

# Come and join us!

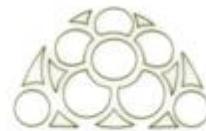
Jesus himself took time out to pray which, in his context, was often up a mountain. Here are a number of opportunities for you to do the same, but in our context to do so on the Isle of Cumbrae, Scotland's most accessible island. There is something quite magical about making the journey across the water from the Scottish mainland onto an island - we invite you to come and experience it for yourself.

The College of the Holy Spirit is attached to The Cathedral of The Isles, Britain's smallest cathedral, and is set in 8 acres of beautiful landscaped grounds. All of our retreats are fully catered with accommodation being in single, twin, double or family rooms; some of which are en-suite. The College is a Visit Scotland accredited 3 star Guest House

Facilities at the college include a library, common room and community art studio as well as the cathedral itself.

As well as taking individual bookings for our open retreats we also offer Bed & Breakfast throughout the year, from just £38pppn, and provide accommodation and conference/retreat facilities for groups who wish to come and stay and for whom we offer special rates.

Thank you for your interest. To learn more please contact us using the details on the back of this leaflet.



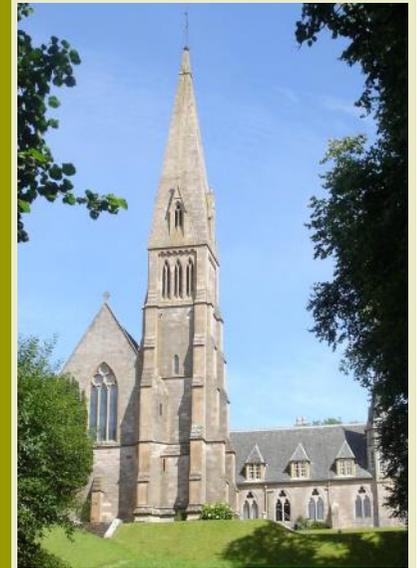
## Island Retreats

The College of The Holy Spirit  
Cathedral of The Isles  
College Street  
Millport  
Isle of Cumbrae  
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Telephone / Fax: 01475 530353  
Email :[cathedral\\_cumbrae@btconnect.com](mailto:cathedral_cumbrae@btconnect.com)  
Web: [island-retreats.org/Cumbrae.html](http://island-retreats.org/Cumbrae.html)  
Facebook: [/cathedraloftheisles](https://www.facebook.com/cathedraloftheisles)  
Twitter: [@collegecumbrae](https://twitter.com/collegecumbrae)

Scottish Charity Number SC023281

## Open Retreats 2016



Millport, Isle of Cumbrae

Opportunities for individuals to share in a led retreat



College of the Holy Spirit at the Cathedral of the Isles

## Retreat for the beginning of Lent

with Canon Alec Boyd



A short retreat to mark the beginning of Lent. Join us for a celebratory evening on Shrove Tuesday, followed by times of silence and reflection during Ash Wednesday and the following Thursday, with daily worship in the cathedral and addresses to help guide you.

9-12 February • From £186

# Open Retreats 2016

at The College of The Holy Spirit

## Encouraged by God with Amanda Wright



St Barnabas was a companion of St Paul on many of his missionary journeys and has a name which means "Son of Encouragement". We will use talks, discussion, silence and attention to God, to help us consider what it means to us to be encouraged by God, and how we can accept that gift in our own life's journey.

29-31 July • From £124

## A Retreat for Beginners

with Canon Alec Boyd

If you've never been on retreat before and been anxious about diving in at the deep end then this is just for you. Includes an introduction to the principles of taking a retreat, help in our understanding of how to use silence, and material to aid and guide our prayers, alongside daily worship in the cathedral.

20-23 September • From £186

The expert in anything was once a beginner.

Full details online or by contacting us direct:

Telephone: 01475 530353

Email: [cathedral\\_cumbrae@btconnect.com](mailto:cathedral_cumbrae@btconnect.com)

Web: [www.island-retreats.org/cumbrae.html](http://www.island-retreats.org/cumbrae.html),

twitter [@collegecumbrae](https://twitter.com/collegecumbrae) or [facebook.com/cathedraloftheisles](https://facebook.com/cathedraloftheisles)

Accommodation for groups and individuals available throughout the year

## Friends' Weekend

For the Friends of The Cathedral of The Isles and The College of The Holy Spirit. The Annual Meeting and a weekend of activities. Membership of The Friends is from just £10pa and is open to all. Why not join and help support the work of the Cathedral & College. To learn more visit the friends' own website at:

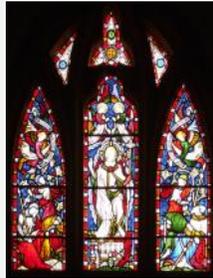
[www.cumbraecathedralfriends.com](http://www.cumbraecathedralfriends.com)



28-30 October • £62.50 per day full board

## Palm Sunday, Holy Week & Easter

Join us for all or part of over a week of worship, music and prayer in The Cathedral of The Isles. Alongside daily addresses, the Cathedral Choir will help lead us through the week, including the traditional services for Maundy Thursday, Good Friday and Easter Vigil on Saturday culminating with Easter Day services.



19-28 March • £62.50 per day, discount for full week

## Elemental Spirituality with Ruth Scott



Earth, air, fire and water all appear in Biblical tradition. Through image, word, music and art, this retreat offers the opportunity to work imaginatively with these four key elements, to play with them and pray through them, and to further the inner conversation faith opens up in our hearts and minds.

16-19 May • From £267

## Advent Weekend



Advent marks the beginning of the new church year, and a period of preparation and hopeful expectation. Join us for a weekend combining quiet reflection with the joy of an Advent Carol Service led by the cathedral choir on the Sunday afternoon.

25-28 November  
From £186

## Quiet before Christmas

With the hullabaloo of all the trappings that come with Christmas, and the time leading up to it, it can be hard to remember what it's all really about. Take a few days out with us and refresh yourself as you prepare to celebrate the miracle of the Incarnation. Come for all or part of this retreat.



12-15 December • £62.50 per day full board