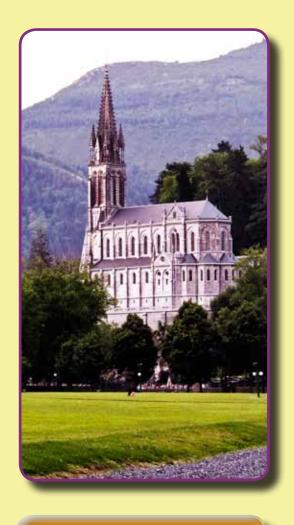
Irish Trust Talk

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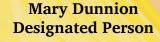
Issue 95 - Autumn 2016





Safeguarding







Dermot Wallace Deputy Designated Person

Designated Trustees with responsibility for the safety, welfare and protection of our guests

Day of Prayer at Lough Derg

The Irish Pilgrimage Trust will participate in a day of prayer at Lough Derg, Co. Donegal on Saturday the 17th of September 2016.

For more information and booking, please contact Mary Clancy 087 9070109 or Helen Kirwan 087 6817648



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Caroline Bennett **HCPT** Representative





Welcome to the Autumn 2016 edition of the Trust Talk! It's hard to believe that our Easter Pilgrimage to Lourdes for this year is already fading into the distance, and our group leaders and helpers are turning their thoughts to our next outing in 2017.



I'm happy to report that the 2016 pilgrimage went extremely well. While the weather was mixed (the perfect Lourdes weather of Easter 2015 proving to be a flash in the pan), our groups enjoyed a wonderful week in Lourdes. Starting with the concert on the Monday evening and finishing with a more relaxed day (for most!) on the Friday, we enjoyed a jam-packed pilgrimage this year. Once again, we were accompanied by over 400 young people from all parts of Ireland, and we all enjoyed a wonderful week of fun, prayer and friendship in Lourdes.

I would like to take this opportunity to thank all those who made pilgrimage 2016 possible. I would like to thank our benefactors: our pilgrimage would not be possible without the generosity of our benefactors, and you were in our prayers during our week in Lourdes. Thank you for your support over the years, and I have no doubt that you will not be found wanting as the Trust continues its mission in future years.

I would also like to thank all of our volunteers. Our volunteers generously give of their time to support all aspects of the work of the Trust, whether it be on the pilgrimage itself, or fundraising, or attending regional or national meetings, or through supporting friendship weeks in our houses in Kilcuan and Cois Cuain.

On behalf of the Trust and the young people who travel with us I would like to offer my sincere thanks for all of your work, and I have no doubt that those of you who are able to commit to supporting the Trust in a similar way for the 2017 pilgrimage will continue to do so.

Finally I would like to thank the young people who travel with us and their families. It takes a leap of faith to say 'yes' to an offer to join our pilgrimage, and it is really



wonderful to see both the courage on display when young people and their families do say yes and do join our pilgrimage, and indeed the joy that we see when these same young people experience the week in Lourdes itself.



As we look forward to Pilgrimage 2017, thanks once again to everyone involved with our wonderful organisation, and keep up the good work!

Denis McCarthy





Diamond Jubilee Mass

in St. Mel's Cathedral, Longford





In 1956 Dr. Michael Strode brought the very first group of disabled children from the UK to Lourdes under the banner of HCPT. He insisted that everyone stay in hotels rather than the hospitals, to make their experience 'a real holiday with Our Lady'. The Trust has grown from strength to strength over the years and expanded to over a dozen countries throughout Europe and indeed the USA and Caribbean.

2016 year is its **Golden Jubilee** and to mark this, special Masses were celebrated on Monday 2nd May last, at 2 pm., throughout regions and countries of the HCPT's wider family.

Here in Ireland Bishop Francis Duffy concelebrated a wonderful Mass with the Trust chaplain Fr. Michael McGrath and many more chaplains past and present, in St. Mel's Cathedral, Longford. This was attended by guests and carer's, their families and friends from all over the country. After the Mass we were all treated to light refreshments and special birthday cake in St Mel's College.

A great thanks goes to all those who worked so hard to make this celebration truly special.

Congratulations Michele O'Reilly and Stephen Griffin



who celebrated their Wedding on the 4th June 2016!

Why Lourdes and not Lanzarote?

