



## Coming Home

**A quiet and contemplative retreat with Stephen Wright and Jean Sayre-Adams**

**Venue: St Columba Hotel, Isle of Iona, Saturday 8th October to Saturday 15th October 2011**

*"Is this place really nearer to God?  
Is the wall thin between our whispers  
And his listening? I only know  
The world grows less and less –"* ("Iona" – Kenneth C Steven)

Iona is a wonderful island with a deep and rich spiritual history. Thousands pilgrimage here every year in search of spiritual renewal. It is said that Iona is a "thin" place – the veil between realities, between ourselves and God, is least intrusive. The island and the nurturing environment of the St. Columba Hotel (in the picture above, the abbey is on the right and the hotel is the large white building in the background to the left of it) will provide us with the safe sacred space for our week's retreat. This will be a time primarily of inner contemplation and reflection. There will be guided teachings and meditations each day, drawn mainly from the Christian contemplative tradition, time for sharing the wisdom of the participants and a pilgrimage around the island's main sacred sites midweek. These occasions of being together will however be set within a wider opportunity for solitude, stillness and silence; time to "let God be God" and to listen deeply to that "still small voice" within. The island is a truly lovely place and we will include plenty of opportunity to soak up its beauty, enjoy the fresh air and participate in the spiritual rhythms of the abbey. This week of retreat will be a place to come home to ourselves, to seek out that place of peace and tranquillity within and deepen our connection with the divine. Whether you are a novice seeker or have years of spiritual practice behind you, whether you belong to a particular faith or none, this inclusive and open retreat will offer inspiration, direction, renewal and encouragement for all who wish to "come home".

**To reserve your place (and places are very limited so please book early) go to the website of the St Columba Hotel: - <http://www.stcolumba-hotel.co.uk/> for all booking arrangements.**



Stephen and Jean have led retreats on the island before as well as many other places in the past couple of decades. They coordinate the two retreat centres in Cumbria owned by the Foundation (see below) where both work as spiritual directors. Stephen is an academic, award winning journalist, prolific author, conference speaker and workshop leader on matters of spirituality and wellbeing. He has most recently co-authored two books with Jeannie exploring the nature of healing relationships - "Therapeutic Touch" and "Sacred Space – right relationship and spirituality in health care". His other recent books include the critically acclaimed "Reflections on spirituality and health" and a general spiritual awakening guide called "Coming Home" published in November 2008. He and Jean have both been blessed with the support and teachings of several world-class spiritual masters and a rich history of spiritual commitment and awakening. They are now primarily involved in passing these teachings on to others. He is an ordained interfaith minister and spiritual director and brings inclusiveness, deep experience of many faiths and a loving approach to his work. Jean came to the UK from the USA over 20 years ago and lead the introduction of Therapeutic Touch to British health care practitioners. Before leaving the USA she was at the cutting edge of health care, nursing patients in the earliest days of the unfolding AIDS crisis in an innovative complementary therapies unit at the University of California in San Francisco. Like Stephen, she has actively pursued her spiritual awakening and completed the Nine Gates programme in the USA, which has some similarities to the interfaith seminary where Stephen trained. Jean and Stephen initiated the setting up of a charity in the UK which was to become the Sacred Space Foundation in the early 1990's, and she has committed herself to it wholeheartedly ever since. She has been one of its guiding lights since its creation and both of them have worked closely to nurture its development and expansion down the years, creating and holding an environment where people now from all walks of life and many different spiritual traditions, sometimes in great spiritual crisis, can seek help and guidance. Jean also brings great love, wisdom and maturity to her work and has become an expert in the theory and practice of the Enneagram as a tool for spiritual development.

**More information about Stephen, Jean and the work of the Sacred Space Foundation can be found at:-**

**[www.sacredspace.org.uk](http://www.sacredspace.org.uk)**