



The Academy for Spiritual Formation Presents: A Celtic Pilgrimage

June 2-15, 2019

Pilgrims are poets who create by taking journeys.

Richard R. Niebuhr

Over the centuries the sacred isles of Iona and Lindisfarne have been places of pilgrimage – places where saints have lived, where prayers have been offered, and where lives have been deepened. Tourists come to see; pilgrims come to be. A pilgrimage departs us from home and exports us out of our comfort zone into liminal places, inviting us to cross thresholds where we find new ways of being in the world.

Academy faculty and Christian historian, Loyd Allen, will illumine this sacred journey as our spiritual guide. Academy Retreat Leader, Pat Luna, will shepherd our community on this holy pilgrimage. A local guide from Scotland will also join us as we trace the historic path of Celtic Christianity including Iona, Lindisfarne, and St. Cuthbert's Shrine in Durham Cathedral.

Although we have a full itinerary, this is a contemplative pilgrimage, so a relaxed, reflective pace is sought even on our busiest days. During a pilgrimage, the focus is not on what we are doing or where we are going but on the presence of God with us. As pilgrims, we journey to sacred places seeking the transformation of the inner landscape of our souls. It is our hope that we will leave home to find our true Home and return renewed with "bliss-bestowing hands."

Lectures and plenary, times of silence, prayer and reflection, small group sharing, opportunities to participate in the worship life of Iona Abbey, Lindisfarne, and Durham Cathedral, guided pilgrimage walks, and many other experiences are all designed to allow this experience to deepen our relationship with God and enter fully into the journey. Here are the highlights of our pilgrimage (subject to change based on weather, tides and other factors):

June 2, 2019 – Depart Newark (EWR) on United 161 to Glasgow, Scotland at 7:40 PM. Dinner and a light breakfast will be provided on the plane.

June 3, 2019 - Arrive Glasgow at 7:30 AM. Our local tour guide and our private motor coach will meet us at the airport. We will then travel through the beautiful Scottish countryside and arrive at Oban. You will have time to discover this beautiful coastal town or to simply have a quiet respite from your journey. A welcome dinner, orientation and a Pilgrim's Service of Blessing will prepare us to be pilgrims on the journey in covenant with God and one another.



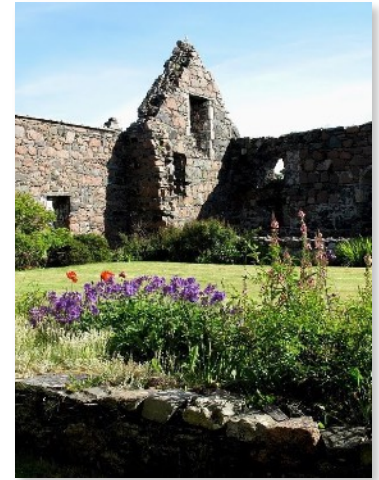


June 4, 2019 - After breakfast, we will board the ferry at Oban for the 45-minute scenic ride across the Firth of Lorn to the Isle of Mull. We continue in our motorcoach across the Isle of Mull to Fionnphort where we catch the ferry to the little island of Iona. The St. Columba Hotel on Iona will be our home for the next four nights. Having tread the path that travelers have taken for centuries, we will have time to explore. One mile wide and three miles long, Iona is a "thin place" where earth and heaven, creation and spirit touch and intertwine. Dinner and orientation at our hotel and worship in The Abbey will punctuate our time together as we seek to walk with God on holy ground.



June 5-7, 2019 - We will enjoy three full days on Iona in reflection, prayer, and contemplation, worship and renewal, and the exploration of a place where centuries of prayers have been woven into the very fabric of the land. There will be time for hiking and physical exercise, personal reflection, public worship in the Benedictine Abbey and Sabbath rest. We will build community as we complete a pilgrimage walk to St. Columba's Bay, eat together, learn about Iona, Celtic Christianity, and saints like St. Columba. We will also take time for a quiet day deepening our connection with the God of all creation.





In the spirit of Christian pilgrimage most of the days on Iona and throughout our pilgrimage will be given over to a relaxed, contemplative pace, designed to allow this sacred space to refresh our souls. We will seek authentic pilgrimage, which is seeing in-depth the shape of the inner journey of the spirit by experiencing the outward journey into sacred spaces.



