

## Price

(does not include travel to St Martin's)

Single occupancy ~ £550

Double/Twin occupancy ~ £950

## How to book in three steps

### STEP ONE ~ SECURE A PLACE

Contact Revd Elizabeth Burke for more information and to check room availability on; 07990 978485 or elizabethmaburke@icloud.com

### STEP TWO ~ PAY 50% DEPOSIT OR IN FULL

By BACS to Lloyds Bank PLC

Account Name ~ PCC of the Isles of Scilly

Sort Code; 30-96-56 Account #; 00856460

Please add your name in the reference,

then email elizabethmaburke@icloud.com stating the date and amount paid and the details of those staying as per below.

or

By cheque

Payable to ~ 'PCC of the Isles of Scilly'

Post to The Rev'd Elizabeth Burke at

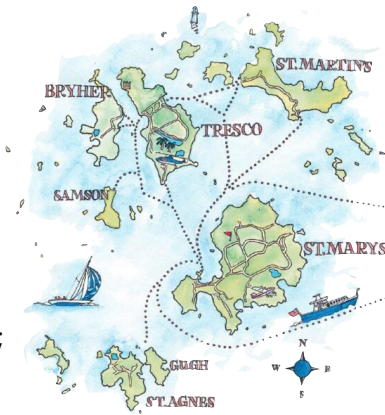
The Chaplaincy, Church Road, Isles of Scilly, TR21 0NA, with the following;

### STEP THREE ~ INCLUDE THE FOLLOWING DETAILS

1. Titles, Christian Names, Surnames
2. Contact address inc postcode or email
3. Landline and or Mobile
4. Your room preference  
Single, Twin or Double  
(where possible room allocation will take into account your preferences)
5. List any dietary requirements including intolerances & allergies
6. Any medical or ability requirements
7. NOK contact details

*The balance is due by 1st February 2024.*

[www.ioschurches.co.uk/lentretreat](http://www.ioschurches.co.uk/lentretreat)



# Guided Retreat in Lent on St Martin's, Isles of Scilly



13th-20th March 2024

Prayer as the Way of Exchange:  
Being carried & carrying others.

Led by  
Bishop Martin Shaw



The retreat will be led by Bishop Martin Shaw and will offer time and space in the beauty and wilderness of the island of St Martin's, Isles of Scilly.

### **Bishop Martin Shaw**

Martin originates from Glasgow, although he has spent many years in Devon, both at Exeter Cathedral as Succentor and working around the county as Diocesan Missioner. He was Chaplain of King's College, Cambridge in the 1970s and eventually Bishop of Argyll and The Isles. He sings as a soloist in oratorios and recitals, having trained under Gordon Clinton at the Royal College of Music. Now Martin lives in Exeter again with his wife Elspeth. He gives workshops on music, literature and spirituality. His book 'Matthew in Your Pocket' is a meditative travel 'with Francis of Assisi' through the Gospel that Francis loved.

### **Reflections**

Bishop Martin will lead a couple of reflections a day and a homily. These will encourage further personal reflection. There will be plenty of time and space for silence, walking and reading.

### **Services**

In the church on St Martin's there will be a daily Eucharist, times of corporate silence and Daily Offices of Morning Prayer, Evening Prayer and Compline.

All in easy walking distances.

### **One to Ones & Confession (Reconciliation)**

Times for one to ones will be available to book during the course of the week. The Sacrament of Reconciliation, confession, will also be available.

### **Meals and Refreshments**

The retreat is full board, with light refreshments available throughout. When booking please mention any dietary requirements including allergies and any food intolerances.

### **Arrival Day - Wed 13th March**

Arrive on St Martin's and settle into your accommodation and acclimatise to being on retreat. Meet and greet over afternoon tea at the parsonage, followed by a guided tour of the facilities, church and reading room. This will be followed by evening meal and then later compline.

**Daily Pattern (not Sunday)**  
The days will offer;  
Corporate silence  
Morning Prayer  
Breakfast  
Reflection  
Personal time and space  
Eucharist with homily  
Light Lunch  
Reflection  
Personal time and space  
Evening Prayer  
Evening Meal  
Personal time and space  
Corporate silence  
Compline

### **Optional trip to the island of St Agnes (Day determined by tides and weather)**

Visit the Holy Well of Santa Warna and the labyrinth, with the Eucharist offered in the church of St Agnes on the island.

### **Sunday 17th March**

Breakfast  
Corporate silence  
Morning Prayer  
Eucharist with Sermon with refreshments after the service  
Sunday Lunch  
Personal time and space  
Evening Prayer  
Tea  
Personal time and space  
Corporate silence  
Compline

### **Day before leaving**

The Eucharist will offer laying on of hands and anointing.  
**Prayer walks and meditation**  
Will be offered during the week.

### **Leaving Day - Wed 20th March**

Corporate silence  
Morning Prayer  
Breakfast