

INTRODUCTION

I'm delighted to commend our Retreats Handbook.

I've been finding the practice of making an annual retreat ever more necessary in my own ministry. For me, it is a valuable counter-balance to the tendency to become very 'task-centred'. I value space and time to reflect on the wider and deeper aspects of ministry. I need time to visit again the roots of my vocation and my faith commitment.

I hope that you will find the information in the Handbook helpful. If you go on retreat, I hope that you will find it an enriching and fulfilling experience.

Most Rev David Chillingworth
Primus

CONTENTS

	Page
<i>Foreword by Most Rev David Chillingworth</i>	
Retreat Houses & Conference Centres:	
The Abbey, Iona	3
Atholl Centre, Pitlochry	3
Badenoch Christian Centre, Kingussie	4
Badarroch Retreat, Wester Ross	4
The Bield at Blackruthven, Tibbermore, Perth	5
Bishop's House, Iona	6
Carberry Conference Centre, Musselburgh	6
Cnoc a' Chalmain	7
The Coach House, Inverness	7
The College, Cumbrae	8
Charis Retreat, Leslie, Fife	8
Craig Lodge, Dalmally, Argyll	9
Duncraig, Iona	9
Dunkeld Pastoral Centre	10
Emmaus House	10
Fir Chlis, House of Prayer, Tongue, Sutherland	10
Garden Cottage, Kilgraston	11
Ignatian Spirituality Centre, Glasgow	11
Kilravock Castle, Croy, Inverness	11
Pluscarden Abbey, Elgin	12
Salvation Army Conference & Holiday Centre, Balvonie	12
Sancta Maria Abbey, Nunraw, Haddington	13
Smithstone House of Prayer, Kilwinning	13
St Barnabas Retreat & Conference Centre, Edinburgh	14
St Drostan's Lodge, Edzell	15
St Margaret of Scotland's House, Aberdeen	15
St Mary's, Kinnoull, Perth	15
Tabor Retreat Centre, Falkland, Fife	16
Whitchester Christian Guest and Retreat House	16
Wiston Lodge, Biggar	17
 Other Centres	 18
 Helpful hints for Quiet Days	 7
Check list for organisers:	
No 1	13
No 2	14
Retreat Houses in England and Wales	17

**The Abbey (Ecumenical)
Isle of Iona
Argyll PA76 6SN**

**Tel 01681 700404
Email ionacomm@iona.org.uk
Website www.iona.org.uk**

Accommodation: 3 Single rooms
17 Shared rooms
Total - 45

Transport: Ferry - Oban/Craignure, bus to Fionnphort, ferry to Iona.

Booking: Booking Form in centre of programme.
Programmes available from the Abbey

Advance Booking: Always

Cost: 20011 prices: 6 night week £318 Abbey, £297 MacLeod Centre adult rate. Low income rate sometimes available for UK residents, plus reduced rates for children.

Comments: NOT a retreat centre, hotel or conference centre. We offer an experience of living in community, and welcome those who wish to share our life of work, worship, chores, discussion and recreation. Most weeks in season guests arrive Saturday, depart 0900 Friday (6 nights). See current programme for winter/Christmas/Easter breaks.

**The Atholl Centre
Atholl Road
Pitlochry PH16 5BX**

**Tel 01796 473044
Fax 01796 473844
Email admin@athollcentre.org.uk
Website www.athollcentre.org.uk**

Accommodation: 1 single, 1 double, 3 triples, 4 family rooms.
32/35 bed spaces in the main centre.
All rooms have vanity units

Transport: Trains, Citylink Coaches from Perth or Inverness to Pitlochry
Easy access by car from A9

Booking: Contact for brochure and tariff

Advance Booking: Necessary for groups

Cost: On application

Comments: Group retreats welcome. Centre retreats arranged in Spring and Autumn

**Badenoch Christian Centre
Kincraig
Kingussie PH21 1QD**

**Tel 01540 651373
Email badenoch@uk.uuimail.com
Website www.kincraig.com/bcc**

Accommodation: 6 rooms with 4 beds) bunks
6 rooms with 2 beds) bunks
Maximum 36
Also self catered unit for 4 - self contained

Transport: Train to Kingussie and Aviemore. Collection from railway station by prior arrangement.

Booking: Deposit £5 per person

Advanced Booking: Recommended

Cost: See website

Comments: Come and relax in the simple beauty of the Spey Valley and enjoy the very special atmosphere of this warm and friendly centre.