Weather and tides permitting, an optional boat tour of the Island of Staffa and Fingal's Cave may be taken for an additional cost.

June 8, 2019 - After breakfast and morning prayer, we continue our pilgrimage by departing Iona on our way to The Holy Island of Lindisfarne. During the journey we will learn more about Scotland and enjoy the scenic beauty of lochs, mountains, and charming towns along the way. It is an intriguing journey to Stirling which is in central Scotland near the River Forth. Depending on when we arrive at our hotel, you may have time to stroll through the fortress and medieval old town, or visit Stirling Castle, or simply relax before our dinner together at our hotel.





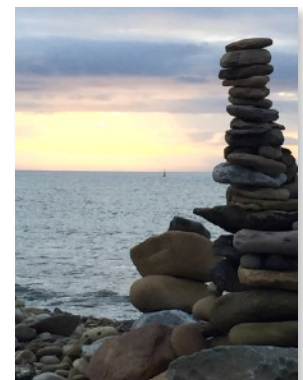
June 9, 2019 - After breakfast, we travel to The Holy Island of Lindisfarne where in 635 AD Saint Aidan came from Iona and founded his monastery. The Celtic Christian message flourished here and spread far and wide. Again, dependent on weather and tides, our plan is to give those wishing to walk the early pilgrim way through the tidal flats to Lindisfarne the opportunity to do so. The evening will culminate with dinner, orientation, and night prayer.

June 10-11, 2019 - During two full days on this sacred tidal island, we will continue our pattern of pilgrimage, which includes community time, contemplation, sessions on Lindisfarne and its significance to our Christian heritage, prayer, and worship. Lindisfarne is internationally famous both for both its medieval religious heritage and also its picturesque 16th century castle.



On Lindisfarne, we will interact with the Christian renewal community of The Friends of Aidan and Hilda. Opportunities to worship with the different communities found here will also be made available.

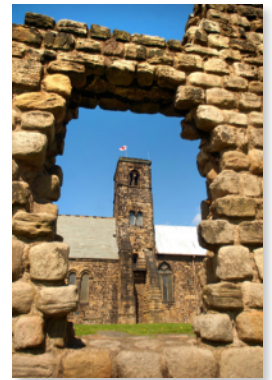
The Holy Island of Lindisfarne is a sacred and beautiful place of peace and tranquility where the prayers of early Christians and Jesus's tender invitation found in Matthew 11:28 is fulfilled, "Come to me, all who are weary and whose load is heavy. I will give you rest." Our prayer is that you might find rest for your soul here.





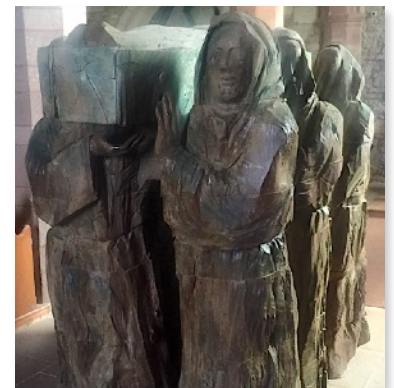
June 12, 2019 – We will continue our pilgrimage by making the journey to the Durham area. Along the way we will stop at Bamburgh where you can choose to experience Saint Aidan’s Church or Bamburgh Castle. Both sites have significance to our Celtic pilgrimage and the spread of Christianity. Bamburgh is a beautiful town with lovely shops and restaurants.

We will also stop on our way to Durham at The Abbey Church of Saint Peter and Saint Paul in Jarrow. Founded in 674 AD, Jarrow Abbey was a Benedictine double monastery. The abbey became the centre of Anglo-Saxon learning, producing the greatest Anglo-Saxon scholar, The Venerable Bede. If time allows, we will also visit Bede’s World, a museum about his scholarship and importance to Christianity. Saint Bede is so significant to the history of Christianity that in 1899 the Pope declared him a Doctor of the Church, the only Englishman to date to be named a Doctor of the Church.



