

## A.M.D.G. MELLIFONT ABBEY BRIEFING PAPER 2019

Mellifont Cistercian Abbey, Collon, Co. Louth [near Slane]  
Tel: 041-9826103

### *The Logistics:*

PUNCTUALITY IS OF THE ABSOLUTE ESSENCE, for this retreat!  
**The bus, departs on schedule and WILL NOT WAIT for you.**

#### Tuesday, 26<sup>th</sup> November 2019:

Arrive Gonzaga	10:00
Depart Gonzaga	10:05 SHARP
<i>(Take Luas to O'Connell St./GPO then walk 500 metres to Lwr Abbey Street Collins Coaches, route 980 direction 'Ballyboy' (opposite Wynn's Hotel)</i>	
Depart Lwr Abbey Street	11:00
Arrive Collon, Co. Louth	12:05
Arrive Mellifont Abbey	12:30 (in time for lunch)

#### Friday, 29<sup>th</sup> November 2019:

Depart Mellifont Abbey	12:45 SHARP
Departure Collon, Co Louth	13:25
<i>(Collins Coach, route 980, departs outside Donegan's Pub, Ardee St)</i>	
Arrive Lwr Abbey Street, D1	14:30
Arrive Gonzaga	15:00

*Note:* You may want to go to the toilet before departing Gonzaga or Mellifont Abbey as there are no toilets on the Luas or the bus.

### *The Requirements:*

#### Please bring:

01. Pyjamas, large towel, washbag, four sets of underwear and hankies, socks, shirts, trousers, pullover, hoodie, *indoor and outdoor shoes*, full set of rain gear and cap (suitable for wet weather walking).  
**Pack lightly and preferably carry big backpack that enables you to walk from the village to the abbey (and back).**
02. You may bring books, a sketch pad, journal for journaling and a pen. *Please bring a watch, but NOT a mobile phone!*
03. Money: Please bring enough to pay for bus/Luas/Dart to and from Gonzaga/City Centre.

**The normal school Code of Behaviour applies!**

No excuse or explanation will be entertained for breaches of this code.

Mrs. MacGabhann will accompany you on this special retreat.

**Special dietary requirements:** Please inform Mrs. MacGabhann or Mrs. Clarke a.s.a.p.

This is a fantastic opportunity, actually to live the life of the monks for three days. The setting, atmosphere and periods of silence will also offer you invaluable insights into yourself, your view of your own life and the world at large. It is also a real opportunity to develop a genuine intimacy with God. So really throw yourself wholeheartedly into this unique and wonderful experience. Enjoy!