

## *What can we do for you?*

Unique in its kind, the *Servants of Love* community offers a healthy spiritual life and the opportunity to explore and develop your talents in an atmosphere that is friendly, positive and holistic.

### **OPEN MEDITATION NIGHT**

Every Friday night at 8pm we have a Meditation in our New Meditation Room  
This event is open to the public.

### **SOL HEALTH**

*Retreats, Workshops & Courses in:*

Spirituality  
Meditation  
Relaxation

Raw Food Nutrition  
Healthy Food Preparation  
Juicing  
Sprouting

Personal Creativity  
Positive Mental Health  
Healing Music

also

Inspirational Concerts  
Holiday/Retreats  
Healing Music Recitals  
Celtic Music Evenings

## *Where are we?*

You'll find us at:

*The Servants of Love*  
SOL Building  
Quarantine Hill  
Wicklow Town  
Co. Wicklow  
Ireland

Tel: +353 (0)404 68645

Enjoy **great food** at

***Healthy Habits Cafe!!***

***Mon – Sat 9.30am - 5.00pm***

### **Health-Related Email Enquiries**

**Retreats/Holidays** [gabrielle@eircom.net](mailto:gabrielle@eircom.net)

**Music** [seamusbyrne@eircom.net](mailto:seamusbyrne@eircom.net)

**Products** [healthyhabitsstore@gmail.com](mailto:healthyhabitsstore@gmail.com)

**Food Courses** [rawveronica@gmail.com](mailto:rawveronica@gmail.com)

**Positive Psychology & Mental Health**  
[avlund.dk@gmail.com](mailto:avlund.dk@gmail.com)

### **Websites**

**SOL Community** [www.theservantsoflove.com](http://www.theservantsoflove.com)

**Juicers/Books** [www.healthyhabs.com](http://www.healthyhabs.com)

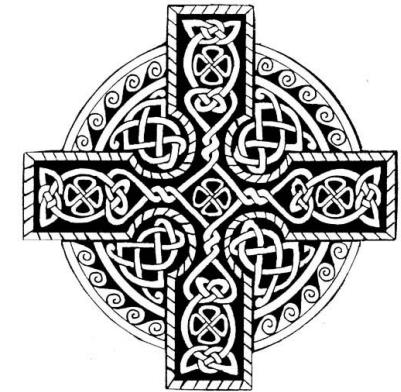
**Music & Retreats** [www.brotherseamus.ie](http://www.brotherseamus.ie)

**CDs, Books, Cards** [www.gabriellekirby.com](http://www.gabriellekirby.com)

**Positive Psychology** [www.gratitude.ie](http://www.gratitude.ie)

"I promise to appreciate  
the Goodness of God  
in all things and at all times"

# The Servants of Love



Committed to Healing the World

## *Who are we?*

The Servants of Love is a community of women and men whose lives are dedicated to bringing healing, balance, spirituality and love into the world.

We live a monastic, celibate lifestyle and follow the ethos and teaching of the Roman Catholic Church.

Founded in Ireland over 30 years ago, our work is to promote healing through encouraging healthy lifestyle, positive thinking and wholesome spirituality.

We approach our work by living, studying and sharing knowledge in all fields that relate to health in mind, body and spirit, particularly nutrition, exercise, therapy, meditation, art, psychology, faith and theology, and applied health-science.

As well as exploring the many health-related skills, our members also train as artists, musicians, writers, performers and art technicians so as to more effectively share our vision.

Through our **Healthy Habits** raw-food Café & Take-Away, **Retreats, Workshops, Holidays, Courses** and **Websites**, we provide knowledge and resources in all health-related subjects.

We also produce top quality CDs, DVDs and Books to further benefit people.

## *Community Life*

The members live and work in community, in a positive, peaceful and creative atmosphere.

Our daily routine is geared to encourage prayerfulness, enjoyment of the present moment, health and productivity.

We carefully write, design and create programs we hope will touch people with healing, hope and love...

### ***MUSIC***

Seamus Byrne, Celtic Singer, Flautist and Healing Musician, composes and performs Music for Meditation, Relaxation, Prayer, Therapy and Healing.  
[www.brotherseamus.ie](http://www.brotherseamus.ie)

### ***GUIDED RELAXATION***

Gabrielle Kirby's soothing voice guides you along the gentle path of tranquillity while encouraging and empowering you to fulfil your potential.  
[www.gabriellekirby.com](http://www.gabriellekirby.com)

### ***LIFE SKILLS***

Michaela Avlund specialises in positive psychology, the study and practice of what makes us happy and well.  
[www.gratitude.ie](http://www.gratitude.ie)

### ***NATURE SOUNDS and CARDS***

Healing aids, such as Nature Sound Recordings, Beautiful Scenery and Art Cards, also help the healing process.

## *Why do we exist?*

The Servants of Love try to spread the news of the Goodness of God.

This is our primary aim and function and, to this end, the members make a yearly Promise to Appreciate the Goodness of God in all things and at all times.

It can be an exacting promise, but it helps the members live positive, healthy and charitable lives in community and in the world.

To live a holy and wholesome life, to enjoy the ever-abundant gifts of God, to appreciate His Goodness, even in the events that may seem very difficult... this is the message and lifestyle we promote and encourage people to practice.

To live this way empowers one to be able to receive all the goodness that God wishes to bestow.  
And He wishes to bestow much!