The Community of Aidan and Hilda

The Open Gate

Information Leaflet
And
2019 Retreat Programme

THE OPEN GATE
MARYGATE
HOLY ISLAND
BERWICK UPON TWEED
TD15 2SD

Tel: 01289 389222
Email: opengate@aidanandhilda.org.uk
Website: www.aidanandhilda.org
ABOUT THE COMMUNITY

The Community of Aidan and Hilda is a dispersed, ecumenical body drawing inspiration from the lives of the Celtic saints. Aidan and Hilda were chosen as our principle patrons because together, they show the respect between men and woman that the Celts found natural in their experience of Christian life. This tolerance and acceptance of each other is something we ourselves seek to bring to our own daily lives.

There are regional groups around the UK, which have their own programme of events. The Community also has members in several countries around the world some of which have their own overseas groups.

We also run online correspondence courses, supported by tutors and mentors available by email and telephone.

The Community tries to nurture a holistic Christian spirituality for today that can benefit both traditional and emerging churches. We provide a wide range of resources including e-learning packages. The Community is governed by the Caim Council and overseen by both the Guardians and Trustees. Membership has a variety of forms:

- Friends
- Explorers
- Voyagers

For further information, please don’t hesitate to speak to a team member – we’re happy to help.

Please rest assured that you do not need to be a member of the Community to enjoy the facilities and resources we offer at The Open Gate
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<thead>
<tr>
<th>MONTH</th>
<th>DATE</th>
<th>EVENT DESCRIPTION</th>
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</thead>
</table>
| JANUARY | 28 – 1 | BOOK OF (H)OURS  
A mid-week creative retreat exploring the spirituality of the sacred book - as focus of corporate worship, or as personal companion  
Led by Mary Fleeson, Tess Ward and Claire Gibbs  
Cost: £225 |
| FEBRUARY | 18 – 22 | DISCOVERING DIVINE INTIMACY  
Christian Mindfulness and contemplation for everyone.  
Led by David Cole, author and CA&H Explorer Guide.  
Cost: £225 |
| APRIL | 1 – 5 | WALKS AROUND HOLY ISLAND  
Discover hidden aspects of this amazing island in a series of light to moderate daytime walks. These will be followed by reflective evening sessions.  
Led by Mary Gunn and members of the Open Gate team.  
Cost: £225 |
| 8 – 12 | FINDING THE QUIET  
A retreat to explore how to find more inner quiet and why. This is not a silent retreat but there will be plenty of space for silence within the week.  
Led by Penny Warren, Member’s Guardian of CA&H  
Cost: £225 |
| 14 - 21 | HOLY WEEK  
Come get involved in Holy Island’s rhythm of prayer during this important time of the year, with the opportunity to look at how Holy Week is observed by different groups throughout the world.  
Led by the Open Gate team  
Cost: £225 |
| MAY | 13 – 17 | LINDISFARNE LANDSCAPES  
An opportunity to explore the Island and the relationship between art, prayer and spirituality by allowing God to speak to us through various mediums (such as painting, drawing, textiles, writing). Creative people of all types and abilities welcome.  
Led by Paul Swinhoe and Maureen Simpson  
Cost: £225 |
| 17 – 20 | WRITE YOUR OWN PSALM  
Spend a weekend workshop exploring the key literary features and history of the psalms, then write your own!  
(Sign up for The Lord’s Prayer too and receive a discount)  
Led by Deirdre McGarry and Rosemary Palmeira  
Cost: £225 |
| 24 – 27 | THE LORD’S PRAYER  
Explore the Lord’s Prayer and deepen your understanding with exciting linguistic revelation. Use it as a launchpad to explore your relationship with the Lord through creative writing.  
(Sign up for Write Your Own Psalm too and receive a discount)  
Led by Deirdre McGarry and Rosemary Palmeira  
Cost: £225 |
| 27 - 31 | CELTIC WISDOM FOR MODERN LIFE  
Exploring how we can learn from our Celtic ancestors and apply their teachings to our modern world.  
Led by David Cole, author and CA&H Explorer Guide  
Cost: £225 |
| 31 - 3 | LOOK AT THE BIRDS  
Quiet worship, biblical reflections about birds with guided bird watching walks. For beginners and keen birdwatchers.  
Led by Mark Winter of Even Sparrows  
Cost: £225 |
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<th>Month</th>
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<th>Led by</th>
<th>Cost</th>
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<tbody>
<tr>
<td>JUNE</td>
<td>24-28</td>
<td>TELLING THE STORY</td>
<td>Storytelling was the main forms of entertainment amongst ordinary Celtic folk. Why not bring a song, poem, tune or a story and hear the tales of days gone by. Led by Fr Mike Marsh</td>
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<td>£225</td>
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<td>JULY</td>
<td>8-12</td>
<td>ALIVE LIKE THE SAINTS</td>
<td>Monks carried a coffin containing St Cuthbert’s body and the bones of other saints. Did they think the saints were more alive than themselves? How alive in Christ are we? Led by Abbot John Bede of the Order of St Cuthbert’s</td>
<td></td>
<td>£225</td>
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<td>JULY</td>
<td>29-2</td>
<td>FRESH WATER FROM AN ANCIENT WELL</td>
<td>Sharing ways that Christian Faith of the Early Middle Ages can inform our walk with God in these challenging times. Led by Kenneth McIntosh, author of ‘Water from an Ancient Well’</td>
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<td>£225</td>
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<td>AUGUST</td>
<td>12-16</td>
<td>LOVED CREATION</td>
<td>A time to explore the Celtic Christian understanding of our unity with creation as those who are loved and called to love. Led by Penny Warren, Member’s Guardian</td>
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<td>£225</td>
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<td>AUGUST</td>
<td>19-23</td>
<td>CONTEMPLATIVE SLOW STITCHING</td>
<td>Listen to God while quietly hand-stitching on pre-loved materials and joining in the island’s rhythm of prayer. No stitching experience required all materials provided. Led by Elizabeth Scott, Lay Minister and textile artist.</td>
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<td>£225</td>
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<td>AUGUST</td>
<td>26-30</td>
<td>AIDAN AND HILDA WEEK</td>
<td>Celebrate the lives of Aidan, Hilda and other inspired Celtic Christians through studies, activities and reflections. Led by Ray Simpson, author and Founding Guardian of CA&amp;H</td>
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<td>£225</td>
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<td>SEPTEMBER</td>
<td>6-9</td>
<td>LOOK AT THE BIRDS</td>
<td>Quiet worship, biblical reflections about birds with guided bird watching walks. For beginners and keen birdwatchers. Led by Mark Winter of Even Sparrows</td>
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<td>SEPTEMBER</td>
<td>16-20</td>
<td>BEFRIENDING SILENCE</td>
<td>Come experience the beauty of Lindisfarne whilst spending time in contemplation. Please note that this is a SILENT RETREAT. Led by David Cole, author and CA&amp;H Explorer Guide</td>
<td></td>
<td>£225</td>
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<td>SEPTEMBER</td>
<td>20-23</td>
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<td>SEPTEMBER</td>
<td>27-30</td>
<td>BEATITUDES</td>
<td>Explore these intriguing and enchanting declarations which are the core of Jesus’ teaching. <em>(Sign up for Parables too and receive a discount).</em> Led by Deirdre McGarry and Rosemary Palmeira</td>
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<td>£225</td>
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<td>OCTOBER</td>
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<td>4 - 7</td>
<td><strong>PARABLES</strong></td>
<td>We know what we’re told they mean, but what do they mean to you? Enter the realm of deeper understanding in the spirit through creative writing. <em>(Sign up to Beatitudes too and receive a discount).</em></td>
<td>Led by Deirdre McGarry and Rosemary Palmeira</td>
<td>Cost: £225</td>
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<td>11 - 14</td>
<td><strong>LOOK AT THE BIRDS</strong></td>
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<td>21 - 25</td>
<td><strong>LINDISFARNE LANDSCAPES</strong></td>
<td>An opportunity to explore the Island and the relationship between art, prayer and spirituality by allowing God to speak to us through various mediums (such as painting, drawing, textiles, writing). Creative people of all types and abilities welcome.</td>
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<th>NOVEMBER</th>
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<tr>
<td>11 - 15</td>
<td><strong>CELTIC ADVENT</strong></td>
<td>Prepare ye a way a new approach to celebrating the 40 days of Celtic Advent</td>
<td>Led by David Cole, author and CA&amp;H Explorer Guide</td>
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**GENERAL INFORMATION ABOUT RETREATS**