Martina McKenna



Martina McKenna, Neurology at St. James's Hospital, tells us why volunteering with The Irish Pilgrimage Trust has become an annual Easter ritual for her.

When I was asked would I travel to Lourdes as a volunteer with The Irish Pilgrimage Trust, I had every intention of saying "NO".

I'm not a "Holy Joe" and spending a week of my holidays in Lourdes didn't appeal to me. However, I was encouraged by a couple of my friends including Gráinne Brennan from the Lab in St. James Hospital and for the last two years I have travelled with Group 145 at Easter.

At first I wondered why kids would want to spend a week of their Easter



holidays in Lourdes but I now understand why these young people were so enthusiastic to travel. It is safe to say that it was and is the best experience of my life and all the accolades that could explain what it is like in some ways do not explain how uplifting and special it is. Yes it seems now I am hooked!!!!

Now celebrating their 45th year, the Trust brings over 500 young people



with special needs to Lourdes at Easter giving them a holiday they will never forget whilst also providing their families with much needed respite. The young people are joined by 500 volunteer carers from all different walks of life including nurses, doctors, farmers, builders, teachers, Gardaí and many more subdivided into smaller groups of approximately 11 guests and 11 voluntary carers.

Over the years numerous nurses, doctors, physios and scientists from St. James's have all volunteered. The Trust welcomes applications from people with a physical or learning disability aged between 11 and 30 years, and children under 11 years who have a serious illness who travel with a parent or guardian.



It was with one of these latter family groups (Group 145) that I travelled. As a helper there are many statements used to describe the week; amazing, unforgettable, life changing. Many helpers are caught off guard by the wonders of the trip and what they get out of it. These young people overcome whatever their disability may be, to live life to the fullest. They teach the carers so much throughout the week and the transformations seen in the young people as the week progresses is inspiring. As a nurse I got

are unique in themselves, be they celebrated at the side of the snow-capped mountains in Gavarnie, in the hotel, beside the river Gave or in any of the small little churches dotted around the Domain.



animal released from the zoo to make their way to the Underground Basilica for an animal themed concert! While Tuesday night was the torchlight procession followed by a fireworks extravaganza.

Wednesday was excursion day, where we visited the local zoo to feed the monkeys while other groups headed off to the mountains of Gavarnie for a snowball fight, or the nearby seaside town of Jean de Luz near Biarritz for a picnic on the beach.

























to see different aspects of nursing that I would never have experienced while working in St. James's, including getting an insight into different illnesses from the view of both the children and their parents rather than just as a healthcare worker.

For anyone who hasn't experienced it, Lourdes is quite a special place made even more so when experiencing it as a helper. The guests have varying abilities with some requiring assistance with day to day activities, while others needing no help but instead only friendship for the week. The week is a week filled with fun, laughter and happiness, with every minute aimed at ensuring the young people have an unforgettable experience. Of course, while in Lourdes there is a religious aspect but there is so much more to the experience. The group Masses

"The real electricity however, is felt at the larger Masses on Tuesday and Thursday where all the groups gather". Each Mass starting with a parade of group banners; the music is plentiful and the singing and dancing so enthusiastic while the priests compete with each other for the biggest and brightest wigs!!



Aside from the Masses there were plenty of other things to keep us occupied, with lots of trips to the Cafés for ice-cream and a singsong along with parties every night. This year, Monday night saw every type of

Thursday night was *fancy dress party night* where among others Elvis, Santa, Cinderella, Tigger and Superman were all seen walking through the streets!

Every year nearly 600 carers travel with the Trust to Lourdes, many of whom travel year after year; but still there is always a need for new carers. In particular new nurses but equally anyone who has the interest in travelling and a willingness to help others.

Applications for carers can be found at <u>www.irishpilgrimagetrust.com</u> or directly from the head office on (091) 796622. For more information about the trust visit the above website or find them on Facebook; 'The Irish Pilgrimage Trust'.

Martina McKenna





Kilcuan through the eyes of a Student Carer

Ethan Jordan



Having gone to Lourdes twice already this year, I was asked would I like to go to Kilcuan in Galway for a week called a "Friendship Week".

Being free for the summer I decided I would volunteer for the week and take opportunity as it comes and I'm happy I did. I was surprised that I packed for the week as heavily as I did, with the shorts, t-shirts and the jackets in case of the rain. In the end everything was needed!

