



The World Community  
for Christian Meditation

## **Young Meditators' 2013 Easter Retreat**

Led by Father Laurence Freeman OSB

Bere Island, Country Cork, Ireland – Sat 23<sup>rd</sup> March 2013 to Sun 31<sup>st</sup> March 2013

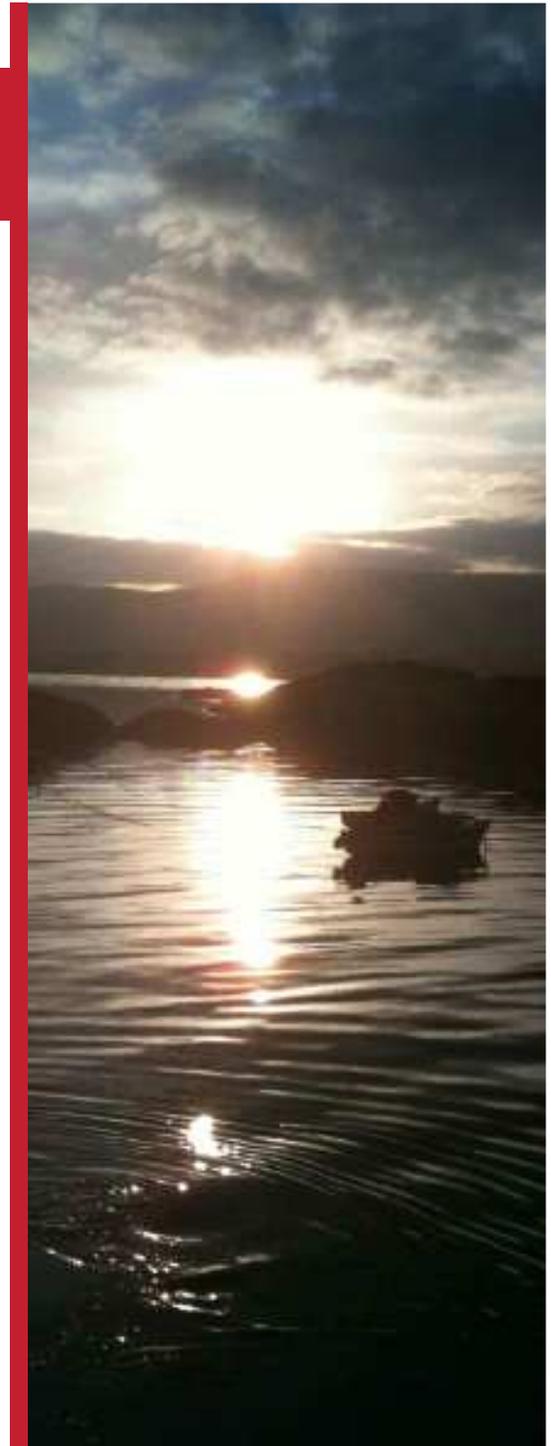


## The WCCM Young Meditators' Group

**The WCCM Young Meditators' Group brings people together from many backgrounds, nationalities and spiritual traditions, who are under the age of 45 and share a passion for Christian meditation.**

The Bere Island Easter Retreat is designed for young people who have been meditating for years and those who may have had an occasional experience but would like an opportunity to deepen their practice.

The week we spend together, led by Father Laurence Freeman OSB, is one of community, friendship, spiritual exploration and relaxation within a beautiful and tranquil Irish coastal setting.





