

Pilgrimage to Wales: A Celtic Journey to health, healing, and wholeness.

The Cathedral Church of the Nativity



St. Non's Chapel ruins - St. David's Pembrokeshire



Tour Cost

\$2,095 per person double
occupancy

Depart Newark, NJ

*single occupancy add \$350

See registration page for details

May 12-May 20, 2019

The Ancient Celtic Christians

wove into their patterns of life and prayer a reliant belief in the power of health, wholeness, and healing. Scattered throughout Wales are ancient ruins of prayerful places where many brought their longings for God's companionship and healing Spirit.

Join us in the spirit of God's healing grace as we live a pattern of prayer, journey, exercise, and communion with God's healing spirit. Your leaders, Dean Tony Pompa and Dr. Connie Andrejko combine to invite participants into prayerful practices that include common prayer, sacramental prayer, meditation, yoga, Reiki, and mindfulness hiking, as we visit and discover ancient places of Celtic prayer and healing.

This will be an experience of soul work and will include physical movement and some mid- range hiking.



Walking path near Noddfa retreat

Noddfa Retreat



Itinerary

May 12-20, 2019

**May 12 Sunday-Departure
Newark to Manchester (Overnight)**

May 13 Monday-Noddfa Retreat

Welcome to the UK. We will be met by John, our coach driver, who will drive us to Noddfa, on the North coast of Wales. Noddfa is a Welsh word that means, "Place of welcome and peace". We will spend the day getting acclimated to our surroundings. Begin our discipline of movement and reflection, take a hike along the ridge that overlooks the Irish Sea, have dinner and retire early. ([www. Noddfa.org.uk](http://www.Noddfa.org.uk))

May 14, Tuesday - Noddfa Center- St. Winifred's well

We begin our morning with breakfast and a morning time of reflection and movement on the grounds of Noddfa Center. Late morning our coach takes us to the city of Holywell where we visit a place of ancient Celtic healing tradition. St. Winifred's well (Gwenfrewi) and Shrine is a place that generations have come for healing and wholeness. This holy place has welcomed pilgrims and visitors for over 1300 years. Named for a 7th century saint, Gwenfrewi (Winifred), whose hagiography is quite interesting. We will learn of it that day.

(Breakfast, Lunch, Dinner included this day)

May 15, Wednesday - St. Seiriol's Church and Well- St. Seiriol's Island (Puffin Island)

We begin our morning with our discipline of prayerful movement in the environs of our retreat center.

Mid-morning we depart for St. Seiriol's Church and well. St. Seiriol was a 6th century founder of a monastic community, the ruins of which we will visit. Standing today are two churches, joined by a vestibule. One side dates to the 11th century with artifacts and religious symbols while the other dates to the 17th century. In addition, there is a holy well, where pilgrims have visited for generations seeking healing. We will take an afternoon cruise then to St. Seiriol's Island, where St. Seiriol and his monk fled when invaded by the Vikings. A sanctuary now for puffins, birds of all sorts, and sea mammals.

(Breakfast, Bagged Lunch, Dinner, included this day)

May 16, Thursday - Pennant Melangell – Travel to St. David's Pembrokeshire.

We are up early this day and on our way through the mountains and valleys with breathtaking views until our arrival to the sacred space of St. Melangell's Retreat at Pennant Melangell. We will spend a quiet morning with the staff of the Pennant Melangell Prayer and healing Center. We will visit the shrine of St. Melangell and have a time of worship and healing. Midafternoon we continue now our journey to St. David's in Pembrokeshire and have dinner at our hotel. www.warpoolcourthotel.com



Labyrinth at Noddfa Center



St. Seiriol's



Monastic ruins on St. Seiriol's Island



May 17, Friday - St. David's Pembrokeshire

Our morning begins with breakfast followed by a morning session of movement and meditation in the beautiful garden of our hotel. This day will include a mindfulness and meditation hike (walk) along the beautiful trails that overlook the sea. We will attend shrine prayers at noon at the Cathedral of St. David, followed by lunch in the Cathedral Refectory. (On your own) Late afternoon we will make a pilgrimage to St. Non's well, a place of pilgrimage and healing for generations. We will attend evening prayer in the Cathedral and you are on your own to explore the enchanting town of St. David's and find some dinner in a local pub or restaurant. (Breakfast included) Lunch and Dinner at your expense

May 18, Saturday - Ty 'r Pererin-St. David's Cathedral

Today, following a morning session of movement and meditation, we find ourselves in the care and companionship of Janet Ingram, program director of the pilgrimage center at St. David's Cathedral. We will meet for coffee at the center. Explore the ancient ruins of St. David's monastery, and make a pilgrimage to the newly discovered place of baptism of St. David. We will explore the Cathedral of St. David, participate in evening prayers, and enjoy dinner together at the Center. (Breakfast, Lunch and Dinner included)

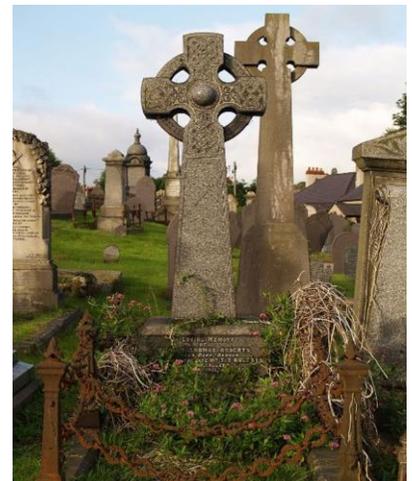
May 19 Sunday - Travel Day to London St. Asaph's Cathedral.

Following breakfast we have a morning stretch and are off to nearby Haverfordwest and the train station. We will travel by train along the beautiful coastal route of South Wales as we make our way toward London. Once arrived in London (late afternoon) you are free for an evening in London. Catch evensong at Westminster Abbey or at St. Paul's Cathedral or enjoy a leisurely dinner. Our hotel will be near Paddington Station where we arrive and then depart the next day for the airport.

St. David's Cathedral



Coastal Path



Monday May 20 London to Newark

Following breakfast we walk to Paddington Station and board the Heathrow express. We will be sure to pause to give thanks to God for our time together. We will board our flight and arrive in Newark. We will be greeted by our shuttle bus driver and delivered back to the Cathedral Church of the Nativity.

Contact: The Very Rev. Anthony R. Pompa
Cathedral Church of the Nativity, Bethlehem, PA
tpompa@nativitycathedral.org; 610-865-0727

Important Notes and Dates

This is a pilgrimage of intentional prayer and reflection designed for spiritual growth. The group pricing is based on 14 pilgrims/double occupancy-includes most meals, transfers, honorariums

Registration is on a first come/first serve basis and is active upon receipt of completed registration and \$500 Deposit. (Made payable to Cathedral Church of the Nativity)

Registrations will be placed in order received and a wait list will be created.

*All rooms at Noddfa Retreat Center are single rooms with shared bathroom (no extra charge for single)

*Single room fee is for Warpool Court and London Hotel (add \$350)

Payment Schedule

Deposit of \$500.00 per person with registration by October 22, 2018 (14 slots)

Payment of \$1,000 per person by January 3, 2019 (wait list will be contacted if Payment is not made)

Single occupancy add \$350 to this payment please.

Final Payment of \$595.00 per person by March 4, 2019

* Optional Travel and cancellation insurance may be purchased by individuals. Two recommended sites:

Allianztravelinsurance.com Travelexinsurance.com

This experience will include activities that require physical movement and ability to walk distances. Though one would not characterize these movements as rigorous, one should be aware and discuss any hesitations or concerns with Dean Pompa before registering.