

ORKNEY INDIVIDUALLY GUIDED RETREATS

Chalmersquoy, Isle of Westray

You are warmly invited to come away from daily life, to take time in peace and silence to reflect, to notice how God is present in your life and just to be.



Six-day retreat: 19th – 26th May
Three-day retreat: 26th – 30th May

(Arrive around 1 pm [mid-day ferry] on the first day of your retreat and depart after breakfast on the final day)



We are offering a 6-day and a 3-day retreat in the beautiful setting of Chalmersquoy on the Isle of Westray. The retreats are designed to be a gentle and supportive introduction to the whole life-giving experience of a silent retreat. The cost includes accommodation and breakfast throughout, plus our first and final evening meals together as a group.

What is a silent retreat?

A silent retreat allows you to take time away from your ordinary daily life to create space to reflect on your life and God's presence with you, however you experience the mystery of God.

We will all gather together on the first afternoon of the retreat when we will go through the practicalities of the retreat, introduce you to your prayer guide and say a bit more about being with silence. You will meet the other retreatants and have an opportunity to ask questions. For both retreats the silence will begin after the first evening meal, which we will share together.

Once the retreat has begun, you will meet your prayer guide daily for about 30-45 minutes, when she will listen and offer suggestions for prayer and reflection, drawing inspiration from the Spiritual Exercises of St Ignatius and be guided by how God is present with you.

Each evening we will offer a half-hour reflection, which is optional to join. An art space with materials for your use will be available during the retreat.

At other times, retreatants will be able to explore gentle or more challenging paths around the island, wander along expansive sandy beaches and enjoy the variety of bird life on its rocky cliffs. The puffins should be around in May!



A certain amount of reading or listening to music might be helpful to bring, but you might like to discuss that with your prayer guide as sometimes it can be a distraction or an avoidance.

The retreat will be led by Pirjo Little, Seonaid Crabtree and Rachel Inglis, who are all members of the Epiphany Group. Pirjo lives on the Orkney Mainland where she hosts 'The Well', Seonaid is a regular prayer guide at [The Coach House, Inverness](#) and Rachel is an occasional guest director at [St Beuno's Spirituality Centre, North Wales](#).

Accommodation

Chalmersquoy is a substantial building overlooking Pierowall Bay and village and can be treated to fabulous sunsets. It is an intriguing complex of four different types of comfortable accommodation situated in peaceful surroundings. The different accommodation offered is designed to suit different budgets.

The Cost – *all rooms are offered as single occupancy.*

| Venue | No of rooms | Type | 6-day | 3-day |
|---------------|-------------|--------------------------|-------|-------|
| Barn hostel | 1 | en-suite | £620 | £345 |
| Barn hostel | 3 | shared facilities/single | £520 | £285 |
| Barn hostel | 1 | shared facilities/double | £550 | £305 |
| Ben End | 2 | en-suite | £615 | £325 |
| B & B | 3 | en-suite | £725 | £405 |
| The Apartment | 1 | en-suite | £760 | £430 |

The Barn Hostel has a shared kitchen and lounge. Ben End has a shared kitchen and sitting room. The B&B has a shared kitchen. The Apartment is self-contained, with a sun porch and breakfast bar overlooking Pierowall Bay.

All costs include accommodation, breakfast, two communal meals and a daily meeting with a trained retreat guide.

The retreat has also been generously supported by the Epiphany Group. However, we don't want anyone to feel excluded by finances, so please write to Pirjo Little if you'd like to apply for a bursary.

Catering

We will provide the foodstuffs for breakfast which will suit most dietary requirements (see the booking form) and keep it stocked throughout the retreat. To buy provisions for lunch and evening meal, there are shops, including a delicious bakery, nearby. If you prefer not to do any cooking, the Pierowall Hotel provides take-away home-cooked meals and the Fish & Chip shop is open twice a week.

Travelling to Orkney

By ferry from Aberdeen (Tue, Thu, Sat and Sun) to Kirkwall

or from Thurso to Stromness - <https://www.northlinkferries.co.uk>

By ferry from Gills Bay to St Margaret's Hope - <https://www.pentlandbookings.co.uk>

By air from Edinburgh, Aberdeen, or Inverness to Kirkwall - <https://www.loganair.co.uk>

Travelling to Westray

From Kirkwall to Westray by ferry - <http://www.orkneyferries.co.uk/> The ferry goes three times a day most days.

By air from Kirkwall to Westray - <https://www.loganair.co.uk>

In the current Covid-afflicted times it might be advisable to take out travel insurance against cancellations, etc.

Weather

The island weather is very changeable and tends to be breezy. Please be prepared for all seasons. Comfortable walking shoes are essential.



The Well was born out of a Retreat in Daily Life in 2016. We offer an ecumenical, contemplative, 'quiet space in the noisy world'. For more information, please contact pirjo.little@gmail.com.

The Epiphany Group offers mutual encouragement and fosters community among practitioners working from the living tradition of Ignatian spirituality, so that ministries arising from the Ignatian Spiritual Exercises may flourish in Scotland and beyond. We aim to be a discerning group of women and men working ecumenically across Scotland; committed in our Ignatian work to being a force for transformation. For more about us, please see our website: www.epiphanygroup.org.uk