

# About the Sabbatical Programme

Providing a breathing space in your ongoing Faith Journey  
to 'Reflect, Refresh and Renew'



At Mount St. Anne's, in the lovely heartlands of Ireland, we are offering Sabbatical Programmes which will give participants an opportunity to reflect on their life journey, to be refreshed by new experiences and to be renewed by a variety of perspectives presented to them.

During our four-week programme, participants will be invited to deepen their connection with the spiritual, cognitive and affective selves through diverse experiences.

Through a rhythm of a well structured programme, ritual, daily prayer and liturgy, participants may be both affirmed and challenged.

**The fee of €3900 is fully inclusive of all meals, accommodation tuition and field trips.** (see back cover for details on how to apply)



The programme content is designed to support personal growth and spiritual renewal in a welcoming environment. It is offered to those who are already engaged in Christian Ministry as Faith Leaders working in a community context or in an educational setting, or to those who are in transition in ministry.



The Programme Schedule offers time for orientation, reflection and celebration built around formal inputs by the Mount St. Anne's Team and invited contributors as well as field trips to local places of significance such as Glendalough, Co. Wicklow and Solas Bhríde, Co. Kildare to explore the Spirituality of St. Brigid.

## FROM PREVIOUS PARTICIPANTS

*'It has been an absolute gift to step out of my life for a short while and enter a completely new space of reflection and renewal, in the beautiful environment of Mount St. Anne's ....'*

*'I have been empowered to make personal changes in my life'*

*'I would never have believed you could compile a selection of such world class speakers, all from your own backyard'*

*'I thought there was a good balance between personal space & group involvement'.*



# Sabbatical Programme Schedule

'Reflect, Refresh & Renew'

## The Programme Content

27<sup>th</sup> March to 23<sup>rd</sup> April, 2022



ARRIVAL 27<sup>th</sup> MARCH, 2022

27<sup>th</sup> March:

**Arrivals and Welcome**  
(Mount St. Anne's Team)

28<sup>th</sup> & 29<sup>th</sup> March

**Days of Introduction/Reflection**  
(Mount St. Anne's Team)

30<sup>th</sup> March – 1<sup>st</sup> April

**'Emerging Spirituality in Light of our Cosmic Story – the relationship between Spirituality and Ecology**  
(Dr Niamh Brennan)

2<sup>nd</sup> – 4<sup>th</sup> April  
**PERSONAL TIME**

5<sup>th</sup> – 7<sup>th</sup> April

**The Accompanied Journey Inwards**  
(Rev John Doherty)

8<sup>th</sup> April

**Trip to Solas Bhríde in Kildare to explore the Spirituality of St Brigid**  
(with the Brigidine Sisters)

9<sup>th</sup> – 10<sup>th</sup> April

**PERSONAL TIME**

11<sup>th</sup> – 12<sup>th</sup> April

**Adult Faith in the 21<sup>st</sup> Century**  
(Fr Diarmuid O'Murchu)

13<sup>th</sup> April

**Trip to Glendalough**

14<sup>th</sup> – 17<sup>th</sup> April

**Easter Retreat**  
(Fr Diarmuid O'Murchu)

18<sup>th</sup> April

**PERSONAL TIME**

19<sup>th</sup> – 21<sup>st</sup> April

**"Where have you come from? And where are you going?"**  
(Gen. 16:8) *Journeying with some women of Scripture*  
(Grainne Doherty)

22<sup>nd</sup> April  
**Day of Reflection**  
(Mount St. Anne's Team)

DEPARTURE 23<sup>rd</sup> APRIL 2022

For updated information, visit our website at:  
[www.mountstannes.com](http://www.mountstannes.com)



## About Presentation Sisters

*'Nano Nagle, founding the Presentation Congregation in 1775 in Cork began by paying attention to her world and the needs of her people. In the light of her Catholic faith, she experienced this reality as the call of the Spirit of God acting on her own spirit, awaiting her response. So, over a period of years, she completely changed her way of living, acting, relating, in order to be true to her heart's call'*

Presentation Sisters continue today to live out the vision of Nano Nagle by responding creatively to ever changing social challenges wherever they find themselves in the world.



**Fee: €3900**

(includes all meals, accommodation, tuition and field trips).

Once you have received confirmation of an available place, an initial holding deposit of €1000 will be required, followed by full payment prior to the **27<sup>th</sup> March, 2022**

**For full details of courses and facilities, visit our website at:**  
[www.mountstannes.com](http://www.mountstannes.com)



REFLECT

REFRESH

RENEW

At Mount St. Anne's you will find peaceful and tranquil surroundings, conducive to prayer and reflection. We offer nourishment for body, mind and spirit, in an environment of natural beauty and simplicity. We reach out in faith, in a spirit of hospitality, compassion and simplicity to all. Please visit the events section on our website for location and other additional information.

### BOOKING DETAILS

You are invited to contact:

**Dr Oonagh O'Brien** by email or phone in the first instance.

Email: [sabbaticals@mountstannes.com](mailto:sabbaticals@mountstannes.com)



## Presentation Sisters

### North East Province (Ireland)



## Sabbatical Programme

### 27<sup>th</sup> March to 23<sup>rd</sup> April 2022

**Mount St. Anne's Retreat & Conference Centre**

Killenard, Portarlinton, Co. Laois

**Ph. 057 8626153**

Email: [sabbaticals@mountstannes.com](mailto:sabbaticals@mountstannes.com)

[www.mountstannes.com/events](http://www.mountstannes.com/events)

**Second Sabbatical available 2<sup>nd</sup> – 29<sup>th</sup> October, 2022**