**Badarroch Retreat
Croft 25
Diabaig
Torridon
Wester Ross IV22 2HE**

**Tel 01445 790257
Email badarroch@btinternet.com
Website www.badarrochretreat.co.uk**

Accommodation 2 self-catering cottages, each sleeping up to 4 people

Booking contact Rev Sam Wernham

Cost Prices on application

Comments Ideal for "hermitage" style retreats

**Benedictine Convent
Benedictine Monastery
5 Mackerston Place
Largs KA30 8BY
Tel: 01475 687320
Website: www.tyburnconvent.org.uk**

Accommodation: Small groups as well as individuals. £35 B and B.

**The Bield at Blackruthven (Ecumenical)
Blackruthven House
Tibbermore
Perth PH1 1PY

Tel 01738 583238
Guests 01738 582153
Email info@bieldatblackruthven.org.uk
Website www.bieldatblackruthven.org.uk**

Accommodation: Downstairs 1 twin en suite bedroom suitable for wheelchair users
Upstairs 3 double (1 en-suite)
5 twin (1 en suite)
1 single (can be made up to twin)

Day group facilities for up to 32 people
one large conference room (25) and one small meeting room (8)

Transport:

Situated approximately 3 miles from Perth centre off A85 Perth to Crieff road. Public transport (Crieff bus), or by taxi .

Booking:

Advance booking necessary. Phone bookings preferably Tue-Fri 9 am - 4pm.
Non-refundable deposit of £25.00 per person for residential bookings, £10.00 for day bookings.

Cost:

Residential: Full board £60.00 per 24hrs

Half board £54.00

Day Visitors: Full day (10-5) £22.00

Half Board incl lunch £48.00

One-to-one sessions (eg listening, counselling, spiritual direction): as part of a residential or day visit:
FOC; otherwise £15.00

Contributions include the use of all facilities at the Bield.

Concessions of up to 50% available in case of financial hardship.

Comments:

The Bield offers a place to be and meet with yourself and God. Self-led and guided retreats are available. We are open to individuals as well as to groups. The wonderful facilities include the Carpenter's Chapel with morning and evening worship, an art and pottery workshop with a facilitator to help if required, meeting rooms, indoor heated pool, tennis court, a labyrinth in the orchard for prayer walking. 30 acres of beautiful parkland including a walled garden as well as 300 acres of organic estate farm and woodland offer plenty of scope for discovery. The food served includes as much organic produce from the garden as possible.

Leaflet and programme available.

**Bishop's House (SEC)
Isle of Iona
Argyll PA76 6SJ**

Tel 01681 700111 (Office)
Tel 01681 700804 (Guests)
Email iona@island-retreats.org

Accommodation: 3 Single rooms
10 Twin Rooms

Transport: Ferry from Oban, bus across Mull, ferry from Mull

Booking: Deposit - £40.00 per person non refundable

Advance Booking: Advisable with SAE for reply

Cost: 2009 Shared Accommodation:
Dinner B & B - £50.00, Full Board - £60.00
Single room supplement - £15.00
Parochial Clergy/Religious/Student: 15% discount on retreats
Other groups of over 10: may be negotiated.
Chaplains go free

Comments: Normal opening March - October
Exclusive use:
November - March (*when open*)
Clergy £850.00 Others £975.00
April - October:
Clergy £1025.00 Others £1100.00

**Carberry Conference Centre
Musselburgh
East Lothian EH21 8PY**

Tel 0131 665 3135
Email mail@carberrytower.com
Website www.carberrytower.com

Accommodation: 16 en suite singles
15 en suite twins
25 standard twin/multiple

Transport: Frequent buses from Edinburgh/Musselburgh plus local taxi.

Booking: Fee - according to length of stay

Advance Booking: Always

Cost: See website
Special Conference rates

Comments: Christian Education for all ages. Retreats welcome

**Cnoc a' Chalmain (RC)
Isle of Iona
Argyll PA76 6SP**

**Tel: 01681 700369
Fax: 01681 700369
Email mail@catholic-iona.com
Website www.catholic.iona.com**

Accommodation: 3 Single rooms
2 Twin rooms
Full board includes light lunch and evening meal
No smoking

Transport: Ferry from Oban, bus across Mull, ferry from Mull. The house is just five minutes walk from the ferry.

Booking: Phone, fax or email for available dates.
Booking form available on website.
Deposit on booking: £10.00 per person per night.

Advance Booking: Strongly recommended

Cost: Half board £55.00 per person per day.
Reduced rates available in winter.

