

Ten Day Christian Meditation Retreat

The retreat opens at 6pm at the Heritage Centre on the 14th and ends at noon on the 24th. As participants will be staying in different accommodations, the early morning and late evening schedules will be followed alone or in a small group. All will gather at the centre at 11.30am daily for a talk by Fr Laurence and meditation. There will be possibilities for personal meetings with him or other teachers in the community during the afternoon. There will be a contemplative mass and meditation at 6pm each evening. Advice in balancing solitude and communal events, reading and walking or optional manual work will be offered.

A main meal will be available at lunch daily.

Registration, Accommodation, Food and Travel

The registration fee is **€25** and payable by cheque to **WCCM** and sent to **Theresa Hobbs, Bere Island Heritage Centre, Ballinakilla, Bere Island, Co Cork, Ireland**, or through the donations link on the www.wccm.org website. Full participation of the retreat is expected, if you wish to come for only part please send a request and explanation to Fr Laurence at Laurence@wccm.org. Priority will be given to those who commit for the full ten days. Early reservations are advised. Participants are responsible for their own accommodation, food and travel although advice and assistance is offered:

- Theresa Hobbs at the Bere Island Heritage Centre is handling all registrations and will advise and help with these arrangements.
Email: biheritage@gmail.com Tel: (+353) 0861621803

Cost

- A registration fee of 25 euro is required. Theresa will handle this.
- A contribution of 200 euro to the World Community is suggested.
- Participants pay for their own accommodation, food and travel.

Information about Bere Island

- Visit the Bere Island website: www.bereisland.net

Anyone with special needs of any kind is requested to advise us upon booking of any requirements.

Ten Day Christian Meditation Retreat 14th to 24th September, 2011



In response to many requests for longer silent retreats, the first Community 10-day meditation retreat will be held in the peace and beauty of Bere Island in the mellow month of September. It will be led by Father Laurence Freeman and will be an opportunity for meditators to go deeper into as well as to share their spiritual journey with others on the same path.

Community and solitude, silence and sharing will blend in an atmosphere of quieter, calmer slower-moving days open to the presence of God in the beauty of nature as well as in the friendship of spiritual friends.

Accommodation and Meals

Lawrence Cove Lodge B&B/Self Catering Rerrin 027 75988 www.bereislandlodge.com

Bere Island Holiday Homes B&B/Self Catering Ardagh 086 8845709

www.bereislandholidayhomes.com

Ardagh Holiday Village Self Catering Ardagh 064 6641170 www.dreamireland.com

Admirals House Holiday Home Self Catering Lawrence Cove 027 75213

www.visitbereisland.com

Martello View B&B/Self Catering Cloughland 027 75052

Bere Island Cottage Self Catering Ballinakilla +441756 707720 www.imagineireland.com

The American House Self Catering Rerrin +41798342507 www.bereisland.net

Jims Place Self Catering Greenane 0013019427457 www.irishcot.com

The Hotel B&B Ballinakilla 027 75018

Log Cabin Self Catering Derricreeveen 086 2423140

Restaurants, Bars & Shops

The Lookout Restaurant/Bar West End 027 75999

Kitty's Cafe Restaurant Rerrin 027 75996

The Hotel Pub/Food Ballinakilla 027 75018

Dessie's Pub Pub Rerrin 027 75192

Murphy's Shop & Post Office Shop/Post Office Rerrin 027 75004

Getting Here

Bere Island is reached by ferry from Castletownbere, there are 2 ferry services to and from Bere Island as follows:

Bere Island Ferries (West End) from slip opposite Super Valu in Castletownbere

086 2423140 www.bereislandferries.com

Murphys Ferry Service (East End) from pontoon 3 miles outside Castletownbere on the

Glengarriff side. 087 2386095 www.murphysferry.com

From Cork by Taxi from the taxi rank outside the main airport building, approx €130, 2.5 hours.

Harringtons bus from Cork, bookings essential: 027 74003

Bus Eireann: national bus service that runs once a day, 4 days a week: 021 4508188

www.buseireann.ie

Car Hire from Cork Airport: www.corkairport.com/to_from/car_hire.html

There is no other public transport between Cork and Castletownbere.

Please note that no bank or credit cards are accepted on the island and there is no ATM

By Car from Cork:

Follow signs for Kinsale (N27) at Kinsale Road Roundabout, follow signs for Killarney/West Cork (N25), at Sarsfield Road Roundabout, take 2nd exit (N25), at Bandon Road Roundabout take first exit (N71), straight through next small roundabout, follow N71 to Bandon, passing through Innishannon. At Bandon, turn right at T Junction, following signs for Bantry/Dunmanway R586, passing through Enniskean /Ballineen and Dunmanway, where you will follow signs for Bantry, continuing on R586, passing through Drimoleague at Junction N71, turn right and follow road to Bantry, drive through Bantry and take the Glengarriff road heading west, drive through Glengarriff and turn left at the junction and head for Castletownbere.

From Kerry:

Follow signs for Kenmare, N71, at Moll's Gap turn left (signposted Kenmare), follow signs for Glengarriff N71, turn right at the junction and head for Castletownbere.

From Rosslare:

Take the N25 through New Ross, Waterford, Dungarvan, Youghal and Cork. As you come into Cork you will turn left onto the Southern Ring Road (N25) and follow the signs all the way round it for the N71 to Bandon and proceed as above.

From Ringaskiddy (Swansea Cork Ferry Terminal):

Ringaskiddy is at the end of the N28. Follow this until you meet the N25 Southern ring road and turn left heading for the N71 to Bandon and proceed as above.



**Bere Island Heritage Centre, Ballinakilla, Bere Island, Co Cork
027 75956, biheritage@gmail.com Web: www.bereisland.net**