

## What Participants Say...

"SIENA is a well organised and well run programme offering individuals time and space for reflection, friendship and food! The programme was a safe environment for sharing and allowed me to re-examine my faith and my journey in life."

(Young Professional, Female)

"I had reached a crossroads and made a decision that would change the direction of my life. SIENA provided me with a space and opportunity to take time to reflect and also build a network of support from others in a very engaging, supportive and relaxed environment. I know that I have made friends for life."

(Teacher, Female)

"I would wholeheartedly recommend the SIENA programme. I felt at home from the very first session. The programme has helped me to open my mind to living a happy and authentic spiritual life and live it to the full. The opportunity to meet new people has been very special and an opportunity I am so grateful for and blessed to have received."

(Civil Servant, Male)

"I would highly recommend the SIENA programme to others. It offers you the opportunity to dedicate time and space to yourself. SIENA offers relationship - with God, with yourself and with others who are also searching for happiness and meaning in life."

(Religious Educator, Female)

## Dates & Themes

- **Saturday 17th November 2018**  
Quest for Happiness
- **Saturday 26th January 2019**  
Understanding Vocation as Relationship
- **Saturday 23rd February 2019**  
Marriage, Sexuality and Creative Celibacy
- **Saturday 23rd March 2019**  
Priesthood/Diaconate in a Time of Change
- **Saturday 13th April 2019**  
Religious Orders and Lay Commitment
- **Saturday 25th May 2019**  
Living Life with Passion and Purpose

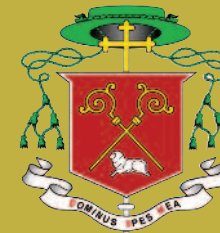
## Enquiries & Registration

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# SIENA

## Young Adult Programme 18 - 35



"Become who you are meant to be  
and set the world on fire"

St. Catherine of Siena

## What is SIENA?

If you are at a cross-roads in your life; just finished school, at or just finished third level education, working, unemployed, on a gap year, not satisfied with your career choice or looking for something more ... then the SIENA programme is for you.

## How does it work?

SIENA is designed to help young adults (18-35) to discover who they are meant to be and what path in life God may be calling them to.

Whether marriage or single life, priesthood or diaconate, religious or consecrated life, God has a plan for each one of us that will help us to thrive and not just survive.

SIENA will support your quest for happiness and help you become who you are meant to be, setting the world on fire with your gifts, talents and fulfilling your deepest desires in the process.

Participants will have the opportunity, if they wish, to meet with one of the facilitators on a one to one basis, during the course of the programme.

## Programme Guide

The SIENA programme encourages participants to form a group, in which each person will be supported by the others in a process of discernment and discovery. For that reason participants are asked to consider making a commitment to the whole programme. You are invited to set aside six Saturday afternoons 2pm to 6:30pm between November 2018 and May 2019 to take part in the programme.

### Saturday 17th November 2018

#### Quest for Happiness:

Discover your Talents, Deepest Desires and Legitimate Needs as you embark on discovering God's call in your life and your quest for happiness.

### Saturday 26th January 2019

#### Understanding Vocation as Relationship::

How does God relate to me?  
How do I discover in this relationship who he wants me to be and what he wants me to do?  
Where does the Church fit into this?

### Saturday 23rd February 2019

#### Marriage, Sexuality and Creative Celibacy::

Why get married? Is Marriage really a vocation?  
What about sexuality?  
Why Celibacy and is it possible to live a celibate life constructively and creatively?  
What about loneliness?

### Saturday 23rd March 2019

#### Priesthood/Diaconate in a Time of Change:

Why are there priests & deacons?  
What is the life of a priest or deacon really like?  
What does a priest or deacon do between one Sunday and the next?  
What do people expect from their priests and deacons?  
In what way are things changing?

### Saturday 13th April 2019

#### Religious Orders and Lay Commitment:

What is a religious order?  
What are the different kinds?  
What are vows and why take them?  
What shape does religious life take these days and what does the future look like?  
New forms of commitment: movements and lay associations.  
Living Gospel values as a lay person.

### Saturday 25th May 2019

#### Living Life with Passion and Purpose:

What has come out of the SIENA programme for me?  
Where do I want to go from here?  
Discernment: choice & decision.  
One life to live – making it count.

## Session Guide

Each afternoon will begin at 2pm and finish at 6:30pm and will include:

- Tea/Coffee on Arrival
- Time of quiet reflection and prayer using the Scriptures
- Presentation on the day's theme, followed by discussion and conversation
- Vigil Mass
- A light meal

## Venue

The SIENA programme will take place in Sligo, Roscommon or Athlone depending on what suits best for those who register for the programme. It will be possible to rotate between venues also.

More information available from  
**Frank McGuinness,**  
Director of Young Adult Ministry  
and Vocations

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