Comments: Open all year, for pilgrims of all faiths. Daily services in the Oratory, where the Blessed Sacrament is reserved, and Mass when a priest is in residence.

**The Coach House Kilmuir Trust
Coach House
Kilmuir
North Kessock
Inverness IV1 1XG**

**Tel/Fax 01463 731386
Email coachhouse@kilmuir.fsbusiness.co.uk
Website www.coachhousekilmuir.org**

Accommodation: 1 Double room
4 Single rooms
Plus 1 single and 1 double bedded in adjacent cottage

Transport: Bus, train or plane to Inverness from which guests can be collected.

Booking: £10.00 per person

Advance Booking: Yes please - with SAE

Cost: Prices on allocation.
Workshops as programmed

Comments: Individual and group, private or directed retreats are welcome. Workshop programme available on request.
Open to all seekers.

Helpful hint - QUIET DAYS

Some people cannot get away overnight and for them quiet days can provide the opportunity they need. These can be held in a retreat centre, in a hall or in a church. The location needs to be central and easy of access. A quiet day can provide up to seven or eight hours for reflection with the same kinds of contemplative or creative input as are available for longer retreats. It may be helpful to have a short introductory session over coffee soon after arrival so that people can get to know each other, relax and perhaps voice their expectations. Leaders and organisers need to remain flexible if they are to meet the needs of the particular people who attend each event. Those participating in quiet days may need to be asked to bring food for the day if the sessions are being held in a hall or church.

**The Cathedral of the Isles with the College of the Holy Spirit (SEC)
College Street, Millport
Isle of Cumbrae KA28 0HE**

**Tel 01475 530353 (Office)
Email cumbrae@island-retreats.org
Website www.island-retreats.anglican.org**

Accommodation: 5 Double Rooms (3 en suite)
5 Twin-Bedded Rooms (2 en suite)
4 Single Rooms
2 Family Rooms (1 en suite)

Transport: Train from Glasgow takes less than one hour.
Ferry service from Largs-Cumbrae (10 minutes). Half-hourly throughout the year.

Booking: Deposit: £20 non-refundable.

Advance Booking: Advisable by telephone, e-mail or letter

Cost: B & B from £38.00
Half Board - £55.00
Full Board - £65.00
Parochial Clergy/Religious/Student: 10% discount on Retreats
Groups of over 10: special rates

Comments: Individual, Parish and Professional Groups welcome. The Warden is available to guide individual and group retreats. Please see website for "Breaks" programme.

**Charis Retreat
232 High Street
Leslie, Fife KY6 3DB**

**Tel 01592 744632
Email Retreat@charisfoundation.co.uk
Website www.charisfoundation.co.uk**

Accommodation: the centre is non-residential. Offers a programme of workshops and retreats
For full programme see the website

**Craig Lodge (RC)
Dalmally
Argyll PA33 1AR**

Tel 01838 200216

**Email mail@craiglodge.org
Website www.craiglodge.org**

Accommodation: Various
Total - 40
Transport: 3 trains daily to Dalmally Station
3 buses daily to Dalmally. Guests can be collected from train or bus.
Booking: Half the total amount
Advance Booking: Preferable
Cost: Suggested offering £35.00 daily full board, but NOBODY must feel they cannot afford to come. All offerings are welcome.
Comments: Group or individual retreats welcome. All denominations. Day pilgrims also welcome.

**Duncraig (Ecumenical)
Isle of Iona
Argyll PA76 6SP**

Tel/Fax 01681 700202

**Email duncraigiona@talktalk.net
Website www.duncraigiona.org**

Accommodation: 1 double, 1 twin, 2 singles
Transport: Train, bus and ferry.
Duncraig is 300m south of Iona jetty.
Booking: By phone, email, letter c/o Jenny McLellan address above.
3 days minimum stay.
Advance Booking: Essential
Cost: Prices on application
Comments: Ecumenical quiet house - Adults only.
Excellent value in all areas. Recommended for those on sabbatical.

Dunkeld Pastoral Centre
24-28 Lawside Road
Dundee DD3 6XY
Tel: 01382 225453
Fax: 01382 204022
Email administrator@dunkelldioocese.org.uk

Accommodation: 23 Single study/bedrooms (1 en suite)
2 Double study/bedrooms
Transport: Bus, taxi from Dundee Railway Station or Bus Station
Booking: In writing
Advance Booking: Essential
Cost: On application

Emmaus House
14 Gilmore Place
Edinburgh EH3 9NQ
Telephone 0131 228 1066
e-mail info@emmaushouse-edinburgh.co.uk
website www.emmaushouse-edinburgh.co.uk

Accommodation 1single (ground floor), 2 doubles, 6 bedrooms for up to 14 people. 3 family rooms.
Most ensuite.