## Retreat Itinerary

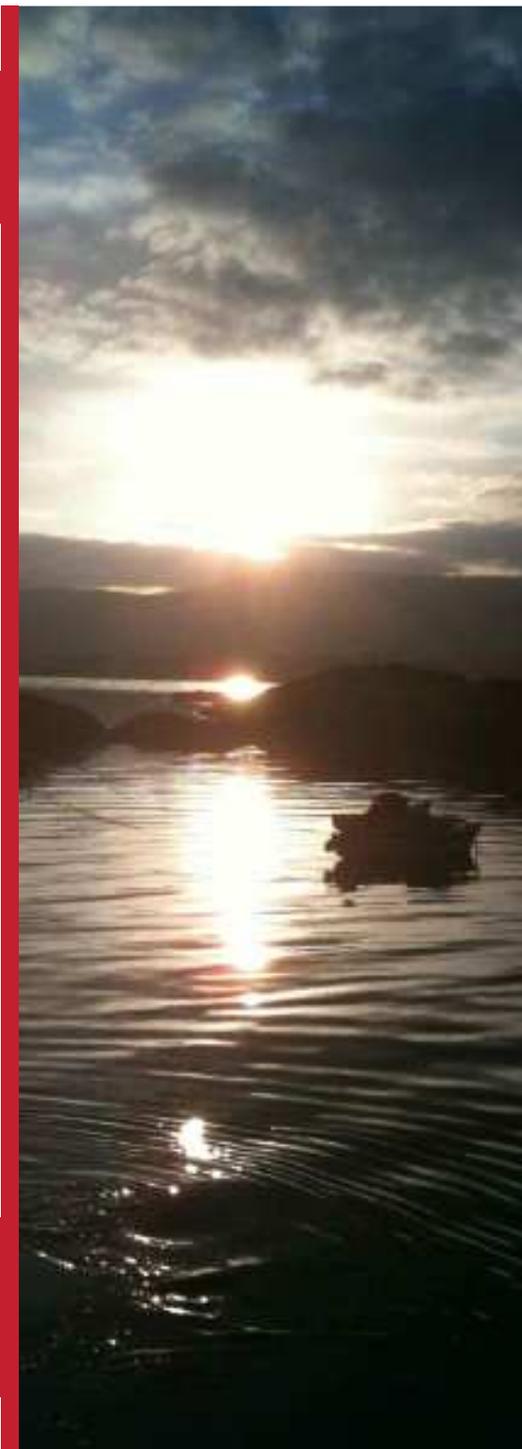
### **The Bere Island Retreat explores the Easter mysteries as they unfold in Holy Week.**

The programme includes twice daily talks and meditation led by Father Laurence at the Island's Heritage Centre. We also take part in Easter liturgies throughout the week with the residents of the island. A Tai Chi class is held each morning and time is set aside every afternoon for walking, sharing, reading or solitude.

The retreat begins with Mass at 10am in the local church on Palm Sunday morning. The Mass of the Lord's Supper is held on Thursday followed by an evening service on Good Friday.

At dawn on Easter morning, everyone is welcome to assemble by the Standing Stone at the centre of the island for sunrise. This is followed by meditation and breakfast together at the Heritage Centre followed by Mass at 10am in the church before we head home.

**With its deep history and natural beauty, Bere Island provides the perfect location and community environment from which to experience the spiritual significance of Easter.**





## Accommodation

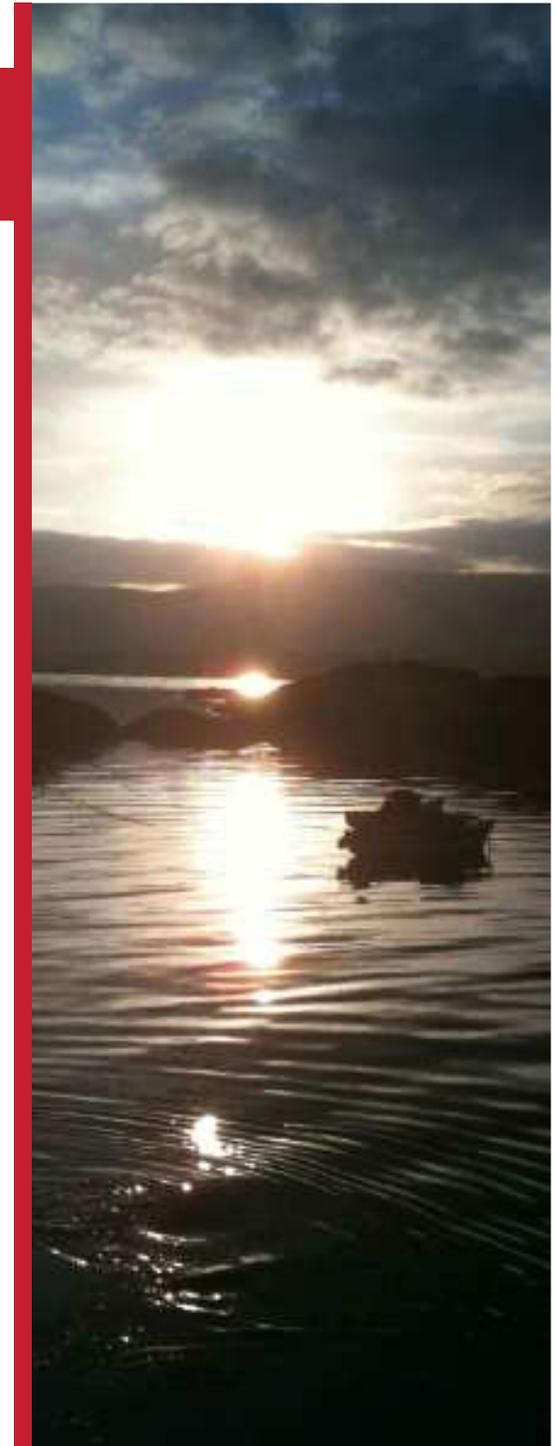
**The Young Meditators will be staying in a collection of three, newly developed houses with sea views over Lawrence Cove Harbour and Bantry Bay.**

