

YOUTH RETREAT PROGRAMMES

The following options are available;

■ Youth Day Retreat:

Arrival 9.30am
Departure 4.00pm
Refreshments & lunch optional
Min numbers 40 young people.

■ Youth 2-Day *(one Overnight)* Residential Retreat:

(Leaving Cert or A'level year)

Day 1 : 11am arrival
Day 2 : pre or post lunch departure
(tailored to meet the groups requirements)

Includes all meals & overnight hostel style accommodation.
(Male/Female separate dormitories)
Min numbers 40 young people.

■ School & Youth 'Legend of Lough Derg' visit:

Arrival 10.30am
Departure 2.30pm
Lunch optional.
A minimum of 30 young people.



THE YOUTH RETREAT EXPERIENCE

The Retreat aims to engage young people on a gentle journey with God in this place apart. The Retreat Teams focus on nurturing the growth of the whole person, bringing to light their unique gifts.

The Island is a unique place - an oasis of calm - integral to the overall Retreat experience.

LOUGH
DERG



For more information and to discuss your requirements please contact grouppreservations@loughderg.org or Nuala on 00353 (0) 71 986 1518

Youth at Lough Derg



When young people come to Lough Derg the silence and peacefulness of the sacred Island is a seed-bed for their time of self-discovery and awakening to the spirit within.

SCHOOL AND YOUTH RETREATS ON LOUGH DERG REACH OUT TO YOUNG PEOPLE ACROSS IRELAND, NORTH AND SOUTH.

Each year in the months of September, October and certain days in May the Island is available to school and youth groups.



Lough Derg can facilitate...

- ONE DAY YOUTH RETREATS
- TWO-DAY YOUTH RETREATS (Sept & Oct only)
- SCHOOL VISIT - Tour & Talk on the 'Legend of Lough Derg & Christian Pilgrimage in Ireland' – ideal for 1st, 2nd, 3rd year and Transition Year students.

Lough Derg offers a unique experience steeped in the spirituality of the Island. Youth Retreat programmes are tailored to suit individual school/youth group requirements. The Lough Derg team work closely with interested groups and schools to meet the young people where they are at in their teenage lives.

Lough Derg offers a setting like no other and a stillness that's magnified by the island experience - as one young person put it: *"to hear the whisper of the Lord you have to turn down the volume of the world – that is what happens when you are in Lough Derg."*

The experience of crossing over to the other side of the lake to a place apart offers the invitation to one and all to 'Come as you are...to a quiet place and rest a while...'

In the Gospels there are a number of occasions where Jesus sought a quiet place to escape the busy day. In Mark's Gospel He invited His disciples to join Him...

"Come with me by yourselves to a quiet place and get some rest."



Youth from Kilmore Diocese

Lough Derg extends an invitation to School Chaplains, School Principals, School Religion Teachers, Diocesan Youth Co-ordinators and Youth Groups to contact the Island team and discuss your requirements for a Youth Retreat.



Students from
Gonzaga College,
Dublin



Sacred Heart Grammar
School, Co Down