-residential
- 22 -28 June **100 Roads to Here** with Fr Donagh O'Shea
Donagh's book *A Hundred Roads to Here: Introductions to Meditation* and his most recent *A Holy Mess: Making the Most of our Misfortunes*, are the fruit of the long standstill that was Covid-19. In this retreat he will share, and invite others to share, the many layers of significance of that long period of inaction and isolation.
Cost: €550.00 residential; €350.00 non-residential

July

- 4-9 July **Zen Spirit Christian Spirit** with Robert Kennedy SJ Roshi
The author of *Zen Spirit*, *Christian Spirit* and *Zen Gifts to Christians* will lead us to a practical understanding of Zen and its significance for today. Early booking advised.
Fr Robert is a Jesuit Priest and Zen Master (Roshi). He has doctorates in Christian theology and in psychology. He is a practising psycho-analyst in New York City.
Cost: €620.00 residential. Places limited so early booking advised.

August

- 20-26 July **Heart speaks to Heart, John Harris Retreat**
St John Henry Newman speaks to us of the call to the Christian life. In this retreat we will look at some of his insights for our following of Christ today.
Cost: €550.00 residential; €350.00 non-residential.

August continued

3-9 August

Jesus the Healer. Facilitated by Fr Donagh O'Shea
'Saviour' also means 'Healer'. Jesus is our Healer; he does not promise to cure all of our ills, but he heals us in every way that we can be healed. We in turn, by his grace, have the power to help with our tormented world.
Cost: €550.00 residential; €350.00 non-residential.

26-29 August

A Look Of Love, Retreat with Jim Deeds
What do we truly seek? And how do we find purpose in our lives? These questions lead us to wonder about the nature, not only of our own lives, but also the nature of God. Many of us hold on to an image of God waiting to love us, if only we could sort ourselves out first; if only we could be 'good enough'. Jim Deeds will lead us to a truer image of God; God who looks at us, right now, with a look of nothing but love. Using scripture, meditation, body and breath work, music and story, Jim will lead participants on a creative journey as we together find God in the mess of our everyday lives and reconnect to our inherent goodness within as we do. Expect relaxation, refreshment, replenishment and time to reflect.
Jim Deeds, from Belfast, worked for the Diocese of Down and Connor as Assistant Director of the Living Church Office, working extensively in the parishes across his diocese, forming Pastoral Councils, Ministry of Welcome teams and other leadership groups. Jim now works as an author, poet, retreat giver and pastoral worker across Ireland and beyond, often called upon as a public speaker/guest preacher at Novenas, missions etc. He is a regular contributor to BBC Radio Ulster on their Thought for the Day segment and Sunday Sequence programme, discussing all things religious and spiritual. Jim is passionate about creating sacred space where people can pray, relax and come to know the great love God has for all God's creation.
Cost: €320.00 residential; €215 non-residential.

31 August – 5 Sept

'There's a crack in everything. That's how the light gets in' – Reading and praying the scriptures with Leonard Cohen.
Facilitated by Sean Goan.
The focus of this retreat will be on encountering the God of the Scriptures. To help us do that we will use the songs of Leonard Cohen, the poet and songwriter who has offered inspiration to millions of people around the world as they face the paradox of believing in a loving God while living in a broken world. In his songs Cohen made use of many biblical images and stories as he responded to the mysteries of love and life, human frailty and death. During this retreat his lyrics will help us to prayerfully explore how the word of God can speak to us today offering hope and meaning in difficult times.
Sean Goan is a teacher and Scripture scholar who has studied in Rome and Jerusalem. He has lectured in Biblical topics in the Marino Institute, the Priory Institute and the Milltown Institute, and has published books on the Sunday Lectionary and the Gospel of John. He is a founder member of the Tarsus Scripture School (www.tarsusscriptureschool.ie). He is married, has three children and lives in Dublin.
Cost: €530.00 residential; €300.00 non-residential.

September

31st August – 5th Sept

See above.

