

# Exploring prayer in everyday life

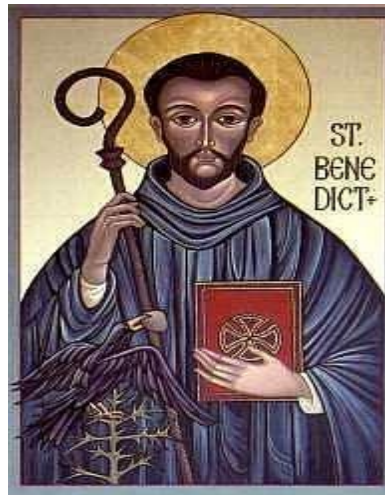


**Argyll and The Isles Diocesan Retreat, 28<sup>th</sup>- 31<sup>st</sup> October 2019**  
**College of the Holy Spirit, Cathedral of The Isles, Millport**



This year our retreat will be led by **Rev Andrew Bain**, Priest-in-charge of St Salvador's, Stenhouse, in Edinburgh and a founding member of the Emmaus Community of St Benedict. Andrew will lead us in exploring insights from Benedictine spirituality for everyday living and discipleship, beginning each day with lectio divina and sharing

other possibilities in prayer such as the examen. There will be opportunities for participants to contribute insights from their own experience. We plan to spend part of the time in silence.



Accommodation is in comfortable rooms and the home cooking is excellent. The College is set on a grassy wooded site next to the Cathedral of the Isles built in 1851 by William Butterfield and is minutes from the sea.

The Retreat will run from 4pm on Monday 28<sup>th</sup> October to after breakfast on Thurs 31<sup>st</sup>. The cost is £260 per person. To book, please contact [office@cathedraloftheisles.org](mailto:office@cathedraloftheisles.org). For further information email [missionenablers@argyll.anglican.org](mailto:missionenablers@argyll.anglican.org).

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**DIOCESAN RETREAT 2019**