

Tobar Mhuire

RETREAT PROGRAMME

JANUARY — SEPTMBER 2026





Down & Conor Diaconate Programme

The formation programme helps each candidate to reach a mature understanding of his faith, and to develop his personal and pastoral skills.

23 – 25 Jan • 15 – 17 May



Accord Pre-marriage Course

For couples intending to get married, this course will provide opportunities to reflect on relevant themes as you prepare to celebrate the Sacrament of Marriage.

**9 – 10 Jan • 13 – 14 Mar •
22 – 23 May • 12 – 13 Jun**

JANUARY

Icon Workshop

29 Jan – 1 Feb

Enjoying the reflective and peaceful setting of Tobar Mhuire participants get time to work on their Icons as well as encouraging and sharing others.

FEBRUARY

Irish Methodists Retreat

10 – 13 Feb

Time out for prayer and reflection.

Pathways to the Future

11 Feb

A process for discernment and renewal organised by the Diocese of Down & Connor.

Ash Wednesday

18 Feb

Day of prayerful preparation as we enter the Season of Lent.

Resting in God's Heart: Learning to Meditate

27 – 28 Feb

**Fr. Thomas Rockey CP
& Shirley Taylor**

Explore ways of being attentive to God's Spirit in life ahead. Consisting of four presentations with time to reflect, pray and be silent, to share our experiences and celebrate liturgy together.



7.00 – 8.00pm

Prayer around the Cross

20 / 27 Feb

6 / 13 / 20 / 27 Mar

The Passionist community invite you to join them on the Fridays in Lent for Taizé Prayer around the Cross. All welcome.

Introduction to Enneagram Personality Programme

20 – 22 Feb

**Nano Cluskey &
Fr. John Friel CP**



A useful guide to self-awareness, it helps people get in touch with their core life motivation. It has become very popular within the self-help and personal growth movements.

MARCH

Clergy Day of Reflection

10 Mar 11.30am – 4.00pm



Dom Mark Ephrem OSB

Clergy gathering for Prayer and Reflection.

Breathing Retreat

7 – 13 Mar

Transformational Breath teaches a pattern of conscious breathing that is natural, safe and healthy and which can have many benefits including increased energy.

Between Cross and Resurrection

27 – 29 Mar



**Paschal Somers &
John Thornhill**

Using the practice of Visio Divina, or “holy seeing,” to focus on the events of Holy Week. You are invited to attend to diverse artistic depictions of the movements from Palm Sunday to Holy Saturday and reflect on how those depictions deepen our appreciation of Christ’s journey to and through the cross.



Easter Weekend

2 Apr

10.00am	Morning Prayer of the Church
7.00pm	Mass of the Lord's Supper
8.30pm	Watch and Pray

3 Apr

10.00am	Morning Prayer of the Church
9.00pm	Solemn Liturgy of the Passion

4 Apr

10.00am	Morning Prayer of the Church
3.00pm	Easter Vigil

Tobar Mhuire Closed

6 – 13 Apr



11.00am – 1.00pm

Painting Classes

Thursdays from 16 Apr



Paul O'Kane

Develop your observation and painting skills with confidence.

10 Sessions from 16 Apr to 25 Jun (excluding 18 Jun).

£100 for all 10 sessions • £20 for starter kit

Focusing Workshop

17 – 19 Apr



Margaret Webb & Fr. Pat Duffy CP

Psychotherapists with Daneo Counselling Service



This workshop offers a supportive, nurturing space where you can deepen your connection with yourself, with one another, and with the natural world.

Black Mountain Zen Retreat

28 Apr – 3 May

A Zen retreat a period away from daily life focused on Zen Buddhist practices.



Retreat for people living with HIV/AIDS

8 – 10 May

Dr Vincent Manning

Director of CAPS/Positive Faith



CAPS: Catholics for AIDS Prevention & Support is a Passionist ministry in Britain and Ireland promoting HIV prevention and support. It strives to be a voice in the church for people living with HIV/AIDS and a Christian voice in the world of HIV/AIDS.

Down & Conor Cursillo Retreat (women)

28 – 31 May

Course focuses on preparing people for deepening their lives as Christians it stresses personal spiritual development.