Arriving on Saturday, I started off by meeting Mary Clancy the group leader for the week. Then I met some of the guests that would joining us for various periods; maybe a day, an overnight and some for a week. Now I saw how people really care. Even though some couldn't commit to more than a day or a night, they were willing to come down and help for however long they could, showing great heart!



The guests started to arrive in drifts and in numbers. This was great as having not been familiar with the guests; I got to know them differently, some in pairs and some in their groups and at a leisurely pace over a nice fresh mug of tea. We had a laugh and good craic from the off, and competition over who made the best mug of tea was something under conversation for the week. It was nice to see the friendships of some of the guests and also the carers had formed with each other over their time in Kilcuan. After dinner we had

a chat about the week, helped some guests get settled in and we ended the evening with a prayer service, where each of us lit a candle to complete a circle of friendship, which everyone would light for the week.

We did a lot of different things throughout the week in Kilcuan. On Sunday we had a relaxing day where both guests and carers were eager to watch the football matches on television. By Monday everyone was fully settled in and we had our first outing by going bowling to 'City Limits' in Oranmore. Seeing everyone getting high scores and some the occasional strike was exciting for everyone.

Tuesday and Wednesday were the two main days out and thankfully the finest summer weather too, so the shorts made a delightful appearance. On Tuesday we went by bus to a Heritage Park in Moate where everyone had a picnic and a tour through Irish history and animals. Sadly we couldn't bring a chicken home to cook for dinner. After that we went off to Athlone Shopping Centre for lunch and to pick up some treats and presents and some well needed down time. The demand for Nathan Carter and Derek Ryan CD's I have never seen the like!

The following day we went off to Knock Shrine for the day. We all got Mass in the old church and went to see the Basilica. Then some of us got tea and ice-cream before heading back to Kilcuan again for an evening Barbeque in the glorious sunshine. Thursday was a relaxing day where the group did many activities – *Card making, T-shirt painting, Arts and Crafts* and relaxation therapies which included *manicures and pedicures*.

On Monday evening Fr. Fergal Cunnane celebrated Mass for the group in the Oratory and he taught us the Faith and Light actions songs. On Tuesday evening Fr. Andrew Tully travelled from Cavan to join the group for the evening and he celebrated Mass also for the group.

From Monday onwards we had live music in the house every evening for about 2 hours, which everyone, young and old, found the great mix and variation of music very lively and entertaining. It was fun as well to see the talent of the guests with their party pieces and with great singers, those who could play instruments and dance.

Overall my week in Kilcuan was a pleasant one. It was a very nice week that was taken at a leisurely pace for both the guests and carers. It was nice to see something like this in Ireland and not have to travel to another country to experience it. Meeting the guests was a pleasure and good fun and some connections that I have never experienced before with people on trips like this. "In Kilcuan you are in a great environment and a caring one, right till the end".



The "North West 10K" 2016

Group 173 based in Donegal were delighted to be associated with *The North West 10K 2016* and were presented with a cheque for the fantastic sum of €17,255 in the Mt. Errigal Hotel in Letterkenny on 20th June.



The Northwest 10k Charity is a large community event which takes place on the Sunday of the May bank holiday weekend in Letterkenny every year for the past 20 years where walkers, runners and joggers are all welcome.



Charities are invited to apply for the event and must attend an interview to be selected. This is where the hard work began for Group 173 when we were delighted to be informed that we were one of the chosen charities. We had to promote the event, administer sponsorship cards, organise fund raisers and organise volunteers to help out on the day to help steward the event, assist with registration, give out t-shirts and assist with refreshments.





This year the two chosen charities were Group 173 and also the Donegal Branch of Spina Bifida Hydrocephalus group. The 20th North West 10k Run & Walk has raised €34,500 for the two charities so far this year.



At the presentation, the 10k Chairperson James Boyle praised the efforts of the two benefiting charities and his committee with proceeds up some €7,000 on last year. The North West 10k which celebrated its 20th anniversary this year has now raised a total of €750,000 for 31 charities since the first event was staged in 1997. Group 173 are celebrating their 30th Anniversary this year too so were especially excited to be associated with this event. Being connected with the event will also hopefully increase the publicity of The Irish Pilgrimage Trust in the Northwest.



