

Information

Join us for a meditation retreat with **Fr Laurence Freeman OSB** and explore the mysteries of Easter. The Bere Island Easter Retreat will be an interior pilgrimage of the Easter mysteries as they unfold in Holy Week.

The retreat programme includes regular meditation periods, talks by Fr Laurence, the Easter liturgies with the island people with time for reading, walks and solitude.

With its deep history and great natural beauty, Bere Island is an ideal space to open to the spiritual meaning of the season.

Palm Sunday the 1st April opens the retreat with a liturgy in the church at 10.15am followed by a midday talk and meditation at the Heritage Centre.

The Mass of the **Lord's Supper will be on Thursday at 6pm**. The Good Friday service will be at 3pm. The Easter Vigil will begin at 10.00 pm.

At dawn on Easter Morning those who wish will assemble by the **Standing Stone** in the centre of the island. There will be Mass on Easter morning at 10.15 am. The retreat will conclude at the Heritage Centre at noon with a final talk and meditation. Full participation of the retreat is recommended and early booking is essential.

Contact

Stefan Reynolds to register their place who is coordinating the arrangements for younger meditators.

Email: ym.bereisland@gmail.com

Tel: (+44)07930679905



Accommodation and Meals at **Admirals House Holiday Home** Self Catering
Lawrence Cove www.visitbereisland.com



World Community For Christian Meditation



Bere Island Easter Retreat 2012

**Sat 31st March - Sun 8th April
For Younger Meditators
(45 and under)**

Travel

- **Air Flight from England:** Air Lingus go from Heathrow. It would be good if people could get the same flight so we could organise car hire on arrival. The flight I recommend is Air Lingus to Cork, see their website: <http://www.aerlingus.com/>
Saturday, 31st March 9.30am from Heathrow, gets in 10.50. One needs to leave early to catch the last evening ferry to Bere Island.
- **Return Sun 8th April 20.15, gets in 21.35.** There is an earlier one at 16.00 which would be possible as the retreat ends mid morning on Easter Sunday, however it is less pressure and more chance to enjoy a leisured journey back if the later flight is chosen.
- The cost is about £100, hand luggage only, bags a bit extra. Please book your own flights. Ryanair, with all the cost and bother of Stansted, is not cheaper.
- **Travel from Cork to Bere:** It is about 3 hours from Cork Airport to Castletown Bere. We will hire cars at the Airport. The cost is £255 for a car for 4 people for the week (approx £65 per person) , this includes insurance. We can divide people to cars at the airport but it would be good to know in advance who are drivers (and remember to bring driving licences).



Accommodation and other costs

- **Accommodation:** The younger meditators will be staying at [Admiral House](#), which is a beautiful big house by the sea with open fireplaces. This has room for 18, 5 twin rooms and 4 rooms with 4 beds. Bedding and towels provided. So please be prepared to share. We will be eating together also so it will be a community experience. But there will be times of silence in the house and a retreat atmosphere will be cultivated.
- If however you would prefer to have a single room, a less group experience, or are very worried about diet (we will be taking various dietary needs into consideration) then you may be interested rather in the other retreat options. Please contact Theresa at biheritage@gmail.com who is organising the retreat for those who are not with the younger meditators group. Cost of accommodation would be slightly more but you would have more personal space.
- **Cost:** We will be self catering on the Island so expenses will be kept to a minimum. **So rough estimated cost is £100 flight, £65 car hire, £15 petrol, £50 food, £15 Ferry, Accommodation £60, £50 donation for retreat (incl. yoga). Total: £355.** It is a estimate though, I will try to keep up to date with any changes to my estimation. Some Bursaries are available, please send any request for financial assistance to Stefan Reynolds.
- Please tell me if you are coming. A timetable of the Retreat Program will be emailed to you. Please do contact me if you have any questions.

Stefan Reynolds

