

BARDSEY TIME: THE ENLLI EQUINOX RETREAT

Ynys Enlli, North Wales

19th – 26th September

Come, join us to consciously and creatively mark the **2020 Autumn Equinox, on Bardsey Island**. Ynys Enlli in Welsh, this tiny land mass, half a mile wide and one mile long is located two miles off the coast of the Llyn Peninsular in North Wales.



Image: Caroline Jones

Ynys Enlli translates to 'Island in the tides'. It has been a place of pilgrimage and spiritual seeking since at least the sixth century. Like many of the world's sacred sites, it is a powerful place: a portal for connection, a place of beauty and mystery where we can align with powerful energies in order to receive support, healing and wisdom. From here we can also send out appeals and invocations for others, ourselves and the Earth.

The Autumn Equinox is a special time of equal darkness and light; a moment of suspension, a pause in between times. The Equinox offers us a chance to turn our gaze inwards, to take a breath, to take stock and feel what is waiting to be born within us and in the world. Enlli at this time has a mellow landscape and it is the time that the many seals who live around the island give birth to their pups.

The Enlli Equinox Retreat will provide a supportive space to contemplate and listen to guidance from the Island and beyond, offering new ways of seeing, being, doing and living. It will be an opportunity to receive answers to questions many of us are asking in these complex, fast-moving times. Questions like:

- What is the 'work' that needs me to do it?
- How do I connect to the support and guidance I need?
- What needs healing in my life?
- What do it need to let go of or let rest?
- What am I ready to birth in my life right now?



Image: Caroline Jones

Judith and Fern will guide the group and each participant in a creative, emergent process

offering depth as well as spaciousness; periods of silence, solo contemplation; time for connection and personal ceremony. By just being on Enlli you will connect to its energies, the tides, stars and skies, the land, its birds and insects, its animals, flowers, history and culture. You never quite know what's going to happen when you are there!

Each day there will be something offered to the retreatants - a task, action or invitation - to help you be with the Island in a different way in the service of life, light and health on Earth. **We will open to the power and potential of 'sacred activism'** and the work each of us can personally undertake during these momentous times. This might include art-making using materials you find on the island, writing and reading poetry, creating ceremony to offer up gratitude and prayer, or perhaps finding new ways of receiving information from the invisible realms. There will be walks, some of which will be guided, as well as time for deep rest. We will each have time to listen to what Enlli wants us to hear, see, and feel. We will meet as a group twice during each day to share our insights. Fern and Judith will offer each person the support and guidance they need to do what needs to be done. We will give each retreatant a Bardsey journal for your reflections.

The Retreat is a journey into depth:

an invitation to explore Enlli via the themes of your own life; a space to witness to connect and dialogue with others. It is an invitation to those wanting time out, wishing to seek wisdom and guidance from the landscape, its animals and birds, the stars and the sea to better navigate the tides and times of their own lives.



Retreat Guides

Judith Mills is a coach and facilitator who developed a model for career change through her exploration of the Enlli Pilgrim route.

www.intuitivecareermanagement.com

Fern Smith is an artist, wilderness rites of passage guide, craniosacral therapist, celebrant, facilitator, and coach. www.fernsmith.co.uk

Both Fern and Judith have a deep and powerful connection to Enlli and felt called by the island to set up and guide this week. We intend to offer an open and accessible space that welcomes people with faith or no faith, spiritual or secular, those who have never retreated or those who do so on a regular basis. More information will be given to you on the structure of the week when you book.



Accommodation

We have hired two of Enlli's houses, Carreg Fawr and Plas Bach for the week. There are ten rooms available for single occupancy. Some rooms will have double beds but the majority are single. You will find more information about the houses on this page of the Bardsey Island Trust's Website

<https://www.bardsey.org/book>.

Accommodation in Bardsey's beautiful and historic houses is basic.

There is no electricity in the houses so bringing a torch is essential. Each house is provided with small solar lamps. Duvets and pillows are provided. You will need to bring your own duvet cover, bottom sheet, and pillowcases.

