

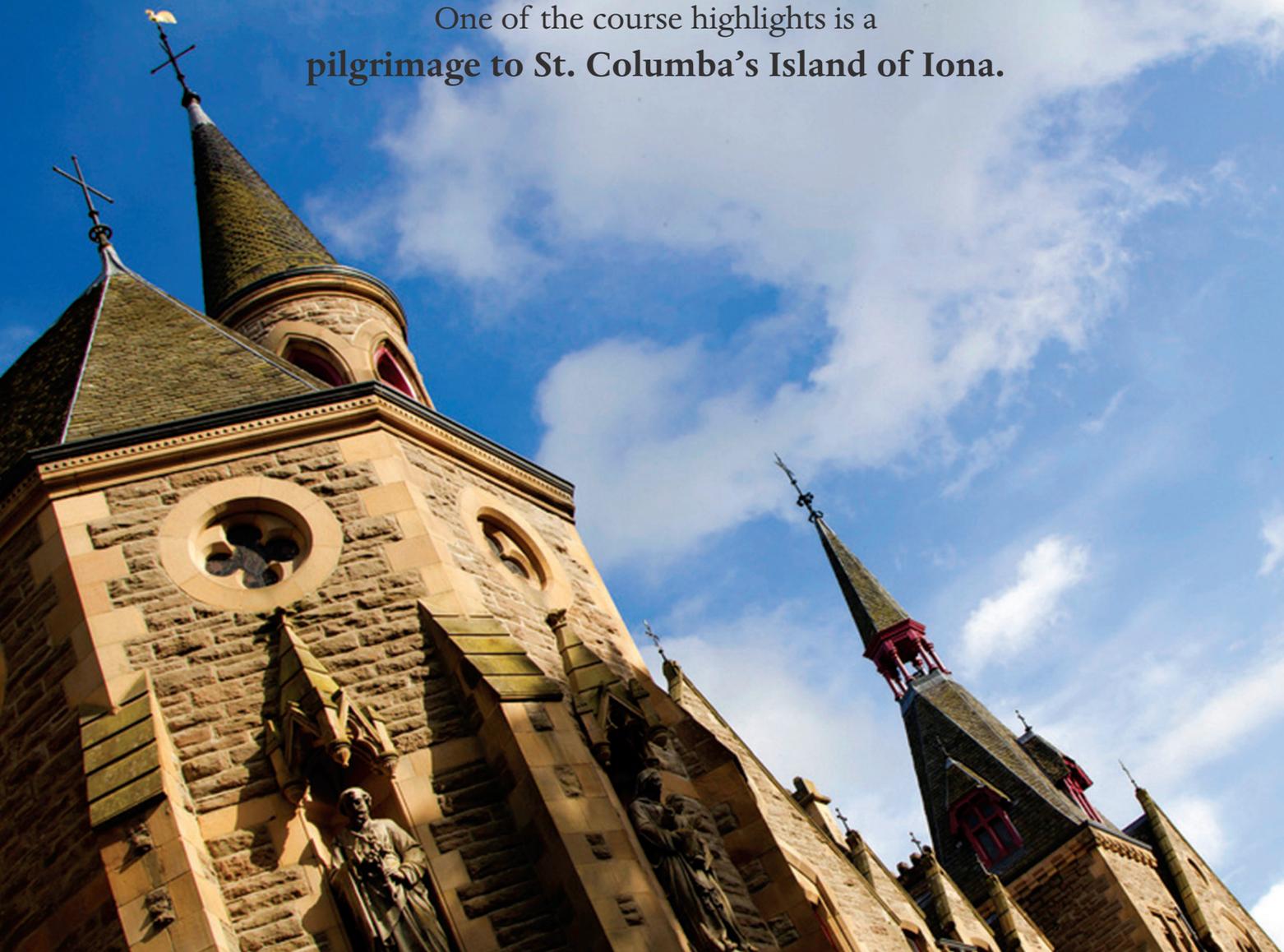
St. Mary's Monastery, Kinnoull, Scotland | Redemptorist Centre for Spirituality

SABBATICALS IN SCOTLAND 2018

14 May - 28 June 2018 & 22 October - 06 December 2018

These prayerful and relaxing courses
are in their **37th year** and are designed for
those looking for a course with a focus on
personal renewal through prayer and reflection.

