The Community of Aidan and Hilda

The Open Gate

Information Leaflet
And

2020 Retreat Programme

THE OPEN GATE
HOLY ISLAND
BERWICK UPON TWEED
TD15 2SD

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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 respect for, and loving acceptance of each other, despite our differences is something we as a Community seek to bring to both our own everyday lives, and through example, that of the people in the wider societies around us.

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 and Monastic Voyagers
- Long 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)
2020 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 weekdays the Community of Aidan and Hilda lead midday and night prayer (9pm) at the Lindisfarne Retreat (next to the Gospel Garden). Typically a retreat starts at 4pm on the first day, and end with breakfast on the last.

February

10th – 14th: "Christian Mindfulness: living a life fully aware."

Mindfulness is everywhere, yet many Christians are wary of it. Come discover a deeper Christ centred meaning to this practice.

Led by David Cole, author and CA&H Deputy Guardian

Cost: £250 + Accommodation

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17th – 21st: "Seasons of the Soul"

There are many different seasons in our journey through life. Times of joy and blessing, times of waiting, times when life goes belly-side-up, and times of re-orientation. They can be times of thanksgiving, times of frustration, times of pain, times of anger and complaint as well as times of renewed hope. We will address all these seasons and more as they really are, looking at how we handle them and how we grow in grace and faith.

Led by Revd. Graham Booth, CA&H Guardian

Cost: £250 + Accommodation
March

2nd – 6th: “In the Shadow of your Wings: The Mothering of God”

An opportunity to explore the Feminine nature of God through Scripture and beyond, then respond in reflection and creative activities

Led by Jane Franklin, Spiritual Director, retreat leader and Voyager with CA&H

Cost: £250 + Accommodation Cost

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16th – 20th: “Beholding the Quiet”

To behold is to hold in love “its” being. This retreat will be an opportunity to explore some depths in quiet. It will not be a silent retreat, but there will be silence within it.

Led by Penny Warren, artist and CA&H Member’s Guardian

Cost: £250 + Accommodation Cost

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23rd – 26th: “Soul Friendship for Leaders”

Part 1 of 2 residential courses. Please contact venue for more information.

Led by Scott Brennan, artist and Simon Reed, CA&H Guardian

Cost: £150 + Accommodation Cost

April

5th – 12th: “Holy Week”

A chance to come and get involved in Holy Island’s rhythm of prayer during this special time, with opportunities for reflection throughout.

Led by The Open Gate

Cost: £250 + Accommodation Cost

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17th – 20th: “Look at the Birds”

Quiet worship, biblical reflections and guided birdwatching walks. For beginners and keen birdwatchers.

Led by Mark Winter of Even Sparrows

Cost: £235 + Accommodation Cost
20th – 24th: “The Oak and The Lotus”

How the wisdom of Hinduism, Buddhism, and Taoism can enrich our practice of Celtic Christian Faith.

Led by Kenneth McIntosh, Pastor, lecturer and author

Cost: £250 + Accommodation Cost


11th – 15th: “Contemplative Slow Stitching”

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.

Cost: £250 + Accommodation Cost


18th – 22nd: “Thomas Merton: a man for our age.”

The teachings and writings of this monk seem to influence so many modern writers. Come and discover how his thoughts from the mid-20th century are deeply relevant to the world today.

Led by David Cole, author and CA&H Deputy Guardian

Cost: £250 + Accommodation Cost


22nd – 25th: “Look at the Birds”

Quiet worship, biblical reflections and guided birdwatching walks. For beginners and keen birdwatchers.

Led by Mark Winter of Even Sparrows

Cost: £235 + Accommodation Cost


1st – 5th: “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. Creative people of all types and abilities welcome.

Led by Maureen Simpson and Paul Swinhoe

Cost: £250 + Accommodation Cost
13th – 17th: “Care for Creation”

Care for Creation is the sixth waymark of the Way of Life of the Community of Aidan and Hilda. We will look at the wonders of creation, the Biblical basis for caring for it, the threats to our environment and what we can do personally to ensure we save and care for God’s amazing world.

Using the backdrop of the island’s nature and beauty, we will wonder, learn, reflect and be encouraged to make a difference in our care for creation, as well as engaging in creative activities and worship to celebrate nature and its Creator.