A huge thanks goes to everyone who helped in any way; to current and former carers, guests of the Trust and their parents; and friends of the Trust who either walked or ran on the day, helped with street collections, baked, hosted coffee mornings and bake sales, helped at bag packing, took sponsorship cards or helped on the day at the event.



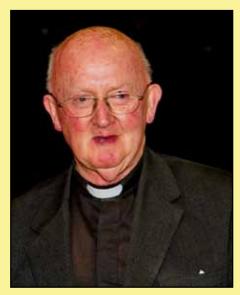
Group 173 are most grateful to everyone as all these events took place after returning home for a busy week in Lourdes at Easter 2016 and we had to hit the road running! But thankfully it was so worth the effort! We would like to take this opportunity to thank the committee of the North West 10k who selected Group 173 as one of the worthy charities this year.



Fr. Hugh celebrates his Golden Jubilee

5th June 1966 - 5th June 2016

Helen Kirwan



Fr. Hugh O'Byrne what a wonderful ambassador for the Irish Pilgrimage Trust

In June of this year Fr. Hugh O'Byrne celebrated the golden jubilee of his ordination to the priesthood at a Mass and function in the parish of Blackwater, Co. Wexford where he has ministered for the past 22 years.

Fr. Hugh's name is synonymous with The Irish Pilgrimage Trust in the diocese of Ferns, the South East and indeed all Ireland.



The Trust has been an important part of Fr. Hugh's life almost since the Trust began in Ireland. Indeed, recently I heard of him interviewing a young teacher who had travelled as a carer with the Trust. She had, of course, mentioned the Trust on her application and when it came to

Fr. Hugh's questions he said she was involved in a group that is very close to his heart. Most of us would have to agree that 'very close to his heart' is exactly where the Trust features in Fr. Hugh's life.

In 1973 Fr. Hugh travelled to Lourdes with Anthea O'Grady's group and it was then he truly fell in love with the Trust.

The following year 1974 he started the first group in the south East, group 69. He was also instrumental in the setting up of groups 92 in the Gorey area, group 94 in the Enniscorthy area and group 129 in New Ross. As soon as he had groups in the major towns of Wexford he set about bringing the Trust to other areas. In 1986, along with Maureen Rossiter he began group 174 in the neighbouring counties of Carlow and Kilkenny.

During these years he served as a trustee on the board of IHCPT and also on the board of HCPT.

In 1990, Fr Hugh led the first Irish group to Hosanna House. He set up this group to bring people who had outgrown the Easter pilgrimage back to Lourdes and this group continues to bring countless adults to Hosanna House every year. He encouraged many people to travel with group 513 over the years and his parish of Blackwater has provided so much for this trip over the years. Indeed the group has been led by Liam Buttle, one of Fr. Hugh's parishioners for many years. Fr. Hugh has been the back bone of this group since the beginning.

He not only worked tirelessly at local level but also at national and international level. While on the board of HCPT he was involved in initiating the spread of the Trust

to many other countries.

Fr. Hugh's affection for Trust spread beyond Lourdes. Every July he led a Trust group to Knock and he also brought groups to Our Lady's Island, Co Wexford. When the Pope came to Ireland in 1979 he led a group from the Trust to the mass in the Phoenix Park.



Fr. Hugh has contributed so much to the Trust that it would be impossible to do justice to the immense work he has done in a short article.

His two great loves in life are Our Lady and people with special needs, hence his great love of the Irish Pilgrimage Trust. He is and has been a wonderful ambassador for the Trust for over 40 years and has motivated countless people to travel for 'one year', the 'one year' has in so many cases become 'every year'! Fr Hugh has been instrumental in introducing hundreds of helpers to the Trust.

Fr. Hugh has been unwell in recent times and has recently retired as parish priest of his beloved Blackwater. We,



in the Trust would like to wish Fr. Hugh every blessing in his retirement and we would like to thank him for introducing so many of us to the Trust and above all for his commitment and dedication to those special people who are so close to his heart.

My First Ever, Trip to Lourdes

Eamonn Kelly



June 2016 my first ever trip to Lourdes and most certainly not my last.

