

HOW TO MAKE A HOLY HOUR

Advent Lecture Series

Fr. Louis Hughes OP

in Holy Cross Church, Tralee at

4pm on Sundays

November 30th, December 7th & 14th 2025



Deepening your Holy Hour —
an experience of God's silent
presence, through guided
contemplation

Fr Louis is an experienced retreat-giver and spiritual guide.

He is author of the books,

Body-Mind Meditation and The Art of Allowing – The Breath in Meditation and in Life