The houses have room for 20 people – double and single beds are available. If you'd rather not share a room, other types of accommodation are available within close proximity – please contact Theresa at [biheritage@gmail.com](mailto:biheritage@gmail.com) for more information about the B&B, hotel and self catering cottages on Bere Island.

As this is a community experience, we will be eating meals together (dietary requirements will be catered for), however there will also be times of silence in the houses as we aim to cultivate a calming retreat atmosphere.



Pictures of the accommodation we have booked are available at [www.bereislandholidayhomes.com](http://www.bereislandholidayhomes.com).





## Travel Arrangements

### Flights from London to Cork

If you wish to travel in the cars we have arranged from Cork to Bere Island, we suggest booking the following flights via Aer Lingus:

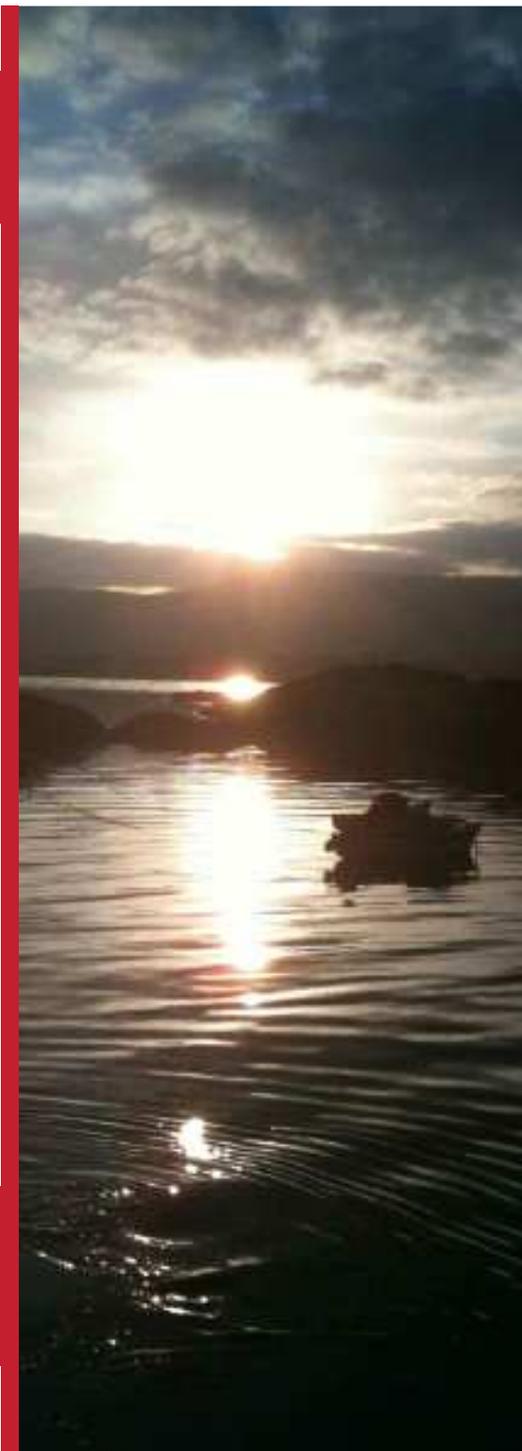
\*Saturday 23rd March departing LHR at 09.45/  
arriving into Cork at 11.10

\*Sunday 31st March departing Cork at 20:15/  
arriving into LHR at 21:35

### Travel from Cork to Bere Island

The drive is approximately 3 hours from Cork to Castletownbere (including a break for lunch) where we catch a short ferry to Bere Island. Please bring your driving licence if you would like to be able to use a car during the retreat.

