

*Dear God,
We pray for another way of being;
another way of knowing.
Across the difficult terrain
of our existence
we have attempted to build
a highway and in so doing
have lost our footpath.*

*God lead us to our footpath:
Lead us there where in simplicity
we may move at the speed
of natural creatures
and feel the earth's love
beneath our feet.*

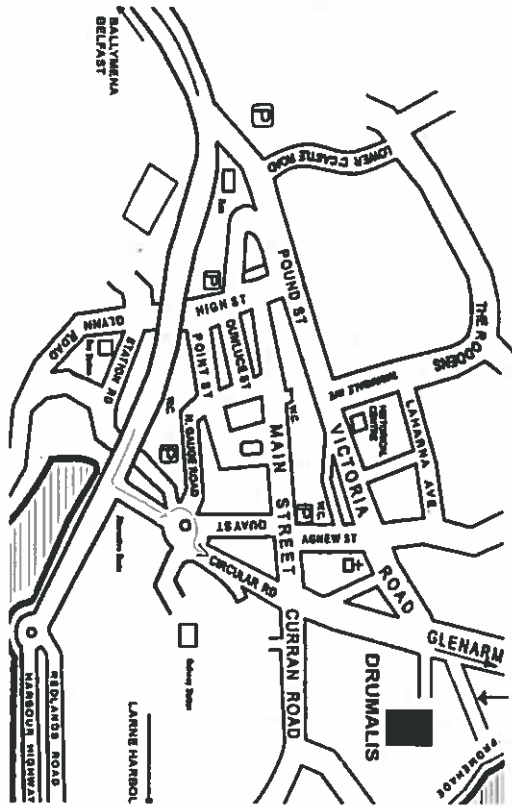
*Lead us there where
step-by-step we may feel
the movement of creation
in our hearts.*

*And lead us there where
side-by-side we may feel
the embrace of the common soul.*

*Nothing can be loved at speed.
God lead us to the slow path;
to the joyous insights of the pilgrim;
another way of knowing;
another way of being.
Amen.*

- Michael Leunig

DIRECTIONS



By Road: From Belfast take the M2 and leave it at the A8 exit. Just outside Larne leave the A8 by turning left onto Pound Street at the High Rise Flats. Continue straight on, through three sets of traffic lights to the end of Victoria Road, Drumalis gates are directly across the Glenarm Road.

By Public Transport: From Railway, Bus and Harbour follow the signs for the Coast Road. Drumalis is on the right before Bankheads Lane before you leave the town.

If you would like further information about getting to Drumalis, please do not hesitate to contact us.

THE WAY OF THE HEART



Saturday, 13 June 2015

*A joyful exploration of what
it is to embrace life with the whole
of our hearts and live from
the core of our humanity.*

with Maria Garvey

*"and if you come to me
with all of your heart you will find me
there already waiting for you"*

-Jeremiah 29:13-14

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THE WAY OF THE HEART

BOOKING FORM

Name

Address

Postcode

Tel No

Mobile No

Email

Special Requirements (eg, dietary)

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A non-refundable and non-transferable deposit of £30 is required with each booking made payable to Drumalis. This will be counted as part of the total cost.

Please return completed Booking Form and deposit to: Co-ordinator of Admin Services, Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT

*Cheques should be made payable to Drumalis.
We accept payment by credit/debit card.
Why not save time by paying deposits and booking your place by phone.*

These days people work harder, start earlier and finish later. The research tells us that we suffer from more stress and experience less contentment than ever before. There never seems to be enough time and often the most important things fall by the wayside. In the middle of the mayhem we often become aware of a sense of dis-connection, loneliness and a hunger for something we can't quite put our fingers on. Others, not in the 'busy' lane, complain that they feel invalid, invisible and alienated. Moved by a longing to belong and to find a true home for our humanity many people today are looking for another way.

The 'Way of the Heart' leads us into a world that is soft enough to welcome the most fragile and slow enough to wait for the slowest.

This is a retreat day for men and women of all ages, in all walks of life. Rooted in gospel values and seeking to move from a sense of being 'Alone' to being 'ALL ONE', the retreat is open to people of all faiths and none.

Eastern traditions have the same word for mind and heart. In the intimate setting of Drumalis, inspired by the beauty of nature, the presence of silence and the practice of 'heartfulness', our time together will be interactive, creative and most of all we will have fun! The retreat will offer a breathing space for people to remember their joy and who they truly are. There will be stories, silence, reflection, creativity and conversations that awaken our hearts, open our minds and inspire us to live our lives in ways that matter to us.

Living life with the whole of the heart is a journey of transformation, a daring adventure and a joyful exploration of how to move beyond the limiting beliefs that separate us from ourselves and from one another.

This will be a time to nourish and renew body, mind and spirit. It will connect us to the core of our humanity and what limits us from being our best selves. The retreat will offer simple and practical tools that open up new possibilities for delight, courage and full self-expression. It is designed to give fresh insights and courage to embrace life with the whole of our hearts.

THE WAY OF THE HEART IS SLOW AND STEADY.
IT IS A PATH THAT LEADS US HOME.

Facilitator:

María Garvey, founder of the L'Arche Community in Belfast and leader of L'Arche on the island of Ireland, now leads 'Kridyom', an association of dedicated professionals working together to empower people, nurture communities and transform lives. Aware of a growing sense of human isolation and a marked increase in stress and depression, Maria is deeply committed to every single person having a place to belong where they can flourish and shine. She is passionate about bringing the gifts in the margins to the center, unlocking human potential and supporting individuals, organizations and communities to live and work from the core of their humanity. Inspiring people to do what inspires them, she facilitates groups, offers leadership coaching and training and teaches Mindfulness Based Stress Reduction (MBSR) and other transformational practices. She is experienced in spiritual accompaniment and in leading retreats and workshops both nationally and internationally. Scripture, centering prayer, nature, the creative arts and friendship nourish and sustain her own life and spiritual journey.

Duration:

The day will begin with registration and tea and coffee on arrival from 9:00 am to 9:30 am on Saturday, 13 June. It will finish at 4:45 pm.

Cost:

The cost of the day is £60 per person. This includes refreshments and lunch as well as facilitation fees.