



The College of The Holy Spirit

College Street

Millport

Isle of Cumbrae KA28 0HE

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Argyll & The Isles Diocesan Retreat Monday 1 - Thursday 4 November 2010

The retreat conductor for the Argyll & The Isles Diocesan Retreat will be the Rev Dr Michael Kitchener, recently arrived from the Borders to live in Argyll. An experienced leader of retreats, he plans to guide retreatants as 'Pilgrims into Silence'. Retreatants will have an opportunity to get to know each other; will then be led in an exploration of different kinds of silence on Tuesday before moving into an extended silence over Tuesday evening and Wednesday. On Thursday they will reflect together on the experience. Michael will be available throughout for individual guidance.

The daily worship pattern of the Cathedral of The Isles will underpin the days. Michael says: 'This retreat is about prayer, our relationship with the deep mystery we call 'God'. 'Our retreat begins on All Saints' Day and includes All Soul's day when we focus on our brothers and sisters in Christ who have already died. What does it mean to say that we are still one body with them, our unity in prayer unbroken? The silence of death throws us into the dark, and perhaps gives us a clue to the nature of all prayer - and a clue to the grounding of Christian and human community.'

Monday 1

2pm-7pm	Arrive
[5.15pm	Evening Prayer in The Cathedral of the Isles - optional]
7pm	Three course Dinner in the Refectory
9.30pm	Compline in The Cathedral of The Isles

Tuesday 2 & Wednesday 3

8.30am	Morning Prayer in The Cathedral of the Isles
9am	Breakfast in the Refectory
12noon	Eucharist in The Cathedral of the Isles
12.30pm	Light Lunch in the Refectory
5.15pm	Evening Prayer in The Cathedral of the Isles
6.30pm	Three course Dinner in the Refectory
9.30pm	Compline in The Cathedral of The Isles

Thursday 4

8.30am	Morning Prayer in The Cathedral of the Isles
9am	Breakfast in the Refectory
12noon	Eucharist in The Cathedral of The Isles
12.30pm	Light Lunch in the Refectory

Cost: Residential - £150 per person (£25 deposit on booking).

Please send a deposit of £25 per person to book your place. Please make cheques payable to Island Retreats Limited or complete your credit card details on the attached form. Full payment is required by 30 September. For further information contact David Todd, Warden, at the address above. Financial help will be available from the Diocese if necessary.

The College of The Holy Spirit
The Cathedral of The Isles, Isle of Cumbrae
Argyll & The Isles Diocesan Retreat Application Form

Title..... Forename..... Surname.....

Address.....

..... Postcode.....

Telephone No..... Email.....

Argyll & The Isles Diocesan Retreat
MONDAY 1 - THURSDAY 4 NOVEMBER 2010

Residential place (per person) Please ✓
£150

Room requirements

Single Room

Double Room

Twin Room

Special diet/allergies

Non-refundable deposit of £25 per person

I attach a cheque for £25.00/£50.00* made payable to Island Retreats Limited*

Please debit my Debit/Credit Card* with £25.00/£50.00*

** Please delete as appropriate*

Name on Card:

Card Number:

Valid From: / Expiry Date: /

3 Digit Security Code (on reverse):

Please return this form to: David Todd, Warden, The College of The Holy Spirit
 College Street, Millport, Isle of Cumbrae KA28 0HE
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 Email: cathedral_cumbrae@btconnect.com, Web: www.island-retreats.org