These prayerful and relaxing courses are in their 36th 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.
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.
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.
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.
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<td>Introductory Week - Orientations</td>
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<td>2</td>
<td>30 Oct - 03 Nov 2017</td>
<td>Ministry of Healing in the Church Today</td>
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<td>4</td>
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<td>Gerard Mulligan C.Ss.R &amp; Ms. Marie Hogg</td>
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<td>10 - 12 Nov 2017</td>
<td>Iona Pilgrimage</td>
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Dr Helen Costigane SHCJ

Vice Principal—Senior Lecturer, Heythrop College. Helen is an ACA, she has three masters degrees, a licentiate in canon law and two PhDs to her name. She’s currently a 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.

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.
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.

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.

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.
**Sabbatical Courses 2017**

**Full Course**

- **Full cost of course:** £3,600.00.
- The full amount should be paid at least three weeks before the beginning of the course.
- **All accommodation is in single en-suite rooms with full board.**

(A non-refundable deposit of £360.00 is required when registering for the course)

**Individual weeks**

- **Cost per individual week (Sun-Thurs only)** £313.00.
- **(A non-refundable deposit of £31.50 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**

- **Weekend Iona Pilgrimage** (Includes coach, hotel, entrance and ferry tickets, etc.) Price for course participants £325.00, for others £365.00.
- **(A non-refundable deposit of £32.50 required when registering for the Iona Pilgrimage)**

**Course Dates in 2018**

- **14th May – 28th Jun 2018**
- **22nd Oct — 6th Dec 2018**
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.
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<td>Young Adults Retreat</td>
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<td>10th - 14th Sept 2018</td>
<td>Retreat for Priests</td>
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