

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

Music seamusbyrne@eircom.net

Products healthyhabitsstore@gmail.com

Food Courses rawveronica@gmail.com

Positive Psychology & Mental Health

avlund.dk@gmail.com

Websites

SOL Community www.theservantsoflove.com

Juicers/Books www.healthyhabs.com

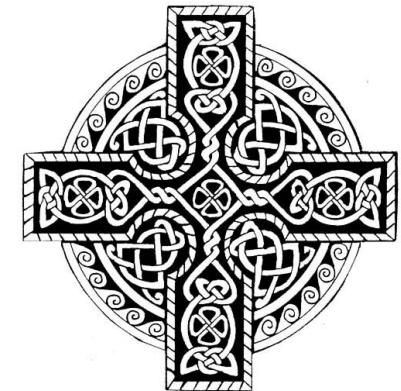
Music & Retreats www.brotherseamus.ie

CDs, Books, Cards www.gabriellekirby.com

Positive Psychology 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

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

LIFE SKILLS

Michaela Avlund specialises in positive psychology, the study and practice of what makes us happy and well.
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!