June 13, 2019 - Most of our day will be spent in the historic city of Durham, home to Durham Cathedral in Northeast England. Durham Cathedral was founded over the final resting place of Saint Cuthbert. The shrine of Saint Cuthbert, situated behind the High Altar of this Norman Cathedral, was the most important religious site in England until the martyrdom of St. Thomas Becket at Canterbury in 1170.

Plans for our visit include a guided tour of this historic pilgrimage site and participating in one of its daily worship services. Durham Cathedral is a Christian Church of the Anglican Communion and the seat of the Bishop of Durham. It is an inspiring place of worship, welcome, and hospitality. After our guided tour of Durham Cathedral, you will have the opportunity to enjoy the city of Durham, walk along the river, or shop and visit museums (additional cost), restaurants, and shops.





June 14, 2019 – We leave Durham early and head to the capital of Scotland, Edinburgh. After we arrive at our hotel in Edinburgh, you will have the rest of the day to explore Edinburgh on your own. Edinburgh Castle, a hop-on-hop-off bus tour, museums, shopping, a pub crawl, and the “royal mile” are all options during our last full day in Scotland.

Our pilgrimage ends this night with a farewell dinner and closing worship service where we will harvest the treasures of our journey and give thanks for our fellow pilgrims.



June 15, 2019 – Transferring from our hotel in Edinburgh to the airport, we board United 39 for our flight to Newark (EWR). As we depart, we leave with a greater connection to God and creation, renewed for our lives at home.



ACADEMY INTERNATIONAL TRAVEL SERVICES

Academy International Travel Services, Inc. located in Decatur, Georgia is the travel agency for or pilgrimage. Academy Travel is not affiliated with The Academy for Spiritual Formation or The Upper Room.

Included in the package:

- Twelve nights' accommodation in 3-4 star hotels:
 - One night Oban area – Murthu Hotel or similar
 - Four nights Iona - St. Columba Hotel
 - One night Stirling – Stirling Highland Hotel or similar
 - Three nights on Lindisfarne – The Manor House Hotel or similar
 - Two nights Durham area – Beaumont Hotel Hexham or similar
 - One night Edinburgh – Sheraton Hotel or similar
- Buffet Breakfast and dinner daily, including Farewell Dinner in Edinburgh
- Private motorcoach transportation for all services, based on itinerary
- Ferry crossings, Oban-Mull-Iona and return
- Admissions to Iona Abbey, Durham Cathedral and Lindisfarne Priory
- Airport transfers with purchase of flight Itinerary offered with Academy Travel Services
- Porterage of one suitcase per person at hotels **except** Lindisfarne, where you must carry your own bags to your room
- Travel Insurance (not cancellation insurance)
- Tips for guide and driver
- Services of a professional tour manager throughout

Not Included:

- Trip cancellation insurance – available through Academy Travel
- Options during the pilgrimage
- Meals not included in our itinerary
- Airline baggage fees
- Single supplement (A very limited number of singles are available) at an additional charge of \$1,000

Land Price (not including airfare) per person, double occupancy: \$5,175

Payment schedule (Use of credit cards will incur an additional 3.5% service fee except for your \$500 registration fee and airfare.)

Registration Fee: \$500 - refundable up to February 4, 2019

Interim payment: \$1500.00 due February 4, 2019

Final payment: due 60 days prior to departure – around April 1, 2019

Roundtrip air including taxes and fuel surcharges:

Newark/Glasgow Edinburgh/Newark

\$ 841.71

Academy Travel is holding a contract for 22 seats on the United flights listed in this itinerary. Newark (EWR) is used as the gateway airport. Add-on fares can be arranged (from Missoula, San Francisco, Atlanta, etc.) at a slightly higher fare. The client is better protected by the airline with a through-fare ticket (in case of cancellations or delays). The airline ticket can be paid with a credit card for no additional charge. We actually prefer that it is paid by credit card. At final payment, an invoice will be issued with all credits given and the opportunity to pay for the airline ticket portion by credit card.

Questions about the pilgrimage? Contact: Pat Luna at 334.202.9440 or The Academy Office at 615.340.7233 or academy@upperroom.org

Questions about air travel, accommodations, or payments? Contact: Academy Travel Services at 404.687.2080 or 1.800.476.6943 or academy@aitsatl.com