

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

*A Place of Peace, Tranquility, Beauty & History*

## **SABBATICALS IN SCOTLAND**



Prayerful and relaxing sabbaticals designed for those looking for a course with a focus on personal renewal through prayer and reflection.

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**St. Mary's, Kinnoull Hatton Road Perth PH2 7BP, Scotland**  
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## 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 over the city and towards 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.





## ACCOMODATION

The Retreat and Pastoral Centre at Saint Mary's, Kinnoull, Perth is an international, multi-cultural, ecumenical place that offers its visitors the opportunity for relaxation, renewal and rest. Visitors are accommodated in one of our simple but comfortable refurbished en suite rooms. 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 PRESENTERS



### **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



### **Mrs Martina Lehan Sheenan**

Martina is an accredited psychotherapist and author. She regularly facilitates retreats and personal development, both nationally and internationally. She was until recently director at Ennismore Retreat Centre, Cork, Ireland



### **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.

## Summer Sabbatical Course



**Fr Paul Rout OFM**

Fr Paul Rout OFM is a member of the Australasian Province of the Friars Minor. He has a teaching background in Franciscan Studies and in Philosophy of Religion at Heythrop College, University of London, and at YTU, Melbourne, Australia.

## Autumn Sabbatical Course

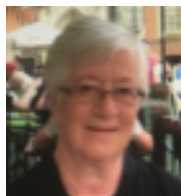


**Fr Sean McDonagh SSC**

Fr Sean McDonagh is an Irish Columban missionary priest and world-renowned eco-theologian. He writes and lectures on the relationship between faith, justice and ecology. He was part of the team who advised Pope Francis on his encyclical '*Laudato Si: On Care for Our Common Home*'.

During his time in the Philippines he became involved in tackling global poverty and environmental degradation. He is the author of numerous articles and many books on climate change and environmental issues.

## KINNOULL SABBATICAL TEAM



**Marie Hogg**

Marie is an experienced educator who is involved in the retreat and mission apostolate. She has worked for many years in prison ministry in London. Marie presents part of the course.



**Charlie Corrigan C.Ss.R.**

Charlie is a Redemptorist priest and current Rector of Kinnoull. He has extensive pastoral experience in parish ministry, giving missions and training candidates for the Redemptorist priesthood.



### ***About the course***

Our Sabbatical Courses are for those looking for a course with a focus on personal renewal through prayer and reflection.

The lectures (Monday to Thursday) combined with liturgy, prayers, team meetings and personal input, as well as the surroundings of beautiful woods on Kinnoull Hill, help people to renew and to find the path they are looking for.

### ***Whole Course or Individual Week(s)***

We run two courses per year- Summer and Autumn, with great interest from people from all parts the world.

You can book the whole 7 weeks of Sabbatical course or individual week(s) (it is not possible to book Weeks 1 or 7 of the Sabbatical course if you are not pursuing the whole seven weeks because these weeks are respectively focused on preparation for and summary of the full course).

Please check our booking form for more details.

### ***Optional Iona Pilgrimage***

You can also book for the Celtic Spirituality and Pilgrimage to St. Columba's Island Monastery to Iona, a holy isle described as the birthplace of Christianity in Scotland. St. Columba and 12 companions came here from Ireland in AD 563.

## SPRING SABBATICAL COURSE

Wk	Topic	Presenter
1	Spirituality of True Self-Esteem <i>For full-time participants only</i>	Fr. Jim McManus C.Ss.R., Miss Marie Hogg
2	Ministry of Healing in the Church of Today	Fr Jim McManus C.Ss.R.
3	Transitions: Transforming my life experiences	Mrs Martina Lehane Sheehan
4	'Go, rebuild my Church': The vision of Pope Francis for the future of the Church in the 21st Century.	Fr. Paul Rout OFM
5	Catholic Moral Reasoning: Living the Gospel today	Fr. Mark Miller C.Ss.R.
6	Jonah and Jesus	Fr. Denis McBride C.Ss.R.
7	Integrating our Sabbatical Experience <i>For full-time participants only</i>	Miss Marie Hogg
	Iona Pilgrimage	

## AUTUMN SABBATICAL COURSE

Wk	Topic	Presenter
1	Spirituality of True Self-Esteem <i>For full-time participants only</i>	Fr. Jim McManus C.Ss.R., Miss Marie Hogg
2	Ministry of Healing in the Church of Today	Fr Jim McManus C.Ss.R.
3	Transitions: Transforming my life experiences	Mrs Martina Lehané Sheehan
4	The Theology of Pope Francis and Ecology	Fr. Sean McDonagh SSC
5	Catholic Moral Reasoning: Living the Gospel today	Fr. Mark Miller C.Ss.R.
6	Jonah and Jesus	Fr. Denis McBride C.Ss.R.
7	Integrating our Sabbatical Experience <i>For full-time participants only</i>	Miss Marie Hogg
	Iona Pilgrimage	



## COURSE DETAILS

### *Spirituality of Self-Esteem (For full-time participants only)*

We believe that Jesus invites us to live by the creative word that God speaks to us about ourselves (see Matthew 4:4). Sadly we know that we can also harbour in our hearts the destructive words that others have spoken to us about ourselves. As we begin our sabbatical journey we focus afresh on how God sees us. Our spirituality is nourished by God's word which inspires true self-esteem. In this first week we will explore what it means to live by God's creative word.

### *Transitions - Transforming my life experience*

During the week we look at our emotional and spiritual journeys. Marina believes Mind, Body and Spirit need to be in balance in order for our lives to flourish. During this week we can check that balance and rectify any imbalance.

### *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.

### *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 our own discipleship.

### *'Go, rebuild my Church': The vision of Pope Francis for the future of the Church in the 21st Century (Summer Sabbatical Course only)*

On 13 March 2013 Cardinal Jorge Mario Bergoglio was elected Pope. He chose the name Francis (the first Pope to have chosen this name) in honour of St Francis of Assisi. St Francis of Assisi was entrusted by God with the mission: 'Go, rebuild my church'. Since his election, Pope Francis has made this his mission too, as he seeks with energy and enthusiasm to implement dynamic renewal within the life of the Church. This week will explore the theological foundations underlying Pope Francis' call for renewal, keeping in mind his words from *The Joy of the Gospel* "Changing structures without generating new convictions and attitudes will only ensure that those same structures will eventually become corrupt, oppressive, ineffectual." (E.G. 189)

### *The Theology of Pope Francis and Ecology (Autumn Sabbatical Course only)*

Fr Sean McDonagh will cover aspects of ecology and theology. These include climate change, the destruction of biodiversity, humans' impact on the oceans and fresh water and the waste and destruction which flows from our throw away society. He will be presenting concrete ways to combat these challenges. He will also speak on spirituality and ecology from the perspective of Catholic theology as outlined in Pope Francis' encyclical *Laudato Si'*.

# 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 I 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 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 to/from Edinburgh and Glasgow and a direct daily 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 for the course 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. EU citizens should bring an EU health card.

**Do you accept Credit Cards?**

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 Perth city centre?**

St Mary's is about one mile from the City centre. Going down to the centre is about a 15 minute walk. During the day there is an hourly bus service. A taxi ride costs about £6.00 one way.

**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. There is a Bible in each room.

**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 full-time participants in Kinnoull on the day the course begins and full-time 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) (except Weeks 1 and 7) 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 as long as they are in line with our ethos.



For bookings and further information please contact us:

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

**+44 (0) 1738 624075**

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