Not sure what to expect and full of anticipation and excitement our new group 561 gathered and headed off. We met up with Group 755 in the airport and whilst we were all busy getting luggage checked in and getting to our departure gate introductions were made.



Having arrived at Hosanna House getting settled in our rooms and having some dinner we did what all us Irish do, we had a cup of tea and began to adapt to our surroundings. At that early stage for me it all just felt right.

Visiting the Grotto

At first I wasn't sure how I should feel or how to react but as the week progressed I began to realise what a unique place the Grotto is. Seasoned pilgrims had described the Grotto to me as magical, special, peaceful, spiritual healing etc., but I couldn't find my own word and I wanted my own word. Towards the latter end of our week we had been gift shopping where I got extra special

help from a lady who went above and beyond for us. That evening as I sat in front of the Grotto lost in my own thoughts I saw that same lady visit the Grotto. I watched her closely as she eloquently passed through the Grotto and that is when I found my word, *Real* this was Real, it was everything else I had heard, but for me at that moment I don't know why, but it was real.

Hosanna House

Both groups had become buddies very early in the week and friendships only blossomed and strengthened. Card games; sing songs; dancing; jokes; fancydress; cakes; celebrations; barbeques; music; chats; hugs; board games; face painting; table tennis; basket ball; walks and of course endless cups of tea! Out of all that there was a massive sense of togetherness and happiness.

Mass

Thanks to Fr. Michael our daily Mass was like no other I have ever been to. We all played a role each time and it was during our Mass that we got to know one another best. Let it be gift bearing, music, song, dance, bell ringing or prayer, it was a uniquely bonding part of our day. Most days our Mass ended with a version of "Rise and Shine" with all

trying to sing and do the moves in unison. All smiling and revitalised. **Baths & Stations**

All I can say is I should have listened; yes I chicken'd out of the baths but I won't make that mistake again! There were lots of words being passed around describing the experience so next time I will have my own word. I did however do the stations very early one morning and it was truly beautiful. I think that was when it all changed for me and I really began to understand the magic of Lourdes.



Day Out

Our big day out was to Garvarnie. In a nutshell: bus, sing song, prayer, breathtaking scenery, lunch, ice cream, walks, photos, horses, donkeys, shops, sunshine, snow, happy happy faces and again bus, sing song and prayer and tired happy happy faces.

Personally I have to give a massive thank you to each and every member of Group 755 and Group 561, especially our guests whose contribution was immense. It was their week but they made it our week. This is a brief insight of my experience written for you and to my late Dad who asked me many a time to go to Lourdes with him and I didn't, but yet again I should have listened.



Walk the Camino Frances from Sarria to Santiago de Compostela with The Irish Pilgrimage Trust

The Way of St. James

24th June 2017 - 1st July 2017

The Irish Pilgrimage Trust is once again organising a fundraising walk along the Camino Frances from Sarria to Santiago de Compostela, from 24th June, 2017 – 1st July, 2017. The proceeds from the Camino Walk will be for the work of the Trust and specifically for Cois Cuain our holiday home in Kilrane, Co. Wexford.

Saturday 24th June 2017: Arrive in Santiago Airport and transfer by bus to Sarria (1.5hrs). Aer Lingus schedule flights between Dublin airport and Santiago Airport. www.aerlingus.com

The cost of the walk is €500, which includes:

- · Bus Transfers
- · Dinner, Bed & Breakfast for 7 day
- Pilgrim Passport
- · Luggage transfers along the route
- Travel Insurance

Price will not include:

- Flights
- Lunches





The Way of St. James is the pilgrimage to the Cathedral of Santiago de Compostela in Galicia in northwestern Spain, where legend has it that the remains' of the apostle, Saint James the Great, are buried.

The Way of St. James was one of the most important Christian pilgrimages during medieval times. It is said that St. James' remains were carried by boat from Jerusalem to northern Spain where they were buried on the site of what is now the city of Santiago de Compostela.

There are many pilgrimage routes to Santiago de Compostela. However, The Irish Pilgrimage Trust is planning its biennial walk along the ancient pilgrim path, also known as *Camino Frances* from *Sarria to Santiago de Compostela*. The route was proclaimed the first European Cultural Route by the Council of Europe in October 1987 and was also named one of UNESCO's World Heritage Sites in 1993.

