

THE SPARKLING STONE

Retreat Leaders

Julienne McLean is a psychologist, Jungian analyst and spiritual director in North London. For many years, she has taught and run retreats on Jungian psychology and Carmelite spirituality, especially on the life and writings of St Teresa of Avila. She is involved with the Institute of Applied Carmelite Spirituality, Oxford, on their Spiritual Direction Formation Programme. She is the author of 'Towards Mystical Union' (2003, 2013, 2017) and 'The Diamond Heart - Jungian Psychology and the Christian Mystical Tradition' (2023).

Rev'd Michael Gartland is an Anglican priest and analytical psychotherapist working in the NHS, leading a multifaith mental health chaplaincy and counselling service in West Yorkshire. He has research and teaching interests in fourteenth century English mysticism and Buddhist psychology. He has extensive experience in leading retreats and of involvement in Buddhist-Christian dialogue.

Judy Barber is an experienced bereavement psychotherapist and has a particular vocation in Christian healing. She is a spiritual director, runs meditation groups, co-facilitates retreats and has a background in nursing and psychology.

Venue

Holy Isle, located off the Isle of Arran on the south west coast of Scotland, is officially designated as a UK Sacred site and has a long spiritual history of Christian pilgrimage, stretching back to the 6th Century. It is endowed with an ancient healing spring, the hermit cave of the 6th Century Celtic monk, St Molaise, and evidence of a 13th Century Christian monastery. The island was bought by Tibetan Buddhists (Kagyü tradition) in 1992 who run the Centre for World Peace and Health on the north of the Island and is a sanctuary of peace, holiness and radiance. Alongside their ongoing retreat and course programme (www.holyisle.org) their vision is for the Centre to become a focal point for multifaith work and retreats, as well as being a peaceful refuge from the hectic modern world.



A week of silence, spiritual reflection and deep engagement with the mystical writings from the Christian contemplative tradition, on beautiful Holy Island, Scotland

August 26th – Sept 2nd
2023

The ancient and sacred location of Holy Island is what the Celtic bards call a 'thin place' where spiritual realities are powerfully present.

Gathering together in prayer and spiritual friendship on this retreat allows ourselves to be drawn more deeply into the mystery of this beautiful island, as a place of sublime stillness and infinite spaciousness.

The second half of the last century was one of deepening encounter between spiritual traditions of East and West. In particular, the Christian 'desert' tradition of prayer strongly resonates with the Buddhist tradition of meditation, as expressive of deepest reality. It is, uniquely, a place where ancient spiritual currents of East and West intertwine and flow swiftly and deeply together.

Each day we will meet for silent prayer, Holy Communion, creative liturgy, lectio divina, chanting and spiritual conversation around Christian mystical writings that illuminate the deepest call on our life. There will be opportunities for conscious work in the garden, walking meditation and a pilgrimage to the cave of St Molaise.

The focus of the retreat will be reflecting on the seven enigmatic 'I Am' sayings of Jesus in the fourth Gospel of John, through the spiritual teachings of St Isaac of Nineveh (7thC Syrian), Jan van Ruysbroeck (14thC Flemish mystic) and St Teresa of Avila (16thC Spanish Carmelite) amongst others.



Daily Retreat Schedule

7.00am	<i>Silent prayer</i>
8.00am	<i>Breakfast (silent)</i>
8.45am	<i>Karma Yoga</i>
9.45am	<i>Eucharist</i>
10.15am - 12	<i>Morning Session</i>
12.30pm	<i>Lunch (silent)</i>
3.30 – 4.30pm	<i>Work in the Garden</i>
5 - 6pm	<i>Walking Meditation and prayer</i>
6pm	<i>Supper (silent)</i>
8.00pm	<i>Evening Session</i>

Booking Form

The cost for the retreat is £75. To book, please contact Julienne on juliennemclean@btinternet.com. To confirm your place, online banking details will be sent to you to transfer the fee.

Your choice of accommodation for seven days is either in a single room (£420), sharing in a twin room (£308 each for 2 people) or in the dormitory (£238), paid on arrival. Once you have reserved your place on the retreat through Julienne, she will then contact Holy Isle to book your room. Payment for accommodation will be made to the Centre upon arrival on Holy Isle.

On the website, there is an article called 'Spotlight on St Molaise – Pilgrimage of the Heart to Holy Island', (by Julienne), which is an introduction to the spiritual history of the island.

For all enquiries, further information and booking the retreat, please contact Julienne on 020 8 451 5255, 07527 993696 or by email.