

2. Have you experience of Spiritual Direction/Spiritual Accompaniment?

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3. Are there any health issues that it would be important for the retreat team to know about?

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4. Tell us a little about yourself:

.....  
.....

5. If you are willing to help with our statistics, please complete the following:

(i) Date of Birth? .....

(ii) Religious Denomination? .....

Full payment is required with each booking. Cheques should be made payable to **Drumalis**.

We welcome credit and debit card payments during office hours (Mon-Fri, 9 am-5 pm).

Payment can also be made by bank transfer - bank details are:

Name of Bank: Ulster Bank  
Place of Bank: Larne Branch  
A/C Name: Sisters of the Cross and Passion  
Account Number: A/C 10011910  
Sort Code: 98-09-40  
BIC: UlsbGB2B  
IBAN: GB03 ULSB 98094010011910

Please return completed Booking Form and deposit by post or email to: Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT or [drumalis@btconnect.com](mailto:drumalis@btconnect.com)

“And the people stayed home.  
And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

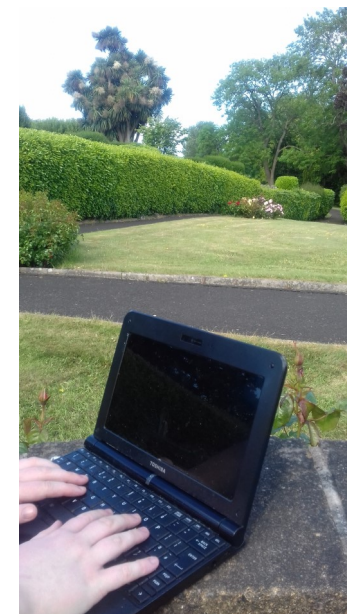
And listened more deeply.  
Some meditated, some prayed, some danced. Some knitted, some baked, some sowed seeds... Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.”

- Kitty O'Meara

## Summer 2020 Individually Guided Retreats Online



Led by a Team of Trained  
Spiritual Directors from  
Drumalis Retreat Centre, Larne  
& Ignatian Spirituality Centre,  
Glasgow

Choice of 3 day, 4 day,  
6 day or 8 day retreat -  
29 June - 7 July or 11 - 19 August





Drumalis is offering a choice of 3 day, 4 day, 6 day or 8 day online Individually Guided retreat this summer.

The retreats will be led by a team of trained Spiritual Directors from Drumalis and the

Ignatian Spirituality Centre in Glasgow

**Each retreat will begin with an online welcome session on the first evening and end with Mass on the final evening.**

During an online directed retreat, there will be the opportunity to meet daily with a spiritual director using Zoom video conferencing. As well as meeting with a spiritual director each day, the daily timetable will include personal prayer time, Mass (*online*) and an evening prayer session (*online*).

**In light of the global pandemic and our inability to offer retreats inhouse at the centre, we trust that this online alternative will help meet your spiritual needs in these uncertain times.**

### Requirements

It is essential that those wishing to take part in an online retreat have internet access for the Zoom sessions. A bible is also required. Finding a quiet space at home, in your garden or on a daily walk will help you benefit most from the retreat.

### Dates

#### June-July:

- 8 day Retreat - 29 June - 7 July
- 6 day Retreat - 29 June - 5 July
- 3 day Retreat - 29 June - 2 July
- 4 day Retreat - 3 - 7 July

#### August:

- 8 day Retreat - 11 - 19 August
- 6 day Retreat - 13 - 19 August
- 3 day Retreat - 11 - 14 August
- 4 day Retreat - 15 - 19 August

### Cost

- 8 day Retreat            £260
- 6 day Retreat            £200
- 3 day Retreat            £110
- 4 day Retreat            £140

*Costs are to cover stipend for director and administration fees.*

*However, no-one will be excluded because of difficulty of payment.*



## INDIVIDUALLY GUIDED RETREATS ONLINE BOOKING FORM

Name .....

Address .....

.....

Tel No .....

Email .....

Please tick preferred retreat option:

#### June-July

- 8 day Retreat (29 June - 7 July)
- 6 day Retreat (29 June - 5 July)
- 3 day Retreat (29 June - 2 July)
- 4 day Retreat (3 - 7 July)

#### August

- 8 day Retreat (11 - 19 August)
- 6 day Retreat (13 - 19 August)
- 3 day Retreat (11 - 14 August)
- 4 day Retreat (15 - 19 August)

**To help assign you a Director for the retreat, it would help greatly if you could answer the following questions:**

1. What experience have you had of an Individually Guided/Directed Retreat?

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*Please turn over....*