If you would like to join us for our 2017 walk to Santiago de Compostela and traverse the hilly landscape of Galicia for The Irish Pilgrimage Trust, please contact the office in Kilcuan at **091 796622** or *info@irishpilgrimagetrust.com* for an **Application Form**. Closing date for receipt of application forms is 25th November, 2016.

We will be asking all participants to fund raise €1000 euro.

A Mum's Story

Having taken Niamh to Lourdes before many years ago I had always considered the possibility of bringing her back to such a wonderful place again!



So when the application form arrived home in Niamh's school bag I initially thought fantastic, I would love her to go. But the more I thought about it the more anxious I became. My husband and I discussed it at great length and eventually decided to go ahead and apply for a place thinking that it's very likely Niamh won't get accepted and that would be absolutely fine! So, when the letter came to tell us the 'great news' Niamh was granted a place on the trip to Lourdes I can honestly say I felt physically sick! The thoughts of letting her go away for a week with people she didn't know was very worrying for us. is both physically and mentally disabled with no communication and requires 24 hour care.



I received a telephone call from team leader of our group Emma who wanted to arrange to come and meet Niamh along with Niamh's carers', at our home. I have to say once I met Emma, Anna & Mairéad my fears were instantly put at ease. They had such a lovely



way with Niamh and were totally understanding of how we were feeling. The first meeting went really well, this followed another meeting at our home and then an information meeting in Banbridge some months later with the rest of our group and another carer called Cushla who was going to be with Niamh.



Time flew by and before I knew it I was packing Niamh's case for her trip. John and I had decided to use Niamh's trip away as a rare opportunity for us to get away to the sun ourselves and we arranged our travel plans to coincide with Niamhs. We drove Niamh down to Dublin airport ourselves rather than meet the rest of the group in Newry. Waiting in the airport for the group to arrive was very difficult for us both, Niamh on the other hand was in great form. My main worry was Niamh's understanding of what was happening and that she would fret without her family around her. I had put together a communication book with photos of things familiar to Niamh and details about her likes and dislikes etc., even though I had already gone through this with Emma.

The group arrived and Niamh was very excited. We were trying to hold it together and did well until it was time to leave her. It was very emotional for us, but seeing Niamh so happy made it a little easier to let go. I had full confidence in the girls and knew she would be well

cared for. John and I left for our hotel as our flight wasn't until the next day. The girls promised to contact me once they had landed and got settled, which they did and that certainly put me at ease. We subsequently received lots of texts and photos about how Niamh was getting on and she looked so happy and content. This put our minds at ease meaning John and I were able to totally relax and have some quality time together.

We arrived back to Dublin airport quite early and Niamh wasn't due to arrive until late that night so we drove back up to Belfast to collect our boys, dropped off our cases then made the journey back down to Dublin to give Niamh a big welcome home. Although she was extremely tired she managed a big smile and looked so relaxed and happy with her wonderful Group 93. I can honestly say that looking back we had nothing at all to worry about. It was difficult to let go of Niamh but at 17 she needed to experience what lots of other 17 year olds do and that is to go away without Mum & Dad and spend time with friends and enjoy new adventures.



A few weeks later we all attended a reunion and watched a DVD of the week which brought tears to my eyes, seeing how happy Niamh and the other children were.

I encourage you to fill out the application and if you are granted a place, grab it with both hands and let your child have this wonderful experience, you will not regret it.

Hosanna House

The perfect base for your Lourdes pilgrimage

For over 40 years, HCPT Hosanna House has been welcoming guests for their Summer pilgrimages to Lourdes. Irish groups will be staying there in June 2016 and further stays are available at other times for school, parish, diocese and disability groups.

Hosanna House is a unique place to stay:

- Stunning panoramic views of the Pyrénées
- An intimate chapel with beautiful stained glass windows
- Regular shuttles into Lourdes and elsewhere
- Close to an excellent range of outdoor activities and visitor attractions
- Fully accessible ensuite accommodation for groups of up to 40 people
- Local chefs providing authentic local cuisine on a full or half board basis

Do you know a group that might enjoy staying at Hosanna House for a Lourdes pilgrimage? If so, please let us know by emailing hq@hcpt.org.uk or call 00 44 1788 564646.