6-7 September

Zen Meditation, Roshi Miriam Healy
Arrive Friday 7.45pm; 9pm sitting. Sat 7.30am first of 4 sittings. Two periods of teaching. Ends 4.30pm with Eucharist (optional)
Cost: €85 residential; €40 Saturday only Booking essential on 01 4048189 or email dominicanretreats@gmail.com

September continued

13-15 September

Harvesting Gratitude with Carol Barry

This weekend retreat offers us the invitation to pause, ponder, acknowledge and celebrate with gratitude the many blessings in our lives. In light of the great Judeo-Christian tradition of HARVEST THANKSGIVING, a graced space is offered during these days to glean the kernels of truth and wisdom hidden in the mystery of our own daily life. This will be a time to “ingather”, i.e. to reflect, remember and recognise the grace of God at work within and around us in order to cultivate a spirit of gratitude, hope and outreach-“May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit”, Rom 15:13

Carol Barry will accompany and guide us on this weekend drawing on the biblical-cultural tradition and symbols of this ancient Judeo-Christian tradition of celebrating Harvest time. She will facilitate the day drawing on her experience and skills as a Theologian, Lecturer in Biblical Spirituality, Retreat Director, Anam Chara and practitioner of Bibliodrama and Deep Talk and Elder Pastoral care.

Cost: €280 residential; €180 non-residential.

21 September

Wood you believe: A Day with Fr Jim Cogley

Getting the Past out of the Present, Bringing Healing to our Lives; the Practice of Forgiveness; Moving beyond Loss, Trauma and Victimhood.

Fr Jim Cogley is a priest of the Ferns Diocese and a psychotherapist in the Jungian tradition. His innovative, self-taught, woodworking skills, provide a unique opportunity to present the age-old truths of life and spirituality in the form of symbols that speak for the soul.

Cost: €65 including lunch.

28th Sept

Harvest Fair (Provisional)

October

5 October

Staying Grounded in Challenging Times with Teresa Larkin

Learn to connect with your inner peace, strength and stability; learn grounding techniques to help you through stressful times; find your own compassionate voice; explore the world of the senses, how to calm the nervous system.

Cost: €65 including lunch. Booking 01 4048189 or email

dominicanretreats@gmail.com

5 October

Go Down to the Potter's House, Fr Donagh O'Shea OP

Working with clay as a different path to meditation. No previous experience of pottery or meditation required.

10am to 4pm. Cost: €70 incl. lunch. Booking essential.

18-20 October

Provisional Private Booking: Beginning Experience

November

1-2 November

Zen Meditation Roshi Miriam Healy

Arrive Friday 7.45pm; 9pm sitting. Sat 7.30am first of 4 sittings. Two periods of teaching. Ends 4.30pm with Eucharist (optional)

Cost: €85 residential; €40 Saturday only Booking essential on 01 4048189 or email dominicanretreats@gmail.com

8 – 10 November

Private Booking: Pre-Marriage Course

16 November

Private Booking: Equestrian Order of the Holy Sepulchre

December

6-8 December

Zen Meditation Roshi Miriam Healy

Arrive Friday 7pm; 8pm sitting. Ends 12pm lunch and departure on Sunday.

Cost: €175 residential; €100 non residential. Booking essential. Booking 01 4048189 or email dominicanretreats@gmail.com

7 December

Mindfulness for Christmas with Teresa Larkin

Finding inner peace in a season meant to be peaceful; exploring the world of the senses in this season of the Incarnation.

Cost: €60.00 including a light lunch.

12-15 December

Extended Advent Retreat Fr Donagh O'Shea, OP

Finding an alternative to the commercialisation and activism of the Christmas season. We will enter silence and stillness, and learn once again to hear the 'tidings of great joy': "A Child is born for us, a Son is given to us".

Cost: €320.00 residential; €215.00 non-residential.

€70.00 per day for one day attendees only (Fri/Sat) incl. lunch

For details of directions to our House & Gardens, please contact us by email or use our Eircode D24KA40.

WE LOOK FORWARD TO WELCOMING YOU!!

