

Tobar Mhuire



RETREAT PROGRAMME
JULY ——— DECEMBER 2026



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A sacred space in the heart of
County Down

Tobar Mhuire is a well equipped modern Retreat and Conference Centre, set in sixty acres of woodland in the heart of County Down. We hope that visitors will enjoy our facilities as well as the peace and quiet of the beautiful surroundings.

The Passionist Community in Tobar Mhuire is committed to keeping alive the authentic memory of Christ's Passion as a source of life and hope to all those struggling to find meaning in their lives. We welcome individuals and groups from Ireland and beyond who wish to take time out to reflect on their human and spiritual development.

Summer Institute

7 – 10 Jul



**With Dr Steve Taylor
& Dr Melinda Moore**

This year we will focus on the theme of Post Traumatic Growth examining it from both psychological and theological perspectives. 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.

**Tobar Mhuire Reserved
for Passionist Retreat**

12 – 17 Jul

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.

South Eastern Trust

5 Aug • 6.00pm – 9.00pm

Coptic Christian Retreat for Young Adults

28 – 30 Aug

Zen Mountain Retreat

1 – 6 Sep

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



Polymer Clay Creative Event

7 – 14 Sep

Maureen Carlson



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



Fundraising Concert

27 Sep

James Keelaghan

James Keelaghan is a Canadian folk singer-songwriter. Born in Calgary, Alberta, Keelaghan is now based in Perth, Ontario. Many of the lyrics in his songs display a concern about social and justice issues in society.

Centering Prayer Retreat

25 – 27 Sep

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.

Irish Methodist Retreat

28 Sep – 2 Oct

Time out for prayer and reflection.



Down & Conor Diaconate Programme

2 – 4 Oct

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

Ellel Ministries Retreat

23 – 25 Oct

Serving the Body of Christ by offering practical biblical teaching and prayer ministry to those in need and training and equipping people to become more effective in helping others.

Knights of St. Columbanus Retreat

30 – 31 Oct

Down & Conor Cursillo Retreat (women)

5 – 8 Nov

The experience is intended to strengthen your relationship with Christ and empower you to live out your faith in the real world.

Newtownabbey Clergy

9 – 10 Oct

HSC Leadership Training

12 – 13 Oct



Focusing Workshop

20 – 22 Nov

Margaret Webb & Fr. Pat Duffy CP

Psychotherapists with Daneo Counselling Service



This workshop aims to provide a safe supportive and nourishing environment, with space to form a deeper connection with yourself, with others, and with nature.



1.00pm – 5.00pm

Tobar Mhuire Christmas Fayre

28 – 29 Nov

Annual fundraising Christmas Craft Fair. Enjoy a family afternoon out in Tobar Mhuire to have some hot food, home made desserts, face painting, and local Craft stalls.

Visit the Gift Shop for all your cards, cribs, and religious items, and of course a visit with Santa! All welcome.



Advent Retreat

4 – 6 Dec

Paschal Somers & John Thornhill

Community of the Passion: a lay and religious association linked to the Passionists.



Using the practice of Visio Divina, or “Holy Seeing” to focus on the wonder of the Birth of Our Saviour and all that it means for us. Using artistic depictions of the Christmas story we will reflect on how those depictions deepen our appreciation of the Incarnation.

Christmas Midnight Mass

24 Dec • 9.00pm

Community Mass at 9am will resume in the Chapel on Monday 4th January.



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.

7 – 8 Aug • 18 – 19 Sep •
16 – 17 Oct • 20 – 21 Nov



9.00am – 5.00pm

Complementary Cancer Therapy

Jul	2 / 9 / 16 / 23 / 30
Aug	6 / 13 / 20 / 27
Sep	3 / 10 / 17 / 24
Oct	1 / 8 / 15 / 22 / 29
Nov	5 / 12 / 19 / 26
Dec	3 / 10 / 17



7.30pm – 9.00pm

Alcoholics Anonymous

Jul	2 / 9 / 16 / 23 / 30
Aug	6 / 13 / 20 / 27
Sep	3 / 10 / 17 / 24
Oct	1 / 8 / 15 / 22 / 29
Nov	5 / 12 / 19 / 26
Dec	3 / 10 / 17 / 24



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