All retreats held at The Open Gate take place within the context of the Holy Island rhythm of prayer. There are optional services at St Mary’s (C of E), St Aidan’s (RC) and St Cuthbert’s Centre (URC). On week days the Community of Aidan and Hilda lead midday and night prayer (9pm) at the Lindisfarne Retreat (next to the Gospel Garden).

Retreats may include biblical and Celtic meditations, times of silence and opportunities to explore the island. If we can help in any way, or you are just wanting information, please speak to one of the team.

The total cost of retreats comprises two elements – the retreat itself (as listed above) plus the B &B accommodation (determined by the room booked). The retreat charges cover the expenses of the retreat leader, lunches, evening meals, all retreat sessions, handouts, and most trips out.
The Community of Aidan and Hilda values the opportunity to offer hospitality to all and seeks to encourage everyone on their individual spiritual journeys. If you would like to spend some time at The Open Gate but are worried about the cost, please speak to a team member.

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<th>COST PER ROOM PER NIGHT</th>
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<tr>
<td></td>
<td>Single Occupancy</td>
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<tr>
<td>2 x Double bedded en-suite</td>
<td>£55</td>
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<tr>
<td>3 x Twin bedded en-suite</td>
<td>£55</td>
</tr>
<tr>
<td>2 x single (2 people share a bathroom)</td>
<td>£45</td>
</tr>
<tr>
<td>1 x single en – suite (ground floor)</td>
<td>£55</td>
</tr>
<tr>
<td>1 x Double bedded en-suite with kitchenette</td>
<td>£65</td>
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Prices include breakfast.

We look forward to welcoming you

Lord, you are my island, in your bosom I rest.
You are the calm of the sea, in that peace I stay.
You are the deep waves of the shining ocean,
With their eternal sound I sing.