

SPRING PROGRAMME SUMMARY

MINDFUL MEDITATION

Saturday 18th February, 10.00am - 4.00pm (€50)

THE ENNEAGRAM

Sunday 19th & Sun 26th Feb, 1.30pm - 7pm (€100)

SIGNPOSTS TO THE FUTURE

Wednesday 1st March, 7.30pm - 9.30pm (Donation)

WOMEN'S WELLNESS DAY

Saturday 11th March, 10.00am - 4.00pm (€50)

WISDOM OF OUR DREAMS

Saturday 25th March: 10.00am - 4.00 pm (€50)

3 DAY LENTEN RETREAT

Wed March 29th, Thurs Mar 30th & Fri Mar 31st,
10.00am - 4.00pm (€90)

A MORNING OF MEDITATION & HEALING

Saturday 22nd April, 10.30am - 2.00pm (€30)

CROI NUA SPIRITUALITY CENTRE

Spring Programme 2023

Rosary Lane, Taylor's Hill, Galway

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AT HOME WITH YOUR BIBLE

Every Tuesday from January 17th.
10.15 am and 7.30 - 9.30 pm. Morning Mass follows.

Facilitator: Patsy Kelly MSC

GOOD NEWS EACH SUNDAY

Reflection on Readings of Sunday Mass.
Thursdays from January 19th.

7.30 pm - 9.30 pm.

Facilitator: Patsy Kelly MSC

MINDFUL MEDITATION

Brother Richard Hendrick is a Capuchin Franciscan priest-friar. He is known internationally as a teacher of mindfulness and meditation. He will introduce us to his insights and practices.

Saturday 18th February: 10.00am - 4.00pm

Facilitator: Richard Hendrick

THE ENNEAGRAM

The Enneagram provides deeper understanding of our relationship with others and with God. In our complex world we need all the help we can get to develop our human and faith resources. Fr. Benny combines both aspects in his workshops and in a way you will enjoy.

Sunday 19th February: 1.30pm - 7.00pm

Sunday 26th February: 1.30pm - 7.00pm

Facilitator: Fr Benny McHale

SIGNPOSTS TO THE FUTURE Continued

Fr. Michael is returning to Croi Nua where he will continue to explore how we will experience our faith, spirituality, and community in the future.

Wednesday 1st March: 7.30 pm - 9.30 pm

Facilitator: Michael Conway

WOMEN'S WELLNESS DAY

Lizzie Harrison is a wellness coach who will facilitate a women's wellness day with like-minded women and learn about the benefits of mindfulness, self-compassion, nutrition and living life to the full.

Saturday 11th March: 10.00am - 4.00pm

Facilitator: Lizzie Harrison

THE WISDOM OF OUR DREAMS

You are invited to experience the amazing wisdom of your dreams as a powerful source of guidance from the soul.

Saturday 25th March: 10 am - 4.00 pm

Facilitator: Kathleen Duffy

3 DAY LENTEN RETREAT

In preparation for the GREAT events of Holy Week.

Wednesday March 29th—Friday March 31st: 10am - 4pm

Facilitator: Patsy Kelly MSC

A MORNING OF MEDITATION AND HEALING

Healing through meditation & cutting cords binding us to negative aspects in our relationships or to unhealthy relationships.

Saturday 22nd April: 10.30am - 3.00pm

Facilitator: Brid O' Donoghue