One of the course highlights is a
pilgrimage to St. Columba's Island of Iona.



St. Mary's, Kinnoull, Hatton Road, Perth, Ph2 7Bp, UK

+44 (0) 1738624075 | info@kinnoullmonastery.co.uk | www.kinnoullmonastery.co.uk

LOCATION

The Monastery is located on Kinnoull Hill overlooking the city of Perth, often referred to as the 'Gateway to the Scottish Highlands', with splendid views of the city and of the distant Grampian Mountains. The house itself is situated within its own extensive grounds surrounded by the woodlands of Kinnoull Hill where one can walk for miles.



ACCOMMODATION

After an 18 month refurbishment the Retreat and Pastoral Centre at Saint Mary's, Kinnoull, Perth has reopened. Extensive work has been carried out, which includes a complete renewal of the heating system, with 34 en-suite rooms now available for guests. These are newly furnished and available for retreats, conferences, meetings and times of recollection. In addition the Monastery is equipped with Wi-Fi throughout, and a good standard of catering is maintained. There is step free access throughout the building with a lift from the basement to the third floor.



THE TEAM



Gerard Mulligan C.Ss.R

Gerry is the Superior and Director of St. Mary's. He has a background in Scripture and is experienced in preaching retreats and missions. He also presents part of the course.



Marie Hogg

Marie is an experienced educator who is involved in the retreat and mission apostolate, as well as prison ministry. Marie also presents part of the course.



Sr. Sheila Burke R.S.M.

Sheila is an experienced teacher who has been involved in the leadership of her Congregation and has foreign mission experience.

THE PRESENTERS



Dr Helen Costigane SHCJ

Programme Director, MA Theology -St Mary's University, Twickenham, Helen is an ACA, she has three masters degrees, a licentiate in canon

law and two PhDs to her name. Helen was formerly Vice Principal and senior lecturer at Heythrop, the London University college specialising in philosophy and theology.



Fr Ronald McAinsh C.Ss.R.

Provincial - London Province, Ronnie is an experienced preacher of retreats to Religious and Mission preacher,

a Chapter facilitator, former formator and also an experienced counsellor.



Fr Denis McBride C.Ss.R

Author- Lecturer - Director of Redemptorist Publications. Denis's principal areas of interest and writing have been the human story

and the Gospels: his work has always struggled to keep open a conversation between the drama of people's lives and the four great narratives of Christian beginning.



Fr Jim McManus C.Ss.R

Mission & Retreat Preacher - Author - Lecturer, Jim is a Redemptorist priest based in St Mary's, Kinnoull and

his publications include: Healing Power of the Sacraments; Healing in the Spirit; Inside Job: Spirituality of True Self-Esteem; Finding Forgiveness.



Fr Mark Miller C.Ss.R.

Provincial, Edmonton—Toronto Province, Canada, Mark is also an ethicist with the Centre for Clinical Ethics which serves

St. Joseph's Health Centre, St. Michael's Hospital, and Providence Healthcare Care in Toronto.



Fr John J. O'Riordan C.Ss.R

Mission & Retreat Preacher - Author - Lecturer, Fr. John J. O'Riordan, is a Redemptorist of the Dublin Province and

an eminent lecturer and writer in Celtic history and spirituality.