Contact Revd Andrew Bain
Cost See website

Fir Chlis, House of Prayer
Old Kyle Road,
Rhian,
Tongue,
Sutherland IV27 4XJ
Tel. 01847 611788
E-mail firchlishouseofprayer@hotmail.co.uk
Website: www.angelforce.co.uk

Accommodation: 1 single; 2 twin (en suite), 1 double (ensuite)
Comments: Daily pattern of prayer is offered, or guests can follow their own pattern of prayer and contemplation
Contact: Kathleen Pannell

**Garden Cottage
Kilgraston,
Bridge of Earn
Perthshire PH2 9HN**

**Tel. 01738 813618
E-mail adminorchard@btconnect.com
Website www.gardencottagespirituality.org.uk**

Accommodation: 1 single self-catering in the cottage
1 single self-catering hermitage
Comments: run by the Society of the Sacred Heart, offering, among others, individually-guided Ignatian retreats
Contact: the Administrator

**Ignatian Spirituality Centre
35 Scott Street
Glasgow G3 6PE**

**Tel 0141 354 0077
Fax 0141 331 4588
Email admin@iscglasgow.co.uk
Website www.iscglasgow.co.uk**

Accommodation: Non residential
Transport: Underground, train, bus, foot
Booking: Contact the Admin Secretary (above)
Cost: Prices on application
Advance Booking: Via Administrative Secretary
Comments: Programme of Retreats, Training in Prayer, Reflection, Day and Weekend events, Individual Sprititual Direction, based on the Spiritual Exercises on St Ignatius of Loyola. Please contact the Centre for a copy of the most recent programme

**Kilravock Castle (Non-Denominational)
Croy
Inverness IV2 7PJ
Managers: Ken and June Naysmith**

**Tel 01667 493258
Email info@kilravockcastle.com
Website www.kilravockcastle.com**

Accommodation: East Wing - 8 bedrooms.
Single and double rooms - some en suite.
Rose Cottage: 1 Double, 2 Twin,
Self catering price on request
Also available: The Granary Building - self contained units.
Transport: 12 miles east of Inverness.
Booking: Fee £5.00 per person.
Advance Booking: Yes (desirable)
Cost: B & B £41.00 (en suite); £36.00 (bathroom nearby).
Full Scottish breakfast.
Comments: Historic Kilravock Castle is a unique friendly place where we offer a quiet retreat or an energetic one with a choice of sports facilities available. Open May – September.

Pluscarden Abbey (RC)
Elgin
Morayshire IV30 8UA

Tel 01343 890257
Fax 01343 890258
Email contact via website
Website www.pluscardenabbey.org

- Accommodation:** The Abbey- Accommodation for men - 14
St Scholastica's- Accommodation for women or mixed groups
12 Single rooms..
- Transport:** Elgin has train and bus stations. Taxi from Elgin costs about £12.
- Booking:** Fee - None. Clergy and Religious may book by phone.
By letter: write to the Guestmaster for accommodation in the Abbey and the Warden for accommodation in St Scholastica's Retreat. By Fax - 01343 890258.
- Advance Booking:** Several weeks in summer. Must book in **advance**, in writing.
- Cost:** Offering welcome but optional.
- Comments:** Women's accommodation is self catering. Group Retreats - good notice. Leaflets on retreats at Pluscarden available.
See "Retreats" section on website, where there is also a down-loadable/direct email booking/enquiry form

Salvation Army Conference and Holiday Centre
Balvonic
Halketburn Road
Upper Skelmorlie
Skelmorlie
Ayrshire PA17 5BP

Tel 01475 520122
Fax 01475 522668

- Accommodation:** Hotel standard accommodation. 24 rooms in total.
1 single, 2 double, 1 family, 20 twin. 21 rooms en-suite, 3 with private facilities. 2 rooms with disabled facilities. Tea/coffee stations in all rooms.
Maximum 46 people all sharing.
- Transport:** Train from Glasgow to Wemyss Bay. Bus or taxi to Upper Skelmorlie. Small numbers can be collected if prior arrangement made with management.
- Booking:** £21.00 deposit per person for weekend conferences and retreats.
£4.00 deposit for day conferences and retreats
£45.00 deposit per person for holidays.
£21.00 per person for group holidays.
All deposits non returnable
- Advance Booking:** Definitely
- Cost:** Details on request
- Comments:** Facilities consists of lounge, chapel/conference room, two study rooms and dining room.
Self catering holiday flats available.
Youth Centre in grounds accommodates 40 on camp beds. Self-catering with toilet and shower facilities. All set in seven acres of lawn and woodland. Deer roam freely around grounds. Suitable for barbeques, equipment available.
VISITORS MOST WELCOME.
Contact management for further details.