Spirituality of Awareness Retreat

5 – 7 Jun

Fr. John Friel CP

Chartered Psychologist with Daneo Counselling Service, Belfast

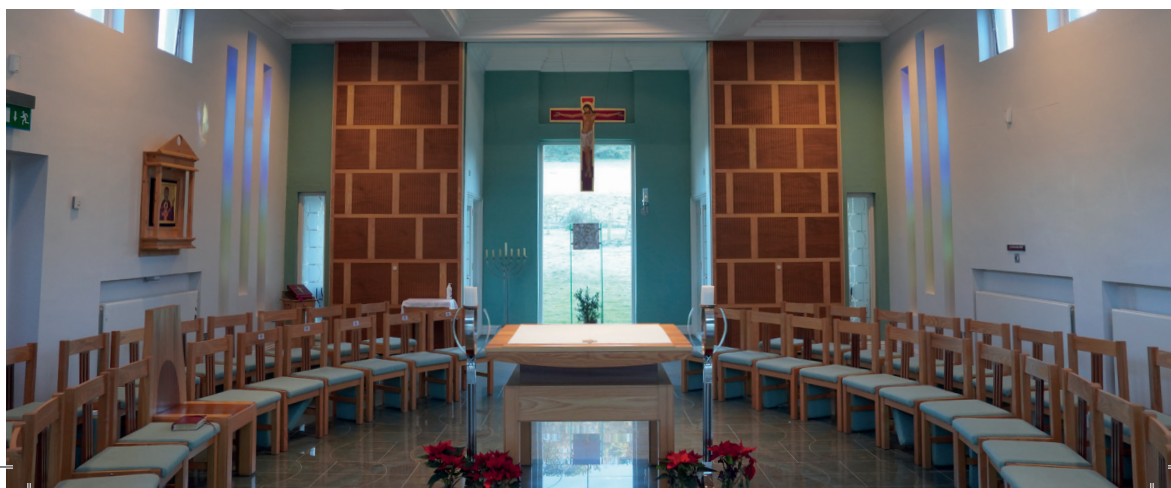


This retreat offer participants an opportunity to explore their faith journey to date and to recognise the sacred in everyday life events.

Pathways Course

10 Jun

A process for discernment and renewal organised by the Diocese of Down & Connor.





7 – 10 July

Summer Institute

With Dr Joanna Colicutt and Dr Melinda Moore

We are very happy to invite Dr. Joanna Colicutt and Dr. Melinda Moore to guide our reflection on the important topic of Post-Traumatic Growth. The combining of psychological and theological perspectives will give a rich and more complete understanding of Trauma and the human capacity for growth in the face of adversity.

At some point in life, most of us will encounter experiences that shake us: loss, illness, crisis, or change. The impact can be lasting, and the road to healing often feels uncertain.

But alongside pain, some people also discover something unexpected: a renewed appreciation for life, deeper relationships, or a clearer sense of purpose.

This phenomenon is known as post-traumatic growth (PTG), a term used to describe the positive psychological changes that can emerge after adversity. It doesn't mean the trauma was good, or that the pain disappears. Rather, it reflects the human capacity to adapt, make meaning, and sometimes, transform in ways we didn't anticipate.



About our 2026 speakers

Dr. Joanna Colicutt is a clinical psychologist and Anglican priest based in the University of Oxford. After a long and varied career in the British health service and academia, her work now mainly focuses on psychology of religion, and Christianity and the arts.

She studied experimental psychology and (later) theology at Oxford University, and clinical psychology and (later) Christianity and the Arts at King's College, London. Her clinical work was mainly in the area of neurology, and her first PhD was on fear and anxiety following acquired brain injury. Her work in psychology of religion has focused on psychology and the Bible, and her teaching has been in the areas of pastoral care, especially in the areas of ageing, mental health, and dementia; in the area of spiritual formation, especially the use of insights from positive psychology; and in spirituality and the arts.

Dr. Melinda Moore is an Associate Professor in the Department of Psychology at Eastern Kentucky University (EKU) in Richmond, Kentucky, and part of the core faculty for a Clinical Psychology doctoral program there. She routinely trains clinicians in the empirically supported suicide-focused treatment framework, the Collaborative Assessment and Management of Suicidality (CAMS), and is in private practice in Lexington, Kentucky.

Dr. Moore works at the intersection of faith and suicide prevention. She published *The Suicide Funeral: Honouring their Memory, Comforting their Survivors*, and *After the Suicide Funeral: Wisdom on the Path to Posttraumatic Growth* with her co-editor Rabbi Dan Roberts. She conducts suicide bereavement research at Eastern Kentucky University with an emphasis on Posttraumatic Growth. Dr. Moore received her PhD from The Catholic University of America.

Tobar Mhuire Reserved for Passionist Retreat

12 – 19 Jul

AUGUST



Four-Day Directed Retreat

30 Jul – 2 Aug

Eileen O'Brien & Margaret Webb

Paired with a spiritual director experienced in facilitating the *Spiritual Exercises* of St. Ignatius Loyola, embark on a prayer journey to help you see God in your daily life and notice God stirring the depths of your heart.

Eileen O'Brien is a graduate of Mater Dei Institute in Dublin and has worked as a teacher of religion and geography for ten years. During those years she was also engaged in parish development and renewal and acted as a prayer guide in Knock. In 2004, she successfully completed her Masters in Spirituality at the Milltown Institute, after which she joined the staff in Manresa before continuing her association with Manresa Jesuit Centre of Spirituality as a guest director and presenter.

Margaret Webb is a married layperson from Co. Antrim. She is an experienced Accredited Psychotherapist with Daneo Human and Spiritual Development Services, Belfast. Margaret is a trained Spiritual Director, having completed her formation at the Manresa Jesuit Centre of Spirituality in Dublin, and has given retreats and facilitated times of reflection in parish and retreat settings. She is actively involved in Parish Catechesis and the Parish Cell System of Evangelisation, both nationally and internationally.



SEPTEMBER

Zen Mountain Retreat

1 – 6 Sep

A Zen retreat: a period away from daily life focused on Zen Buddhist practices.

Magic Menopause

16th – 19th

Centering Prayer Retreat

25th – 27th

Rev Alan Lorimer

A Centering Prayer Retreat offers deep immersion in silent, receptive prayer, rooted in the contemplative tradition, focusing on resting in God's presence through extended periods of quiet, using a sacred word to let go thoughts.



Polymer Clay Creative Event

7 – 15 Sep

Maureen Carlson



Opportunity to spend time learning the art of polymer clay sculpting, led by an accomplished American sculptor.

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