Island Water & Toilet Facilities

Drinking and cooking water needs to be boiled and filtered, daily ablutions are taken in the kitchen and the loo is a composting one in the garden of each house. There is an open fire place in each house with firewood provided.

Food

You will need to take to the Island what you want for breakfast and lunches, and for two evening meals, packed in large plastic boxes. The farm now provides meals as well as selling vegetables. Fern and Judith will cook on the first night. We will eat at the farm on three evenings. Each house will be invited to cook for the rest of us for one night each. The final evening will be a 'pot luck' eating up left-overs.

Group Space

We have hired a further house, Lloft Nant as our meeting space and will provide refreshments for the breaks.



Terrain & Weather

Enlli has rough tracks connecting the houses, interesting and diverse terrain, steep cliffs, sandy beaches and inlets, the mountain, Mynydd Enlli, grassy coastal paths and is peppered with Manx Shearwater burrows. This encourages being mindful. Good walking footwear is essential and some might find walking poles helpful.

Island weather is unpredictable and changeable, so be prepared for all sorts. Looking at the forecast the week before the retreat will guide your packing. It will be chilly in the evenings and early mornings when we will be stargazing or acknowledging the sunrise and sunset.

Boat Journey

We travel over to Enlli on a flat-bottomed boat from an inlet Port Mywyddwy about 2 miles from Aberdaron. We will know at 6.00 pm on the Friday evening before we travel the departure time for the following day. The routine is after leaving your car at Cwrt Farm near Aberdaron, a tractor takes your luggage down the track to the boat where it is loaded. The journey to Enlli is about 20 minutes. The luggage is then taken off the boat and delivered to your house. Payment for the boat trip is included in the fee for the retreat.

The boat only travels if the tides and winds are safe.

Accommodation is available in the Aberdaron area for the evening before the week and if the boat is postponed. It is recommended to have travel insurance in case of delay. It is also a good idea to have spare food in case we can't get off the Island.



Mobile Phones

There are a few places on the Island you can get 3G. You can be device free for a week or check in with normal life if you want and need. Phones and cameras can be charged at the warden's house.

Food

You will need to bring food to the island with you. Food will be a combination of eating at the farm and cooking for one's self and one another. You will need to bring sufficient food for lunches and breakfasts each day. For 5 of the 7 days, an evening meal will be provided. For the remainder of the evening meals (2 nights) you are asked to cook your own food in the kitchens at each house. Food provided will be vegetarian.

We invite retreatants to be 'dry' during the course of the guided retreat. Alcohol is available to buy from the farm or you are welcome to bring some with you for the celebration on the final evening. The Bird Observatory 'shop' also stocks very basic provisions and the farm can provide some fresh vegetables. We will send you more information about food on booking.

To Bring

Poetry, art materials and anything you might need for a fulfilling retreat. A list of other things to bring with you will be sent on booking.



Image: Chris Bird-Jones

Length of Guided Retreat

You will spend seven days and nights on the island. The duration of the retreat is five and a half days, leaving you some time at the end to spend time on the island on your own and to make preparations for leaving. The schedule will be sent to you on booking. Details may alter depending if weather conditions affect boat crossings.

Booking A Place & Deposit

Places are limited to a maximum of ten people, so please book your place early.

The cost of participating in the Enlli Equinox Retreat is £600. If we fill ALL TEN places, this will reduce to £550 per person. Any profit made after costs are paid will go to The Bardsey Island Trust which supports the island's work and conservation of its wildlife.

The cost of participation includes:

Accommodation for seven nights in a single room in one of the Bardsey Trust's historic houses;

Return boat journey from the mainland to the island;

Five evening meals;

All teaching fees;

Refreshments during retreat breaks;

Bardsey journal.

It does *not* include car parking on the mainland at the farm (£15)

The deadline for bookings is June 1st. We need to pay the full amount for the houses three months prior to our booking which is June 1st.

A non-refundable deposit of £200 will reserve your place on booking. The remainder is payable by August 1st.

Contact us

For more information or to book a place:

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