

Wheesht! (Quiet Week)

Dates: October 3rd – 9th 2009

Summary

[Wheesht: an interjection, used as a call for quiet]

A week for quiet relaxation. An easygoing programme which could include leisurely walks, quiet sessions in our art and craft room, exploring deserted beaches, times of silence, and plenty of time to sit in our cosy common room. Turn off your mobile phone, leave your worries at home, and let the tide carry away all your stresses and strains as it ebbs out of the bay...



Details

Do you ever get the urge to 'switch off'? Feel a desire to put the world on stand-by for a while?

It can be hard to do in a busy society; you can unplug the phone, turn the TV off, but chances are next-door won't; or the children over the road will be constructing a skateboard ramp on the street. Traffic is never far away, and the clamours of a busy job, family and home can be hard to quiet.

How does a week in a remote Hebridean bay sound? We are over a mile from the nearest road and while we can't and won't promise you silence (or sunshine), we can offer you a place a world away from city or town life. Sounds you might hear include: Sheep walking on the pebbles. Oystercatchers piping on the far shore. The tide washing the stones. The crackle of a peat fire. The gentle murmur of volunteers working in the upper garden. The ravens in the quarry. A seal splashing in the bay. An old ship's anchor ringing to let you know dinner is ready.

Our days here have a simple structure built around morning and evening reflections and mealtimes. The staff can guide you to deserted beaches, stunning views, or peaceful gardens. Sit quiet by candlelight in the chapel of nets, or make time to create that masterpiece you've always meant to in our art room. Mealtimes are shared, and evenings are often spent socially around the fire in our common room. This week is a space for our guests to choose the ways in which they want to relax, recharge, re-think, reflect, pray, contemplate, take stock, re-connect, dis-connect, or absorb.



At Camas you can truly 'switch-off' in more ways than one! We have limited electricity (provided by our wind turbine – we are 'off the grid') for washing and essential systems - and our living spaces are lit by candles, paraffin lamps, and firelight. Our hot water is provided by solar water heaters and the turbine, and the common rooms feature wood / peat burning stoves. Mobile phone reception is patchy (you can hunt down the hot-spots if you want to – or go cold turkey for a while!). If you want to be out and about we can arrange visits to a local organic weaving mill / farm, or a trip on a fishing boat (subject to availability). The Isle of Iona is just a few miles away, where you can visit the other centres run by the Iona Community. Please contact us if you have specific requests or queries.

Things you should know before you come

Camas is based in old quarrymen's houses at a secluded bay on the Island of Mull. The Camas road end is reached approximately 2 miles before Fionnphort (location of the Iona ferry); however there is no vehicle access to Camas itself, which is reached by a walk of about 20 – 30 minutes (1½ miles) across a moorland track. This lends itself to a sense of isolation, adventure and an appreciation of the simpler things in life.

- All Camas staff members live at the centre; our working hours are from breakfast (usually 8.30am) to 10pm and someone is always reachable in an emergency.
- Staff take it in turns to cook and we also eat all meals with the guests who are staying at the centre.
- The food at Camas is vegetarian – please let us know of any special dietary needs in advance.
- Camas has 6 bunk rooms, each sleeping from 4-8 people, to a total of 28. Sleeping bags are essential (but we do have spares if necessary).
- Both staff and guests at Camas take part in daily chores, which are done in teams by rota. They include tasks such as washing up, cleaning toilets, cutting firewood and helping with the garden.
- The days at Camas are framed by morning and evening reflections. These are generally led by the Camas staff, and focus sometimes on people's experiences at Camas and sometimes on wider experiences or on issues of social justice (such as Fairtrade). Everyone is invited to attend reflections and to participate as fully as they wish.

Cost and Booking

£210 (inc. VAT at 15%) for 6 nights (Saturday – Friday morning) including all food, accommodation and activities. Activities with external providers (e.g. fishing trips, ferry crossings) may cost extra.

For bookings and more information contact:

tel: 01681 700404. e-mail: camas.bookings@iona.org.uk web: www.iona.org.uk

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The Iona Community is a charity registered in Scotland No SC003794

