

FCJ Spirituality House is a gentle haven for spiritual searchers.

For generations, our home has been a shelter and an inspiration for Christian sisters, clergy and lay people from across the world.

Here we make time to appreciate God's creation, to share unrushed time together and to accompany one another on our own particular faith journey. We have a special love for the Ignatian Spiritual exercises, which invite us to 'See God in all things', gently and with hope.

All are welcome to enter into the spirit of FCJ Spirituality House by the sea, where we can so clearly see 'nature as a magnificent book in which God speaks to us' each morning (Pope Francis, LS12).



## Contact Us:

### Where we are:

FCJ Spirituality House, Teach Spioradálta.

Breaffy South, Co Clare.

V95E0W7 . Ireland.

### Contact us:

**Director: Nóirin Lynch**

Phone: 087 447 9115

Email: [info@fcjspiritualityhouse.ie](mailto:info@fcjspiritualityhouse.ie)

Web: [www.fcjspiritualityhouse.ie](http://www.fcjspiritualityhouse.ie)

Join our monthly e-newsletter at the website or by emailing us.

Registered Charity Number  
20013745



FCJ Spirituality House  
Teach Spioradálta

A Corporate Ministry of the Sisters Faithful Companions of Jesus | FCJ Ireland

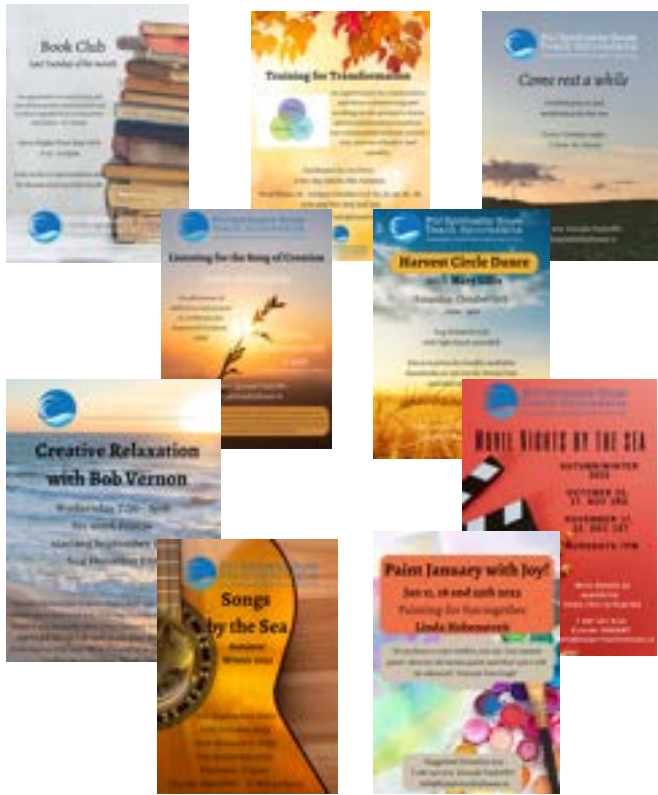


Sept 2022 - June 2023

*"...many people were coming and going. So they did not even have a chance to eat.*

*Then Jesus said to his apostles, "Come with me by yourselves to a quiet place. You need to get some rest"*

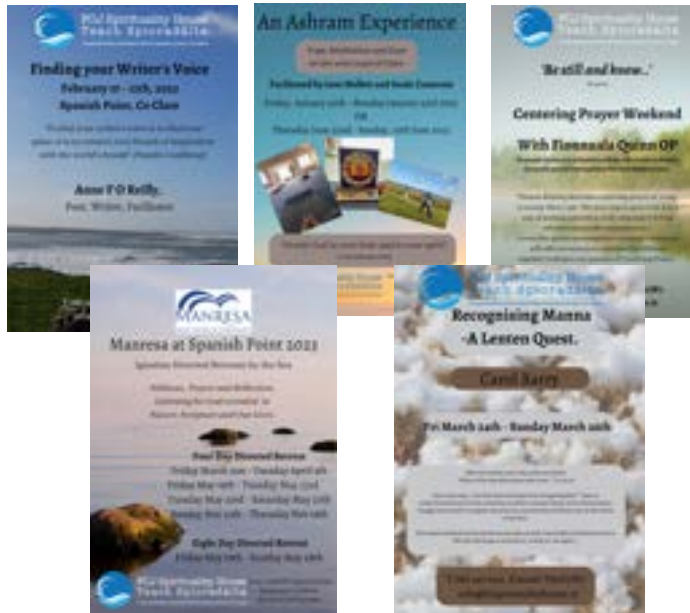
Mark 6:31.



# Residential Retreats and Workshops 2023

*Full details of these and other events on website.*

- Advent 22 - Preparing for Advent
- January - A New Year Ashram Experience
- February - Finding your Writers Voice
  - Be Still and Know, Centering Prayer
- March - Recognizing Manna,
  - A Lenten Quest
- April - Manresa @ Spanish Point.
  - Ignatian 4 day directed retreat
- May - Manresa @ Spanish Point
  - Ignatian 8 day directed retreat
- June - Lectio Divina
  - An Ashram Experience by the Sea

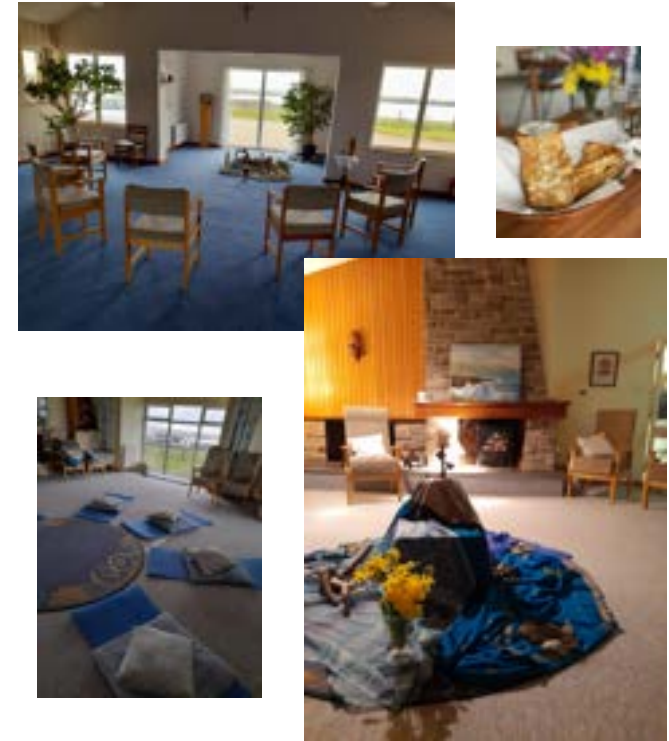


## Day Events and Series

*Full details of these and other events on website.*

- Guided Prayer and Meditation weekly
- Season of Creation celebrations
- A Spiritual Book Club.
- Training for Transformation course.
- Monthly Song Circle.
- Movie Nights in Oct, Nov and January.
- Saturday Circle Dance workshops
- Creative Relaxation course
- Faith discussion group
- Painting course

## Room rental 2022-23



We have 2 large meeting rooms as well as a counselling room available for groups to use for day, evening or weekend events.

From January 2023, the residential rooms (12 bedrooms, shared baths) will also be available for groups.

We would be delighted to speak with any interested groups - please email [info@fcjspiritualityhouse.ie](mailto:info@fcjspiritualityhouse.ie) for more details