



# Programme of Events at Suaimhneas



## SEASON OF CREATION

Date	Time	Title	Details	Cost
01 Sept	3pm-5pm	<u><a href="#">Creation Day</a></u> Reflection and Thanksgiving for the Gift of Creation	Creation Day also called the World Day of Prayer for Creation open the season of Creation each year. Pope Francis and many other faith leaders invite people to celebrate and to reflect on the gift of creation and our responsibility to protect and preserve it for future generations. Join us for a joyful celebration of our "Common Home" .	€5.00
18th Sept Every Wednesday	7.30-8.30pm	<u><a href="#">Centering Prayer</a></u>	Centering Prayer is practiced by people from all over the world and is contributing to the renewal of the Christian contemplative dimension of the Gospel in everyday life.	€5.00
19th Sept Every Thursday	3.30-4.30pm	<u><a href="#">Meditation and Prayer</a></u>	This is a time to reflect and pray using sacred scripture, spiritual writings, and sacred music.	€5.00
19th Sept Every Thursday	7.30-8.30pm	<u><a href="#">Mindfulness Meditation</a></u>	These evenings give participants an opportunity to practice different approaches to meditation	€5.00
21st Sept	10am-4.30pm	<u><a href="#">Emerging Spirituality in light of our Cosmic Story</a></u>	In this workshop through the medium of input, reflection and discussion, we will look at how knowledge of our universe can change the way we view and participate in the on-going adventure of life and can assist in developing a more intimate and sacred relationship with Earth and those we share Earth with.	€60.00 Inc Dinner
28th Sept	3-5pm	<u><a href="#">"Let Nothing Be Wasted"</a></u>	This workshop has been inspired by Pope Francis encyclical Laudato Si – Care of Our Common Home. In this workshop Ailish will provide tips and insights on how to overcome the "Throw Away Culture" that is destroying our planet and harming our health. Learn how to live a more natural, healthy and sustainable lifestyle.	€15.00
04th Oct	7.30-8.30pm	<u><a href="#">Closing Ceremony for the Season of Creation</a></u>	On this final day of the Season of Creation, people gather from all over the world via an online webinar to give thanks for the gift of creation and to celebrate the opportunity that this season offers to respond with one voice to the "cry of the earth and the most vulnerable among us.	€5.00
07th Oct	7.30-8.30pm	<b>Launching our First Suaimhneas</b> <u><a href="#">Laudito Si Circle</a></u>	Laudato Si circles are small groups that meet monthly throughout the world. The purpose of these meetings is to reflect on and to respond to the urgent cry of the earth and the most vulnerable among us. Our meeting will focus on the invitation to: <ul style="list-style-type: none"> <li>• Come home to our rightful place in the web of life.</li> <li>• Widen our circle of compassion to embrace all beings on our planet</li> <li>• Respond in some practical way to protect our planet and its precious resources for ourselves and future generations.</li> </ul>	€5.00

Suaimhneas



God is Love

# Programme of Events at Suaimhneas Autumn 2019



## SEASON OF CREATION

Date	Time	Title	Details	Cost
12th Oct	10am - 4.30pm	<a href="#"><u>Awakening to Who You Are</u></a>	This new innovative programme will introduce participants to a pathway of personal development and spiritual awakening. We believe that when we engage with this, we can send out a message for a new way of being and living that is sustainable, eco- aware and ultimately based on love, kindness and compassion for ourselves, each other and all of creation.	€60.00 Inc Dinner
20th October	3pm - 5pm	<a href="#"><u>Contemplating the Rosary in the Light of Creation</u></a>	This is a beautiful opportunity for us to meditate on Mysteries of the Rosary in the context of all creation.”  Joyful and Sorrowful Mysteries	€5.00
27th October	3pm - 5pm	<a href="#"><u>Contemplating the Rosary in the Light of Creation</u></a>	This is a beautiful opportunity for us to meditate on Mysteries of the Rosary in the context of all creation.”  Glorious and Luminous Mysteries	€5.00
16th Nov	10am - 4.30pm	<a href="#"><u>A Time of Becoming</u></a>	The word ‘Advent’ means ‘a time of Becoming.’ We now know, through science, that we live in a world that is still becoming. ..This is a time when we contemplate the world; when we stop and consider the gift of life and how we would like to use it, who we would like to become. In this talk through the theme of Advent we look again at what it means ‘to Become’.	€60.00

**Prices include refreshments and home baking.**

**Places are limited so booking is essential.**

**For further information please visit [www.suaimhneas.ie](http://www.suaimhneas.ie) or call us on 057 8626541.**