Sancta Maria Abbey (RC)
Nunraw
Garvald
Haddington
East Lothian EH41 4LW

Tel/Fax 01620 830223
guesthouse@nunraw.com
Website: www.nunraw.org.uk

Accommodation: Various – 50 beds in single rooms
Transport: Bus to Haddington from Edinburgh.
Post bus from Haddington to Abbey Mon - Fri.
Leaves GPO 1.00pm
Booking: £2.00 per head for groups over 5 in number
Advance Booking: Various - small groups at short notice
Cost: Realistic offering
Comments: Groups must make own arrangements.
Individuals welcome.

Smithstone House of Prayer (RC)
Dalry Road,
Kilwinning,
North Ayrshire KA13 6PL

Tel. 01294 552515
Fax. 01294 559081
E.mail office@smithstonehouse.org.uk
Website www.smithstonehouse.org.uk

Accommodation: 4 single, 5 twin. Day groups – up to 40.
Comments: run by the Sacred Heart Fathers.
Programme of events is available on request.
Contact: Stephen Motroni SCJ

CHECK LIST NO 1 FOR ORGANISERS

Venue:

Accessibility both for those using public transport and, more importantly, for disabled people.

Suitability for the purpose:

Type of retreat/quiet day - Consider your potential retreatants and make your choice with them in mind.

Choice of leader:

Good leaders are often busy people and need to be booked well in advance.

Cost:

Hire of venue, materials, publicity, expenses for leader, food, etc, all need to be taken into account.

**St Barnabas Retreat & Conference Centre
St Barnabas Episcopal Church
4 Moredun Park View
Edinburgh EH17 7NE**

Tel 01875 812985

- Accommodation:** Overnight accommodation is not available
2/3 rooms (1 in the church) available for discussion groups and worship.
- Transport:** **By car:** ample parking in front of Community Centre adjacent to church.
By bus: LRT No 3 via Gilmerton Road or SMT No 80.
LRT No 30 via Dalkeith Road or SMT No 79.
By train: To Edinburgh (Waverley or Haymarket Stations) then bus.
- Booking:** Send for leaflet and full details from:
Mrs Anne McLaren
19 Ferniehill Terrace, Edinburgh EH17 7AH
Tel 0131 258 9745
- Cost:** Donation of £10.00 or more to cover heating/lighting etc.
- Comments:** Excellent centre for Quiet Days or Conferences.
Pleasant patio area in good weather.
Assistance with leadership and worship may be available.

CHECK LIST NO 2 FOR ORGANISERS

Food:

Is food provided or is the retreat house self-catering?

For quiet days, do participants need to bring a packed lunch, tea/coffee? Where will it be eaten?

Silence:

How much and when?

Publicity:

Who is responsible? Get it out in plenty of time.

Give the prospective retreatants as much information as possible.

St Drostan's Lodge (SEC)
Tarfside
Glenesk
Edzell
Angus DD9 7YX

Tel 01569 730967
Website www.episcopal.brechin.org

Accommodation: 6 Single rooms
3 Double rooms (including 2 bunk-bedded rooms)
2 Twin en suite; 1 single en suite
Total - 17

Transport: Own arrangements

Booking: Fee £20 (a non-refundable deposit)

Advance Booking: Yes

Cost: £13.00 per night (excluding food) £16.00 per night outside Brechin Diocese

Comments: Available for individuals by request.
Self Catering.
Apply to the Rev Jane Nelson
Email stdrostansbook@btinternet.com

St Margaret of Scotland's House (SEC)
8 Cattofield Place
Aberdeen AB25 3QL

Tel 01224 632648

Accommodation: 1 Single room (suitable for one guest)

Transport: Directions from rail/bus station on application

Booking: Fee - None

Advance Booking: Yes -

Cost: On application

Contact: Sister Columba SSM

Institute of Spirituality
St Mary's (RC)
Kinnoull
Perth PH2 7BP

Tel 01738 624075
Fax 01738 442071
Email info@kinnoullmonastery.co.uk
Web www.kinnoullmonastery.co.uk

Accommodation: 21 Single rooms
17 Twin rooms

Transport: Train/Coach to Perth then taxi

Booking: Registration fee for special courses.