PROGRAMME SCHEDULE

PROGRAMME I - MAY/JUNE 2018			
Week	Dates	Topic	Presenter
1	14 - 18 May 2018	Orientations/Spirituality of True Self Esteem	Gerard Mulligan C.Ss.R , Jim McManus C.Ss.R, Ms. Marie Hogg
2	21 - 25 May 2018	Ministry of Healing in the Church of Today	Jim McManus C.Ss.R.
3	28 May - 01 Jun 2018	Catholic Moral Reasoning: Living the Gospel Today	Mark Miller C.Ss.R.
4	04 - 08 Jun 2018	Canon Law Empowering Pastoral Ministry	Sr. Helen Costigane SHCJ
5	13 - 15 Jun 2018	Jonah and Jesus	Denis McBride C.Ss.R.
6	18 - 22 Jun 2018	Transitions in life	Ronald McAinsh C.Ss.R.
7	25 - 28 Jun 2018	Integrating our Sabbatical Experience	Gerard Mulligan C.Ss.R & Ms. Marie Hogg
#	10 - 12 Jun 2018	Iona Pilgrimage	John J. O'Riordan C.Ss.R.
PROGRAMME II – OCT/DEC 2018			
Week	Dates	Topic	Presenter
1	22 -26 Oct 2018	Orientations/Spirituality of True Self Esteem	Gerard Mulligan C.Ss.R , Jim McManus C.Ss.R, Ms. Marie Hogg
2	29 Oct - 02 Nov 2018	Ministry of Healing in the Church of Today	Jim McManus C.Ss.R.
3	05 - 09 Nov 2018	Jonah and Jesus	Denis McBride C.Ss.R.
4	12 -16 Nov 2018	Canon Law Empowering Pastoral Ministry	Sr. Helen Costigane SHCJ
5	19 -23 Nov 2018	Transitions in life	Ronald McAinsh C.Ss.R.
6	26 Nov - 30 Nov 2018	Catholic Moral Reasoning: Living the Gospel Today	Mark Miller C.Ss.R.
7	03 -06 Dec 2018	Integrating our Sabbatical Experience	Gerard Mulligan C.Ss.R & Ms. Marie Hogg
#	09-11 Nov 2018	Iona Pilgrimage	John J. O'Riordan C.Ss.R.

Full Course

Full cost of course: £3,950.00

The full amount should be paid at least three weeks before the beginning of the course

(A non-refundable deposit of £592.00 is required when registering for the course)

All accommodation is in single en-suite rooms with full board.

Individual week

Cost per individual week
(Sun-Thurs only) £345.00

(A non-refundable deposit of £51.00 per week is required when registering for the course)

Extra nights will be charged accordingly.

Please note it is not possible to book for Week 1 or Week 7 of the Sabbatical course.

Iona Pilgrimage

The Weekend Iona Pilgrimage
(Includes coach, hotel, entrance and ferry tickets, etc.)

Price for fulltime course participants
£360.0

(A non-refundable deposit of £55.00 is required when registering for the Iona Pilgrimage)

Course Dates in 2018

13th May - 27th Jun 2018

21st Oct - 5th Dec 2018

COURSE DETAILS

Transitions in Life

This course attempts to chart the rich variety of transitions in which we are involved. Church transitions stretch from apostolic times right through to Vatican II. We look more personally at our own Journey.

Ministry of Healing in the Church Today

During this week, Fr. Jim McManus, who has written several books on the healing ministry, including *The Healing Power of the Sacraments and Healing in the Spirit*, will explore what Cardinal Yves Congar OP called “the rediscovery of this forgotten form of ministry” in our time.

Catholic Moral Reasoning: Living the Gospel Today

This week will be spent in raising awareness of our moral reasoning, as individuals and communities. We will then see how Catholic moral thought deals with challenging and controversial issues in sexuality, medical ethics, care of the dying, and social justice.

Canon Law Empowering Pastoral Ministry

This course will look at Canon law which is at the service of the People of God. A tool for ensuring the unity of the church and clarifying how we are to live the life of the Spirit in harmony.

Jonah and Jesus

Jesus compared himself to only one prophet: Jonah. We look at Jonah’s struggle to find himself, to discover his true direction in life, to move towards a more generous outlook on life. We then look at Jesus’ beginning in Mark’s Gospel: leaving home, meeting John the Baptist and making a fundamental shift in his life. Will his own people accept his new identity, new direction and new outlook? We look at how these key characteristics - identity, direction, outlook - affect the story of discipleship and our own.

PILGRIMAGE TO IONA

A highlight of the course is the optional pilgrimage to the little island of Iona in the Inner Hebrides off the west coast of Scotland which has been a place of pilgrimage since St Columba established a monastery there in 6th century. From there St Columba set out on journeys that brought the good news of Christ to the people of Scotland and beyond. The pilgrimage will be led by Fr. John J. O’Riordan, a Redemptorist of the Dublin Province and an eminent lecturer and writer in Celtic history and spirituality.



FREQUENTLY ASKED QUESTIONS

Where is St. Mary's?

