



AISGA Advent Retreat Dec. 5th 2009

Avila Retreat Centre
Morehampton Road
December 5th
10 am- 4 pm

50 places have been reserved for AISGA members for this event. (Advisable to write of email Sorcha to secure your place).

9.40 Registration and receiving your tea/coffee vouchers for the day

10 a.m. opening Gathering Prayer, setting the theme, receiving your prayer morsel.

10.30 Quiet Time in Chapel grounds and assembly room.

12 noon Optional Liturgy along with regular congregation of worshippers.



12.30 Optional Guided Meditation in Assembly Hall:
Time for Lunch

2 pm Lecture: *Self-Care*: Geraldine Holton

3.15 pm Gathering the fragments: building the harvest of the day.

Suggested Fee for the day: €20 euro (this fee includes two teas/coffees/hot water. Bring a packed lunch.) Facilities available: Access to Retreat Centre grounds; to large assembly Hall for the day; to the Chapel [except for regular liturgy which is held each Sat. in chapel at 12 noon]

*Through a chink too wide there comes in no wonder.
But here in the Advent-darkened room
.....(we'll) charm back the luxury
Of a child's soul....*

[From 'Advent' by Patrick Kavanagh]

If you wish to attend this retreat please contact Sorcha Woods at info@aisga.org or 087 2028056.