

# ISLAND BREAKS

The College of The Holy Spirit

The Cathedral of The Isles

Millport

Isle of Cumbrae KA28 0HE



The beauty and tranquillity of the island and Cathedral grounds gives guests the opportunity to relax throughout the day and offers an added dimension to your retreat or holiday experience. Three star accommodation is provided in the College adjacent to the Cathedral. The College is set in 8 acres of woodland close to the sea. A historic building with modern facilities, the College has 16 bedrooms (some with en-suite), can sleep up to 30 and boasts good home-cooking.

## PROGRAMME 2011-2012 from November 2011

<p><b>November 2011</b> Sunday 27 at 11am and 3pm</p>	<p><b>Advent Sunday</b> The Cathedral Choir leads a Sung Eucharist at 11am followed by an Advent Carol Service at 3pm. Accommodation available on Saturday and Sunday night at £37.50 per person per night plus Dinner @ £15.50. To book accommodation contact the College on 01475 530353 or email <a href="mailto:cathedral_cumbrae@btconnect.com">cathedral_cumbrae@btconnect.com</a></p>
<p><b>December 2011</b> Friday 23 to Wednesday 28 From £275 Full Board for 5 days*</p>	<p><b>Christmas at the Cathedral</b> The Warden is hosting a house party for Christmas in the College this year.</p>
<p><b>December 2011</b> Wednesday 28 at 3pm</p>	<p><b>Christmas Carol Service</b> The Cathedral Choir sings Christmas Carols at 3pm.</p>
<p><b>March 2012</b> Friday 16 to Monday 19  From £168.50 Full Board for 3 days*</p>	<p><b>Lent Retreat</b> Come as an individual, a couple or a small group and be part of a retreat led by the Warden. Adjust your pace of life to a few days of saying Daily Office, Midday Eucharist, a daily devotional address, lots of time for reflection and recreation and good home-cooking. <a href="#">Information Sheet and Booking Form available</a></p>
<p><b>April 2012</b> Monday 2 to Monday 9  From £348 Full Board for 7 days* or £58 Full Board per day*</p>	<p><b>Holy Week and Easter Weekend</b> Join us for a week of worship, music and prayer in The Cathedral of The Isles. Bishop Kevin Pearson will preside from Monday to Wednesday with Choral Evensong each day sung by the Cathedral Choir. Bishop Idris Jones will take over on Wednesday for the traditional services and Easter Vigil culminating with Easter Day services sung by the Cathedral Choir directed by Alastair Chisholm with organist Jonathan Cohen. <a href="#">Information Sheet and Booking Form available</a></p>
<p><b>April 2012</b> Monday 23 to Thursday 26  From £188.50 Full Board for 3 days* Non-residential £36</p>	<p><b>Spirituality and Poetry</b> Talks on spirituality based on the lives and writings of six Anglican poets – John Donne, George Herbert, John Keble, RS Thomas, TS Eliot and WH Auden. One was a saint (Herbert), the rest had feet of clay. All struggled with life and faith. Led by the Reverend Ian Meredith. <a href="#">Information Sheet and Booking Form available</a></p>
<p><b>July to September 2012</b> Sunday afternoons at 3pm</p>	<p><b>Music for a Summer Afternoon</b> Every Sunday afternoon at 3pm throughout the months of July, August and September the Cathedral promotes a variety of concerts. Watch for further details.</p>

<p><b>July 2012</b> Thursday 5 to Monday 9 From £495 Full Board for 4 Days Non-residential £345</p>	<p><b>Classical Guitar Retreat</b> Non-sharing residential participation fully booked, but for sharing and to register an interest for non-residential participation or possible cancellations, contact Matthew McAllister (info@cgetreat.com)</p>
<p><b>July 2012</b> Monday 16 to Friday 20  From £226.50 Full Board for 4 days*</p>	<p><b>Open Retreat</b> Come as an individual, a couple or a small group and be part of a retreat led by the Warden. Adjust your pace of life to a few days of saying Daily Office, Midday Eucharist, a daily devotional address, lots of time for reflection and recreation and good home-cooking. <u>Information Sheet and Booking Form available</u></p>
<p><b>August 2012</b> Wednesday 8 to Saturday 11  From £188.50 Full Board for 3 days* Non-residential £36</p>	<p><b>Music Retreat</b> Richard Black (piano), Alastair Chisholm and Leslie McLeod (harpichord) lead an exploration of the keyboard repertoire – JS Bach's <i>Goldberg Variations</i> and Ronald Stevenson's <i>Passacaglia on DSCH</i> – with a series of illustration talks culminating in public performances on Friday. <u>Information Sheet and Booking Form available</u></p>
<p><b>September 2012</b> Thursday 13 to Sunday 16 <b>or</b> Monday 17 to Thursday 20  From £188.50 Full Board for 3 days* Non-residential £36</p>	<p><b>Coping with Stress</b> "We talk about stress quite openly now but what is 'stress'? How does it affect us physically, mentally, emotionally and socially?" Join us for this course and learn to understand stress: what the causes are and what techniques you can learn to help you cope with it. Anthea Clarke leads. Come midweek or at the weekend. <u>Information Sheet and Booking Form available</u></p>
<p><b>September 2012</b> Friday 21 to Sunday 23  From £70 per person Bed and Breakfast for 2 nights</p>	<p><b>September Weekend</b> Come to Cumbrae for the annual weekend of festivities and fireworks that celebrates the end of the summer season in Millport. The College offers Bed and Breakfast for a two night minimum stay. To book accommodation contact the College on 01475 530353 or email cathedral_cumbrae@btconnect.com</p>
<p><b>October 2012</b> Friday 26 to Sunday 28  From £116 Full Board for 2 days*</p>	<p><b>Friends' Weekend</b> Join the Friends of The Cathedral of The Isles and The College of The Holy Spirit for their Annual General Meeting and a weekend of activities. To join the Friends contact Anne Morton 01475 530478 or email anne@millport.net. Watch for further details.</p>
<p><b>December 2012</b> Sunday 2 at 11am and 3pm</p>	<p><b>Advent Sunday</b> The Cathedral Choir leads a Sung Eucharist at 11am followed by an Advent Carol Service at 3pm. Watch for further details.</p>

\*Ensuite supplement and discount for sharing room

**Download Information Sheet and Booking Forms on [www.island-retreats.org](http://www.island-retreats.org) or contact The Warden email [cathedral\\_cumbrae@btconnect.com](mailto:cathedral_cumbrae@btconnect.com) or telephone 01475 530353**

### GROUP BOOKINGS

The College welcomes bookings for group retreats. The College is offering a rate of £58 per person per day for Full Board for groups of 10 or more in the season 2012. Download Booking Pack on [www.island-retreats.com](http://www.island-retreats.com) or contact the Warden as above.

### INDIVIDUAL BOOKINGS

The College also provides Bed & Breakfast accommodation from £35 per person per day when possible and is also available for private bookings. Contact the Warden as above.