

SACRED SPACES

CONTEMPLATION AND THE CELTIC SPIRIT



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CÉAD MÍLE Fáilte!

In this retreat you will have the opportunity to look at Celtic Christianity and contemplation in a variety of settings. Most of the videos are set in the natural scenery of Manitoulin island. There are a few theological conversations which take place in a beautiful stone church. All of it is set to enchanting harp music, including a live performance.

Three of the sections deal with the work of ancient and medieval spiritual teachers. We look at Pelagius' letter to Demetrias, Eriugena's homily The Voice of the Eagle, and The Cloud of Unknowing. We also have sections dedicated to understanding the human condition, living a holy life, and being one with the natural world. All of this is interspersed with lessons and meditations on the lives of some of the most prominent Celtic saints.

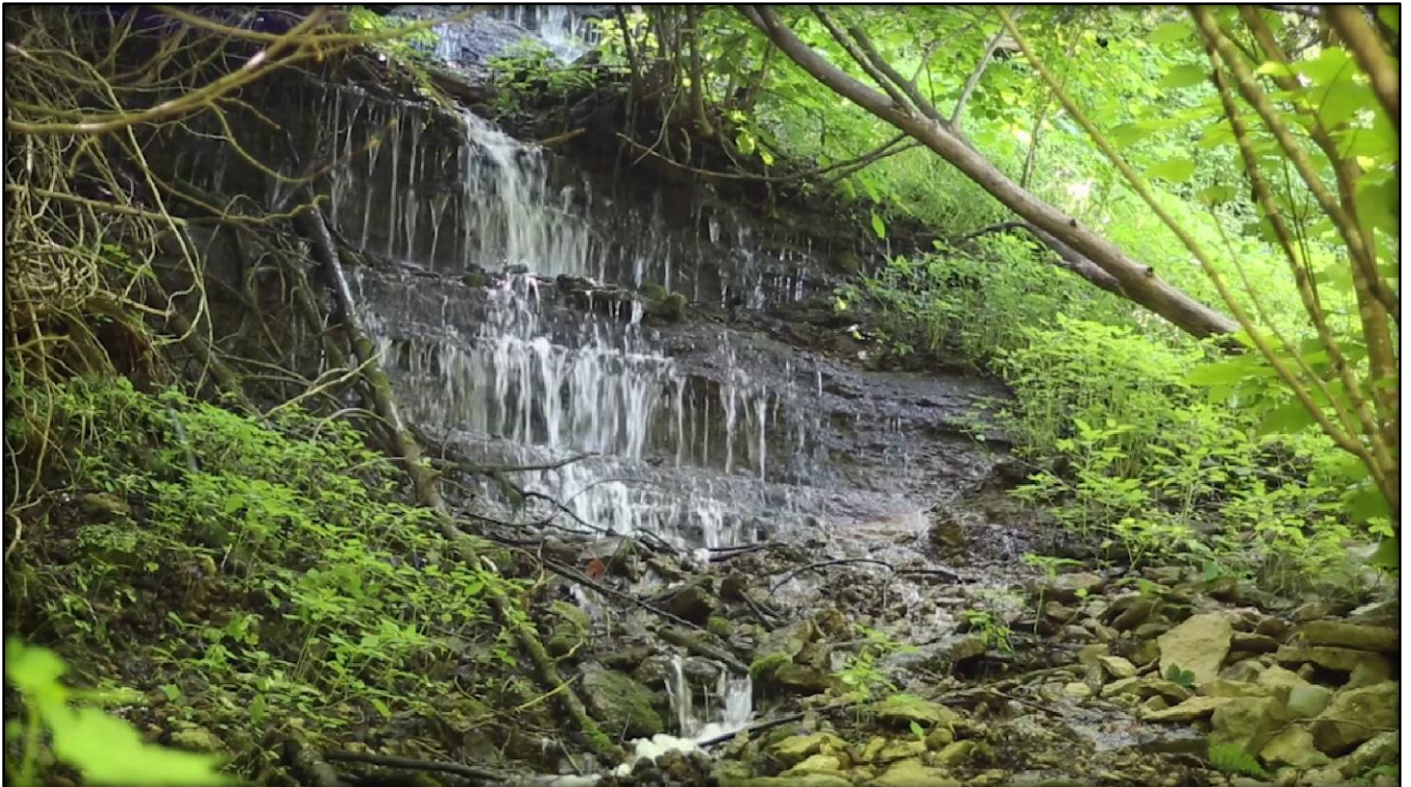




HOW IT WORKS

The retreat is a series of videos which you watch at your own pace. The videos can be viewed on any of your devices; however, we do recommend that you watch them on your TV where you can be comfy on your couch or favourite chair. Either way, try to settle into the space around you. Treat the videos as a meditative practice and they will become one. You may wish to light a candle, say a prayer, or have a few minutes of silence when you sit down.

Each of the thirty videos has a discussion question associated with it. You can leave your responses in the comments on the video and you can read the reflections of others who taken this path before you. If you want to discuss what you are learning in the video or other reflections on your spiritual journey, you can join us in our free online community where you will find lots of lovely and insightful people. Learn more about that [here](#).





