



The College of The Holy Spirit

College Street

Millport

Isle of Cumbrae KA28 0HE

Tel: 01475-530353

FAX: 01475-531291

Email: cathedral_cumbrae@btconnect.com

Web: www.island-retreats.org

Come on a Lent Retreat! Friday 16 to Monday 19 March 2012

Join a retreat on the Isle of Cumbrae in the stunning setting of The Cathedral of The Isles. Come as an individual, a couple or a small group and be part of this Lenten 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.

Arrive in time for evening prayer on Friday evening and leave after breakfast on Monday morning. Enjoy three star accommodation. Full board provided. 10% discount for sharing a room. Supplement for en-suite bath/shower. The College has 8 acres of ground. Walk or hire a bicycle and cycle round the island (10 miles) and enjoy spectacular scenery and wildlife.

Suitable for clergy and laity.

Daily Timetable

8.30am	Morning Prayer in The Cathedral of The Isles
9am	Breakfast in the Refectory
10am	Devotional Address
11am	Morning Coffee in the Common Room followed by discussion
12noon	Eucharist in The Cathedral of the Isles (Sung Eucharist at 11am on Sunday)
12.30pm	Light Lunch in the Refectory
	Afternoon free for reflection/recreation
5.45pm	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 followed by silence

Cost from £168.50 Full Board (£303 sharing)

Please send a deposit of £50 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 three weeks before commencement of the retreat - by Friday 24 February 2012.

For further information contact David Todd, Warden, at the address above.

The College of The Holy Spirit The Cathedral of The Isles, Isle of Cumbrae

Lent Retreat 2012 Application Form

Title.....	Forename.....	Surname.....
Address.....		
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.....		
.....		Postcode.....
Telephone No.....	Email.....	

LENT RETREAT (3 NIGHTS)	Friday 16 to Monday 19 March 2012	Please ✓
Standard Single	£168.50	<input type="checkbox"/>
En-suite Single (limited availability)	£183.50	<input type="checkbox"/>
Standard Double/Twin for two people	£303.00	<input type="checkbox"/>
En-suite Double/Twin for two people (limited availability)	£333.00	<input type="checkbox"/>
Special Dietary Requirements		
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Non-refundable deposit of £50 per person			
I attach a cheque for £50.00/£100.00* made payable to Island Retreats Limited*			
Please debit my Debit/Credit Card* with £50.00/£100.00*			
<i>* Please delete as appropriate</i>			
Name on Card:	<input style="width: 100%;" type="text"/>		
Card Number:	<input style="width: 25px; height: 20px;" type="text"/>	<input style="width: 25px; height: 20px;" type="text"/>	<input style="width: 25px; height: 20px;" type="text"/>
Valid From:	<input style="width: 40px; height: 20px;" type="text"/>	Expiry Date:	<input style="width: 40px; height: 20px;" type="text"/>
3 Digit Security Code (on reverse):	<input style="width: 25px; height: 20px;" type="text"/>	<input style="width: 25px; height: 20px;" type="text"/>	<input style="width: 25px; height: 20px;" type="text"/>

Please return this form to: David Todd, Warden, The College of The Holy Spirit
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