**Packing suggestions will be emailed closer to the time, including clothes to keep warm in the Irish Spring weather, walking boots and gym kit for tai chi.**





## Associated Costs

**The total cost for the retreat will be approximately €450 per person.**

The following provides an idea of the costs incurred (per person) during the 2012 retreat which we anticipate will remain the same for 2013:

£100 for return flights from London to Cork with Aer Lingus

£50 for the retreat programme - including Tai Chi

€100 for car hire - including petrol

€65 for 8 nights accommodation (total) - including towels and linen

€75 for food - we will be self catering

€20 for a return ferry crossing

**A limited number of bursaries are available – please contact us for more information.**





## Contact and Booking

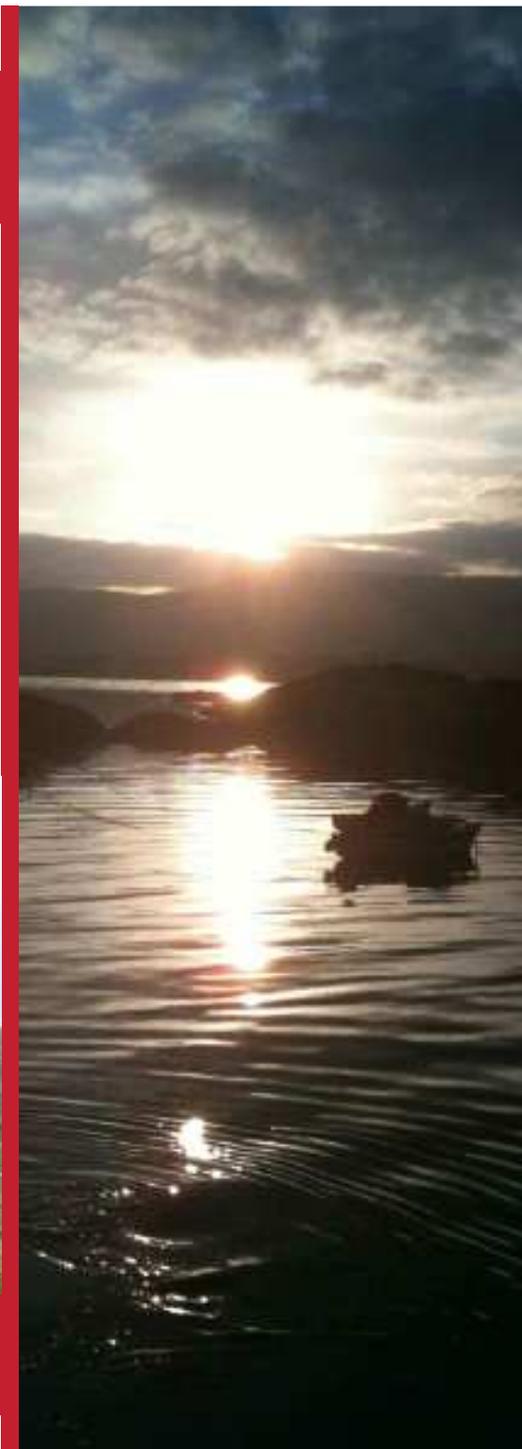
**If you'd like to join the retreat, please email Stefan Reynolds to reserve your space.**

Stefan can be contacted at [ym.bereisland@gmail.com](mailto:ym.bereisland@gmail.com). Spaces for the retreat are limited, so please get in touch as early as possible if you are interested in joining us.

A detailed itinerary, including information regarding the accommodation, what to pack and catering arrangements will be circulated in Feb 2013.



**For more information about the World Community of Christian Meditation, please visit our website - [www.wccmmeditatio.org](http://www.wccmmeditatio.org).**





## The World Community for Christian Meditation

*“The all-important aim in Christian meditation is to allow God’s mysterious and silent presence within us to become more and more not only a reality, but the reality which gives meaning, shape and purpose to everything we do, to everything we are.”*

**Father John Main OSB**