St Mary's is situated in Perth, the ancient capital of Scotland and where John Knox preached his famous sermons which began the Reformation in Scotland.

How do you get there?

Perth is served by a very good road network linking it to the A1 and the M74 which are the principal routes from the South (the GPS co-ordinates for St. Mary's are 56.3947° N, 3.4098° W). There is an excellent coach service linking it with all the main cities and towns, with a daily direct service to London. It is also a mainline station on the railway network with almost hourly services via Edinburgh and Glasgow and a daily direct service to London Kings Cross. Both Edinburgh and Glasgow International Airports are accessible.

Who runs St. Mary's?

St Mary's is part of the London Province of the Congregation of the Most Holy Redeemer – the Redemptorists. It was built in the 1850s – 60s and has been serving the Church in the Retreat and

Renewal ministry since that time.

What are the facilities and accommodation like?

Here at St Mary's we like to strike a balance between simplicity of lifestyle and quality of service with comfortable surroundings. All rooms are now en suite with step free access throughout the building and there is Wi-Fi available.

Are there any exercise facilities?

We do not have an on-site exercise area but there are plenty of country walks around Kinnoull Hill and beyond. There is also the local Leisure Centre in the city with a swimming pool and gym facilities

Are there medical facilities available?

We are very close to the city centre and have good relations with the local medical centres. Emergency treatment is also available at the Perth Royal Infirmary. Non-UK and European Union citizens should ensure that they have adequate medical insurance cover for the duration of their stay.



Do you accept Credit Cards?

We are able to accept PayPal/Credit card payments over the telephone and online. The preferred method of payment is by bank transfer but we do accept cheques, which should be made payable to: St Mary's Kinnoull.

How close is St. Mary's to the City?

St Mary's is about one mile from City centre. Going down to the centre is about a 15 minute walk. During the day there is an hourly bus service and a taxi ride costs about £5.00.

What should I bring with me?

Apart from your personal belongings and needs, everything else is supplied including bedding and towels. Ironing facilities are available, along with hair dryers. Kinnoull has miles of beautiful and spectacular hill and woodland walks so a good pair of walking boots or shoes would be an advantage. Weather is inclement so expect rain at some point. If you are coming from outside UK or Ireland it would be important to remember an adapter for your electronic equipment.

At what time should I arrive?

All courses and retreats start with the evening

meal, at 7pm, on the date given so aim to arrive late afternoon. We are only able to receive participants in Kinnoull on the day the course begins and participants are expected to depart after breakfast on the day the course ends.

What about dietary needs?

Our chefs are very good and helpful and have never yet been found wanting. So, whatever your needs, given fair warning, we can cope.

Is there any free time?

Yes, apart from the afternoons, the weekends are also free and some participants take the opportunity to see other parts of the country over the weekends.

Does one have to attend the whole course?

No, it is possible to book for particular week(s) but please be aware that weekly participation is from Monday morning to Thursday lunchtime only.

Are the courses and retreats only for Roman Catholics?

As a Centre which is ecumenical both in orientation and commitment, all are welcome.

For bookings and further information please contact us:

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ST. MARY'S MONASTERY, KINNOULL, SCOTLAND

PRINCIPAL SHRINE OF OUR MOTHER OF PERPETUAL HELP IN SCOTLAND

(REDEMPTORIST CENTRE FOR SPIRITUALITY)



**DAY VISITORS — PILGRIM GROUPS
WELCOME**

We welcome groups of day visitors to Kinnoull for:

- ⇒ **Parish Outings**
- ⇒ **Day Retreats**
- ⇒ **Pilgrimages to the Shrine of Our Mother of Perpetual Help**

Depending on availability it is possible to cater for groups of up to 50 people with 2 lunch options available.

Contact us for further details.

St. Mary's, Kinnoull, Hatton Road, Perth PH2 7BP

• Phone +44 (0)1738 624075 • Email info@kinnoullmonastery.co.uk

• Website www.kinnoullmonastery.co.uk

ST. MARY'S MONASTERY

KINNOULL, PERTH, SCOTLAND

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- Retreats
- Sabbaticals
- Conferences
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- Private retreats
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- Workshops

For more information please visit www.kinnoullmonastery.co.uk or contact:

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- Email info@kinnoullmonastery.co.uk