COURSE OUTLINE



THE HUMAN CONDITION

- ✦ Patrick Meditation
- ✦ Adam and Eve
- ✦ Brigid Meditation
- ✦ Cain and Abel
- ✦ Columba Meditation
- ✦ Baptism

PELAGIUS' LETTER TO DEMETRIAS

- ✦ Introduction
- ✦ Faith vs Works
- ✦ Original Sin and Original Blessing
- ✦ Living the Christian Life

THE HOLY LIFE

- ✦ Aidan Meditation
- ✦ Living a Holy Life
- ✦ Hilda Meditation
- ✦ Blessings
- ✦ Caedmon Meditation
- ✦ Sacred Hospitality

ERIGUENA'S VOICE OF THE EAGLE

- ✦ Introduction
- ✦ Action and Contemplation
- ✦ The Spiritual World
- ✦ Deification



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NATURE SPIRITUALITY

- ✦ Melangell Meditation
- ✦ The Law of Heaven
- ✦ Kevin Meditation
- ✦ Thin Places
- ✦ Brendan Meditation
- ✦ Nature Speaks

THE CLOUD OF UNKNOWING

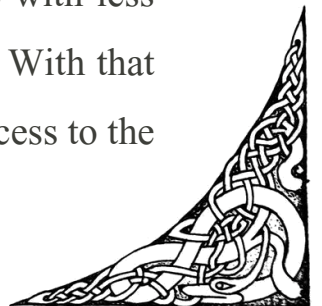
- ✦ Introduction
- ✦ Action and Contemplation
- ✦ The Human Condition
- ✦ Spiritual Practices



SUGGESTED TIMELINE

The retreat is divided into six sections and there are two different ways it can be used. If you are wanting to experience this as an actual retreat, say over the course of a weekend, you can watch 2 sections a day and use it as a 3-day retreat.

If you are wanting to utilize this material over a longer period of time with less daily commitment, we suggest one section per week is a good balance. With that being said, you are free to set your own pace and you have unlimited access to the material after enrolling.





OUR TEAM

JUSTIN COUTTS



Justin is the author of most of the material and the one who presents it all. If you want to learn more about Justin's background, click [here](#). Justin has many years of experience leading retreats in the Canadian wilderness and has been studying Celtic Christianity for over ten years.

MARY ANDERSON



Mary is the musician for this retreat. Her sacred music touches the soul and lifts the heart towards the divine. If you want to learn more about her and her music you can click [here](#). Mary has been a professional Celtic harpist for many years and brings a wealth of depth to this retreat.

JAENE CASTRILLON



Jaene is the filmmaker responsible for the many hours of footage presenting the beautiful natural scenery of Manitoulin Island included in this retreat. If you want to learn more about Jaene's background you can click [here](#). Her camera is her sacred tool and the practice of visio divina is an important part of what you will experience in this retreat.

DAVID COLE



David generously contributed the text from his book, *Celtic Saints: 40 days of devotional readings*, which has been narrated and set to sacred music and the beautiful scenery of Manitoulin Island. If you want to learn more about David's work you can click [here](#). He is a lay monk in the community of Aidan and Hilda and regularly leads retreats and workshops in Celtic Christianity.



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READING MATERIAL

There are links to free materials scattered throughout the retreat as well as three downloadable ebooks, which are available in the second part of this introduction. They contain the notes for the three main philosophers we will be looking at: Pelagius, Eriugena, and The Cloud of Unknowing.

The retreat is designed so that you can participate without buying any additional materials. If you are interested in going deeper, we recommend you borrow the following books from your local library or purchase them online. Click on the book titles below to get started. If you are new to WorldCat.org (worldwide library database), please click [here](#) for a quick overview on how to use the site.

- ✚ **Celtic Saints: 40 days of devotional readings** by David Cole
- ✚ **The Bible: New International Version** (or any of your choice)
- ✚ **Pelagius: Life and Letters** by B.R. Rees
- ✚ **The Voice of the Eagle: The Heart of Celtic Christianity** by Christopher Bamford
- ✚ **The Cloud of Unknowing and the Book of Privy Counseling** by William Johnston
- ✚ **Carmina Gadelica** by Alexander Carmichael





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COMPLEMENTARY MATERIAL

If you are interested in furthering your reading in Celtic Christianity, we highly recommend the following titles available from **Anamchara Books**. For those participating in the retreat there is a 45% discount. The details on how to qualify for your discount will also be provided in the second part of this introduction.

- ✚ *Water from an Ancient Well: Celtic Spirituality for Modern Life* by Kenneth McIntosh
- ✚ *Celtic Christianity: Deep Roots for a Modern Faith* by Ray Simpson
- ✚ *The Celtic Book of Days: Ancient Wisdom for Each Day of the Year from the Celtic Followers of Christ* by Ray Simpson
- ✚ *Reading the Bible the Celtic Way: The Peacock's Tail Feathers* by Kenneth McIntosh
- ✚ *Earth Afire: Celtic Prayers for Daily Life* by Kenneth McIntosh
- ✚ *Celtic Nature Prayers: Prayers from an Ancient Well* by Kenneth McIntosh
- ✚ *Celtic Miracles and Wonders: Tales from the Ancient Saints* by Meg Llewellyn

Click below to enroll if you haven't done so already:

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