Advance Booking: Preferable

Cost: Prices on application

Comments: Mission and Renewal Centre. Group and individual retreats. 7-week personal renewal courses available.
Parish Leadership Weekends.

Tabor Retreat Centre (Ecumenical)
Key House
High Street
Falkland
Fife KY15 7BU

Tel 01337 857705

Email Lynda@keyhouse.org

Website www.keyhouse.org

- Accommodation:** 4 Twin rooms. Can be booked singly.
Transport: By Bus to Glenrothes or train to Markinch
Booking: £10 per person. Bookings are invited for a day and up to five nights.
Advance Booking: Recommended
Cost: Prices available on application for Full Board and for a programme weekend – Friday evening meal to Sunday lunch.
Self catering arrangements can occasionally be made
Comments: Contact Lynda Wright. Space for groups of up to 8 people for retreat or self programmed residential events and for 12 for day retreats.

Whitchester Christian Guest House and Retreat (Ecumenical)
Borthaugh
Hawick TD9 7LN

Tel 01450 377477

Fax 01450 371080

Email enquiries@whitchester.org.uk

Website www.whitchester.org.uk

- Accommodation:** 3 Single rooms (1 on ground floor)
7 Twin (or double) rooms. 2 ground floor twin rooms suitable for those with disabilities. All en suite.
Transport: First Bus 95/X95 to Hawick, then 5 mins taxi, In some instances it may be possible to collect from Hawick.
Road, A7/B711 Robertson Road (2 miles from centre of Hawick).
Booking: Individuals £10.00 booking fee.
Advance Booking: YES please
Cost: On application
Comments: Gracious country house in three acres of beautiful grounds.
Woodland Prayer Walk. Chapel, lounge, conservatory, library and small meeting room in annexe.. Conducted retreats, prayer and counselling available.
Financial assistance may be possible.
Run by Whitchester Christian Centre, a charitable company. SCO11436

**Wiston Lodge
Wiston
Biggar
Lanarkshire ML12 6HT**

Tel 01899 850 228

Fax 01899 850 693

Email info@wistonlodge.co.uk

Website www.wistonlodge.co.uk

- Accommodation:** *Main building:* 3 twin rooms, 2 family rooms (en suite),
Dormitories sleeping 9, 8, and 7
1 ground floor room (en suite, sleeping 4).
Total: 44
- 3 timber cabins:* All bunks: each with sleeping 6 in two rooms with 1 bunk and 1 bed.
Total: 18 Small meeting room.
Wiston Lodge is currently undergoing refurbishment and many improvements have been made, with more planned.
- Transport:** Lodge on B7055, 8 miles west of Biggar at foot of Tinto Hill
12 miles on A73 to Lanark
From M74, Junction 11 - from north, 13 from south
Through Wiston Lodge
- Booking:** Essential
- Advance Booking:** Essential
- Cost:** £24 B & B: £35 per person per 24 hours full board.
Special rates for children, school groups and weekend conferences
- Comments:** Wiston Lodge is a Victorian Country House set in over 50 acres of woodland at the foot of Tinto Hill in the Upper Clyde Valley, an area of historic interest and scenic beauty. The Lodge offers a perfect setting for Conferences and retreats, and has a wide range of facilities to offer. It is particularly suitable for family retreats and youth groups.
Programme activities and team building activities available.

**Information about Retreat Houses in England and Wales
may be obtained from**

*The Association for Promoting Retreats
The Central Hall
256 Bermondsey Street
London SE1 3UJ
Tel: 020 7357 7736*

**info@retreats.org.uk
www.retreats.org.uk**

The Scottish Episcopal Church is committed to Inter-Faith dialogue and contact. Members may be interested in the opportunities provided by a visit to places such as.....

Centre for World Peace and Health
Tibetan Buddhist Centre
Rokpa Trust
Holy Isle
Lamlash Bay KA27 8GB
Tel: 01770 601100

Celtic Christians sought the solitude of Holy Isle to support their prayer and meditation, just as the Tibetan yogis did in the Himalayas. Since the Rokpa Trust bought the Holy Isle in 1992 it has always been the intention to build a centre open to people of all faiths. This is in keeping with his wish to make the island available to as wide a group of people as possible. It is hoped that the Centre will become a focal point for interfaith work and retreat and be a peaceful refuge in this hectic modern world.