



We are delighted to invite you to Corrymeela for a silent retreat.

4<sup>th</sup> – 6<sup>th</sup> Nov. 2016

The retreat is a time for you to be at ease. It is not a time when you need to create high expectations of yourself. Don't think of it as a time to get a lot 'done'... rather, expect to have a few more times of reflection than you usually would, some time to write, walk, time for an extra nap.

We always say at the beginning of the retreat that one of the richest words of faith is 'welcome'.

The retreat will give you time to listen to the conversations and thoughts that go on in you, so that you can speak to and with those, and speak to and with God.

While the liturgies are written from within the Christian tradition, please note that the Corrymeela centre is honoured to welcome people of all practices and beliefs. Our founder sought to make Corrymeela "an open village for all people of good will."

## A brief outline:

Begin Friday 7pm. Please arrange to arrive between 6.30 and 7pm.

After a light meal and chat we'll have evening prayer at 9, after which silence begins.

Saturday starts with prayer, followed by breakfast and a short reflection. Afternoon prayer is at 12.30 and lunch at 1. Dinner is at 6, followed by evening prayer at 8.

Sunday morning's schedule is the same as Saturday morning's until afternoon prayer. Our silence will finish at this point.



Lunch is at 1 and the retreat ends at 2pm.

## Payment:

Payment in full is required two weeks before the residential for details of how to book and pay check the booking form on our website [www.corrymeela.org](http://www.corrymeela.org) or contact us: 028 9050 8080 or via email [belfast@corrymeela.org](mailto:belfast@corrymeela.org)

# the corrymeela community

## Information:

Corrymeela's address is

5 Drumaroan Road,  
Ballycastle.

The postcode is:  
BT54 6QU

You'll find a  
[googlemap here](#).

## Cost:

£100 per person (shared  
room, en-suite)

or

£120 (single room, en-  
suite)

## Massage:

[Jayne McConkey](#) will offer Thai or Swedish massage (50 minute treatments) at the retreat for the discounted rate of £25. Email her on [lemongrassmassage@gmail.com](mailto:lemongrassmassage@gmail.com)

The house is nicely warm, but bring waterproofs, and walking shoes. Bring what will make you comfortable. Some people always bring their slippers...

In the room where we pray, we have a space for you to put photos or other items that'll remind you of the people you want to keep in heart and mind over the weekend.

We have lots of lovely books - but you may wish to bring some with you too.

We provide wonderful food prepared by our kitchen - but if you wish, you're also welcome something for the sweet tooth. Traybakes from your own oven delightfully and deliciously welcome!

Please note that as a commitment to being a space that's safe and welcoming for all, these weekends are alcohol-free.