

TUESDAY, 14 July 2026

14:15 Coffee & Welcome

14:45 Introductions

15:15 Session 1

(Being .v. Doing)

16:15 Tea & Coffee

16:45 Session 2

(Meditation Awakens

Our Restless Hearts)

18:00 Evening Meal

19:15 Evening Prayer and Meditation

Note: For those who may be interested, it will be possible to watch the first World-Cup semi-final at 8 pm this evening

WEDNESDAY, 15 July 2026

07:45 Morning Prayer & Meditation

08:30 Breakfast

10:00 Session 3

(Meditation as Prayer)

11:00 Coffee

12:00 Session 4

(Lectio Divina)

13:00 Lunch

15:00 Session 5

(The Meditation Journey)

16:00 Tea & Coffee

17:00 Contemplative

Eucharist

18:00 Evening Meal

19:15 Evening Prayer and Meditation

Note: For those who may be interested, it will be possible to watch the second World-Cup semi-final at 8 pm this evening.

THURSDAY, 16 JULY 2026

07:45 Morning Prayer & Meditation

08:30 Breakfast

10:00 Session 6

(The Experience of Meditation)

11:00 Coffee

12:00 Session 7

(Isness & Mesiter Eckhart)

13:00 Lunch

14:00 Session 8

(Thy Will Be Done)

15:00 Discussion & Feedback

One Eventual by Rosemerry Trommer

*After fifty years of spinning
I learn that standing still
Is another way to dance*

Led by Dr Noel Keating, this 3-day retreat will use a combination of contemporary contemplative poetry and scripture readings as a way into silence and receptivity.

We will discover how the contemplative journey moves the centre of gravity of our consciousness from the head to the heart, restoring inner harmony between the egoic-self and the true-self, helping us to discover who we are in the depths of our being.

The retreat will balance teaching, meditation together, time for quiet and opportunities for sharing. Suitable for beginners, this event will enable experienced meditators to deepen their experience and understanding of the practice. There will be an introduction to the practice of *Lectio Divina* also.

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Ardbraccan Retreat & Spirituality Centre
Navan, Co Meath, C15 XD6H
046 9078973 jackie@antobar.ie

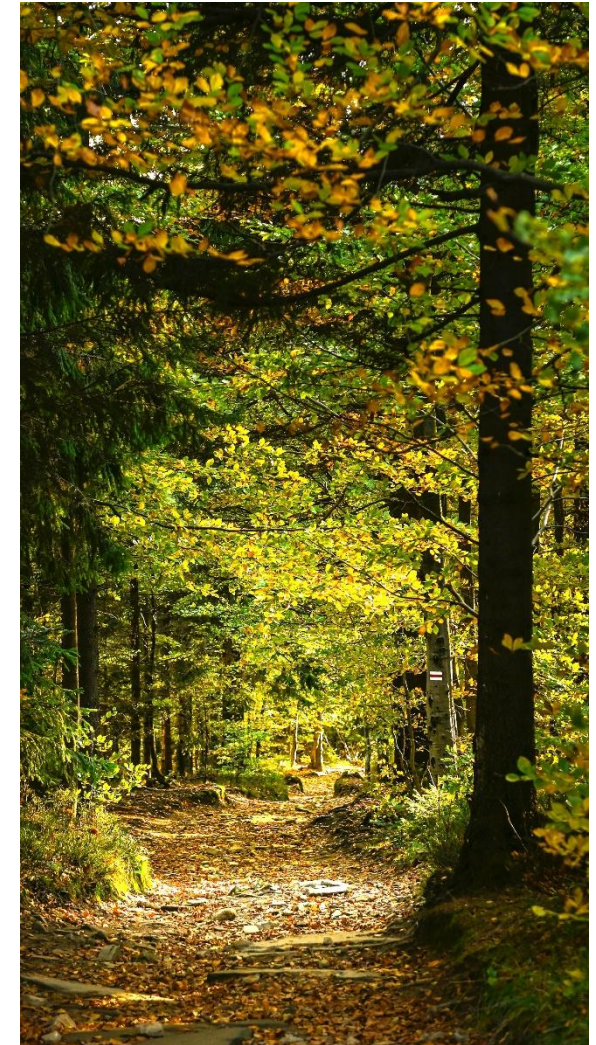
Residential €250/ Non-Residential €150



Noel Keating spent 40 years in the education sector in Ireland. In the years following his retirement he was awarded a doctorate for his research into the child's experience of meditation and its fruits. He was National Coordinator of Christian Meditation Ireland for ten years up to January 2025 and has led their Meditation with Children Initiative since 2012.

Through his YouTube channel Noel produces free video resources to help teachers and parents introduce meditation to children and teens. He has developed a thirty-lesson program for second-level RE teachers. His book *Meditation with Children: A Resource for Teachers and Parents* was published by Veritas (Dublin).

Noel facilitates two online meditation sessions each week, using contemporary, contemplative poetry, on Thursday and Sunday evenings at 7:30 pm. To join the group and receive the poems/ reflections, email Noel on mnkeating@gmail.com



Christian Meditation

A Pathway to Your True-Self

Dr Noel Keating

Tuesday 14 – Thursday 16 July 2026