Led by Sue Clarke, storyteller, eco-activist and trustee

Cost: £250 + Accommodation Cost

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27th – 31st: “Silence in the Heart”

One of the most direct ways of becoming aware of the presence of God within and around us is to spend some days in a dedicated silence. Many saints chose this for periods of their lives, including Cuthbert of Lindisfarne.

So we invite you to taste some of the riches of this spiritual tradition, surrounded by the beauty and peace of his Holy Island. The house will be in silence as far as possible, including mealtimes, and Maggi or Sue will offer you the opportunity to meet individually once a day to explore how the activity of the Spirit is penetrating and guiding your heart and mind.

The Ignatian method of imaginative contemplation will be the foundation of the retreat – a short experience of it will be given in the introductory session – but then the silence may lead where it will, “the silence that lives in the grass/on the underside of each blade/and in the blue space between the stones.”

Led by Maggi Deimel

Cost: £250 + Accommodation Cost

10th – 14th: “Contemplative Slow Stitching”

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.

Cost: £250 + Accommodation Cost
31st – 4th (September): “Aidan and Hilda Week”

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&H

Cost: £250 + Accommodation Cost

11th – 14th: “Look at the Birds”

Quiet worship, biblical reflections and guided birdwatching walks. For beginners and keen birdwatchers.

Led by Mark Winter of Even Sparrows

Cost: £235 + Accommodation Cost

14th – 18th: “Earthy Mysticism: connecting with the natural world.”

Many of the Christian mystics were deeply connected to the natural world and had Divine encounters through it. Come and find a deeper more Divine connection with nature.

Led by David Cole, author and CA&H Deputy Guardian

Cost: £250 + Accommodation Cost

21st – 25th: “Exploring Mindfulness”

‘Anxiety weighs down the human heart’. (Proverbs 12.25)

Does Life (including church life) stress you out? We’ll explore Mindfulness-based approaches to reducing anxiety and stress from a Christian perspective. There will be sitting and moving practices, teaching, poetry, silence and the opportunity to explore Lindisfarne. This is not a therapeutic course but there will be opportunity for personal exploration and one-to-one conversations. It is suitable for beginners and experienced Mindfulness practitioners.

Led by Ruth Stock, Spiritual Director and trustee

Cost: £250 + Accommodation Cost
5th – 7th: “Soul Friendship for Leaders”
Part 2 of 2 residential courses. Please contact venue for more information.
Led by Scott Brennan, artist and Simon Reed, CA&H Guardian
Cost: £100 + Accommodation Cost

9th – 12th: “Look at the Birds”
Quiet worship, biblical reflections and guided birdwatching walks. For beginners and keen birdwatchers.
Led by Mark Winter of Even Sparrows
Cost: £235 + Accommodation Cost

26th – 30th: “The Way of Three”
This retreat will be an opportunity to explore the Celtic love of Trinity
Led by Penny Warren, artist and CA&H Member’s Guardian
Cost: £250 + Accommodation Cost

9th – 13th: “Dying Well”
“Ray Simpson explores themes from his book ‘Before we say Goodbye’, and how in order to end well, we need to live life to the full. Our ‘Departure Lounge’ includes poems, music, prayer, blessings, reconciliation and Jesus’ promises”
Led by Ray Simpson, author and Founding Guardian of CA&H
Cost: £250 + Accommodation Cost

Discover the ancient Celtic Christian focus of Advent, and transform your lead up to Christmas into something deeply spiritual.
Led by David Cole, author and CA&H Deputy Guardian
Cost: £250 + Accommodation Cost
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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<tr>
<th>ROOMS</th>
<th>COST PER ROOM PER NIGHT</th>
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<tbody>
<tr>
<td></td>
<td>Single Occupancy</td>
</tr>
<tr>
<td>2 x Double bedded en-suite</td>
<td>£60</td>
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<tr>
<td>3 x Twin bedded en-suite</td>
<td>£60</td>
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<tr>
<td>2 x single (2 people share a bathroom)</td>
<td>£50</td>
</tr>
<tr>
<td>1 x single en – suite (ground floor)</td>
<td>£60</td>
</tr>
<tr>
<td>1 x Double bedded en-suite with kitchenette</td>
<td>£75</td>
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Prices include breakfast.
We look forward to welcoming you

“Do not forget to show hospitality to strangers, for by so doing, some people have shown hospitality to angels without knowing it”