

- This is a suggested residential programme over 2 days with us.
- To gain the maximum benefit for all those attending we recommend a maximum of 30 students on any trip.
- We will tailor make any programme to incorporate your specific need for the retreat.
- Prices and packages are subject to availability at the Hotel and the Youth Ministry.
- All rooms are based on two people sharing and there is **No Single Supplement** for Teachers.
- Please book early to avoid any disappointment



## CONTACT DETAILS

### Knock House Hotel

Ballyhaunis Road, Knock, Co. Mayo.

Tel: (094) 9388088

E-mail: [info@knockhousehotel.ie](mailto:info@knockhousehotel.ie)

[www.knockhousehotel.ie](http://www.knockhousehotel.ie)



### Knock Youth Ministry

Our Ladys Shrine,

Knock,

Co. Mayo.

Tel: (094) 9388100

E-mail: [knockyouthministry@yahoo.ie](mailto:knockyouthministry@yahoo.ie)

[www.knock-shrine.ie/youth-ministry](http://www.knock-shrine.ie/youth-ministry)



**"COME  
away  
AND REST  
FOR a  
while"**  
**MK 6:31**

**Overnight School Retreats  
with  
Knock Youth Ministry  
and  
Knock House Hotel.**

*The overnight retreats will give youths a chance to step out of the busyness of everyday life to explore, strengthen and ignite their faith.*

## Youth Ministry Programme

### Day 1

#### Suggested Times

- 11:00 Arrive and check-in at Knock House Hotel
- 12:00 Welcome by the Youth Ministry Team 'Living Life to the full'
- 1:00 Light lunch in Knock House Hotel
- 1:45 Story & Tour of Knock Shrine & Museum
- 3:20 'Word of God'
- 3:45 The Question box
- 4:30 Evening Meal in Knock House Hotel
- 6:00 Reconciliation - 'The power of Confessions'
- 7:40 Eucharist talk
- 8:00 Prayer Service and lighting candles
- 8:45 Back to Knock House Hotel for Tea & Sandwiches
- 9:00 Chill out time! Option of a film and overnight accommodation in Knock House Hotel.

### Day 2

#### Suggested Times

- 9:00 Start the day with a hearty Irish Breakfast
- 10:00 'Christian Values/Share Groups'
- 11:30 Mass in Apparition Chapel
- 12:30 Visit to Cenacolo Community or Climb Croagh Patrick (45 mins drive).

## VISIT TO CENACOLO COMMUNITY

Cenacolo is a community in Knock for young men recovering from addictions, who are overcoming their difficulties through sharing in a community of faith. These young people share their stories with us, and explain how they live and work together. They also explain how faith is an important part of their recovery.

*(This is recommended for senior level)*

## CLIMB CROAGH PATRICK

Croagh Patrick is located just outside the beautiful town of Westport. It was on the summit of this mountain that St. Patrick fasted for 40 days in 441AD, you can join the many pilgrims that visit Ireland's holiest mountain to undertake the three hour pilgrimage climb.

This climb can be tough but students can gain a real sense of achievement on reaching the top and it is a wonderful experience of pilgrimage.

The Youth Ministry Team can provide you with simple reflections and prayers that you may want to use on the climb.

Knock House Hotel can provide a packed Lunch if required. (Optional extra).

Retreats from €59.00 per person sharing.  
**(There is No Single Supplement for Teachers)**

## What students

### have said about

### the retreat...



"The retreat helped me to understand my life and helped my belief in God. I wouldn't change a thing about the day, enjoyed it all"

"The prayer service at the end really helped me to connect with Jesus"

"Before I came to Knock I wasn't interested in my faith, but this retreat helped me to re-light my belief in God"

"It helped me get to know the other people in my class, and look at things from a different point of view"

"It was nothing like I expected it to be, it was actually fun and interesting, wish we could have stayed longer"

