

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

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

# SABBATICALS IN SCOTLAND 2019

13 May - 27 June 2019 &  
21 October - 05 December 2019



These prayerful and relaxing courses 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**

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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 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

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 of which there are 34. 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



## 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. Paul is also engaged in pastoral parish ministry in the Catholic parish of Heston in London, in Adult Faith Formation in Westminster Diocese and gives Retreats and Days of Prayer to Religious and Parish groups in various parts of the country.



## 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 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 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 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.

# PROGRAMME SCHEDULE

## Schedule for Full time Participants

### PROGRAMME I - MAY/JUNE 2019

Week	Topic	Presenter
1	Orientation & Spirituality of Self Esteem	Kinnoull Sabbatical Team
2	The Ministry of Healing in the Church of Today	Jim McManus C.Ss.R., Marie Hogg
3	Transitions in life	Ronnie McAinsh C.Ss.R.
4	'Go, rebuild my Church': The vision of Pope Francis for the future of the Church in the 21st Century.	Paul Rout OFM
5	Catholic Moral Reasoning: Living the Gospel Today	Mark Miller C.Ss.R.
6	Jonah and Jesus	Denis McBride C.Ss.R.
7	Integrating our Sabbatical Experience	Kinnoull Sabbatical Team
#	Iona Pilgrimage	07 - 09 June 2019

### PROGRAMME II — OCT/DEC 2019

Week	Topic	Presenter
1	Orientation & Spirituality of Self Esteem	Kinnoull Sabbatical Team
2	The Ministry of Healing in the Church of Today	Jim McManus C.Ss.R., Marie Hogg
3	Transitions in life	Ronnie McAinsh C.Ss.R.
4	'Go, rebuild my Church': The vision of Pope Francis for the future of the Church in the 21st Century.	Paul Rout OFM
5	Jonah and Jesus	Denis McBride C.Ss.R.
6	Catholic Moral Reasoning: Living the Gospel Today	Mark Miller C.Ss.R.
7	Integrating our Sabbatical Experience	Kinnoull Sabbatical Team
#	Iona Pilgrimage	15 -17 November 2019

## Dates for Weekly Participants

Please note: Weekly participants should arrive on the Sunday evening the week begins in time for the evening meal, 7.00pm and depart after lunch on the Thursday the week ends.\*

### PROGRAMME I - MAY/JUNE 2019

Week	Weekly Booking Dates	Topic	Presenter
2	20 -23 May 2019	The Ministry of Healing in the Church of Today	Jim McManus C.Ss.R., Marie Hogg
3	27 - 30 May 2019	Transitions in life	Ronnie McAinsh C.Ss.R.
4	03 - 06 Jun 2019	'Go, rebuild my Church': The vision of Pope Francis for the future of the Church in the 21st Century.	Paul Rout OFM
5	10 - 13 Jun 2019	Catholic Moral Reasoning: Living the Gospel Today	Mark Miller C.Ss.R.
6	17 - 20 Jun 2019	Jonah and Jesus	Denis McBride C.Ss.R.
#		Iona Pilgrimage	07 - 09 June 2019

### PROGRAMME II — OCT/DEC 2019

Week		Topic	Presenter
2	28 - 31 Oct 2019	The Ministry of Healing in the Church of Today	Jim McManus C.Ss.R., Marie Hogg
3	04 - 07 Nov 2019	Transitions in life	Ronnie McAinsh C.Ss.R.
4	11 -14 Nov 2019	Go, rebuild my Church': The vision of Pope Francis for the future of the Church in the 21st Century.	Paul Rout OFM
5	18 -21 Nov 2019	Jonah and Jesus	Denis McBride C.Ss.R.
6	25 - 28 Nov 2019	Catholic Moral Reasoning: Living the Gospel Today	Mark Miller C.Ss.R.
#		Iona Pilgrimage	15 -17 November 2019

# 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.

## ‘Go, rebuild my Church’: The vision of Pope Francis for the future of the Church in the 21<sup>st</sup> Century.

On 13 March 2013 Cardinal Jorge Mario Bergoglio was elected Pope. He chose the name Francis in honour of St Francis of Assisi, the first Pope to have chosen this name. 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)

## 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.

## 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: £390.0

(A non-refundable deposit of £78.00 is required when registering for the Iona Pilgrimage)

## Course Dates in 2019

13<sup>th</sup> May - 27<sup>th</sup> Jun 2019

21<sup>st</sup> Oct - 5<sup>th</sup> Dec 2019

## 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 6<sup>th</sup> century. From there St Columba set out on journeys that brought the good news of Christ to the people of Scotland and beyond.

# 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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