



Ammerdown

HOSPITALITY • PEACE • RECONCILIATION

# Course Programme 2024



Welcome to the first Ammerdown Quarterly Programme of 2024! Inside, the full first quarter is ready and waiting plus a look at the rest of the year, more courses will be added throughout the year. All courses and events are on our website ready to be booked!

## **To Book...**

It is easy to book wherever and whenever it's convenient for you! Bookings can be made on our website at [www.ammerdown.org](http://www.ammerdown.org) or by phoning us on 01761 433709.



## Epiphany Quiet Day

**Course Leader:** Rev Narinder Tegally

**Course Date:** Saturday 6 January

**Course Options:** Day Course - £60

**Course Timings:** 9.30am for 10am - 4pm

**Course Code:** D0124

**Course Information:**

*Includes morning coffee, lunch and afternoon tea*

“Let your hearts be touched to wonder.”

As the Wisemen travelled in wonder - where might God be leading you this year?

Are you able to respond and be led in wonder and awe?

During the day, feel free to walk in our beautiful grounds, be creative in the Art Room, journal, read or simply be still in the presence of God.



## Soul of Leadership

**Course Leader:** Margaret Benefiel & Margie Buchanan Smith

**Course Date:** Monday 8 - Thursday 11 January

**Course Options:** Part II of the 2023/2024 course.

**Course Timings:** 10:30am for 11am - 2pm

**Course Code:** SOL0124

**Course Information:**

Part II of the course.

A new 18 month course will begin at Ammerdown in May, 2024.

27-30 May 2024

13-16 January 2025

2-5 June 2025

12-15 January 2026

£4950 or Early Bird £4730



## Taster Day

## Start the Year – Looking Back, Looking Forward

### Soul of Leadership in London

**Course Leader:** Margaret Benefiel & Margie Buchanan Smith

**Course Date:** Friday 12 January

**Course Details:** Email [margaret@shalem.org](mailto:margaret@shalem.org)

**Course Timings:** 10am - 5pm

**Course Information:**

‘Start the Year – Looking Back, Looking Forward’, Soul of Leadership in LONDON Margaret Benefiel and Margie Buchanan Smith

Soul of Leadership is an inspiring The Residentials and enriching 18-month programme for anyone in a leadership role who wishes to deepen their inner resources to lead with long-term effectiveness and integrity.



## **TLC for the Retired**

**Course Leader:** The Ammerdown Centre

**Course Date:** Thursday 25 January

**Course Options:** Day Course - £18

**Course Timings:** 10am - 2pm

**Course Code:** TLC0124

**Course Information:**

*Includes morning coffee, lunch and afternoon tea*

Back in Time: bring something from your childhood to share – a photo, something you have treasured, a memory. We will share our stories together.



## **Holocaust Memorial Day: The Fragility of Freedom**

**Course Leader:** BANES

**Course Date:** Thursday 25 January

**Course Options:** Meet at Bath Guildhall

**Course Timings:** 5:30pm for 5:45pm start

**Course Information:**

Join us for Holocaust Memorial Day at Bath Guildhall.

Holocaust Memorial Day is the day for everyone to remember the millions of people murdered in the Holocaust, under Nazi Persecution (including Jews, Roma and Sinti people, disabled people, gay people, political opponents and others) and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur.



## **Book Club – Jews don't Count by David Baddiel**

**Course Leader:** Laura Deacon and Vicki Burke

**Course Date:** Sunday 28 January

**Course Options:** Zoom or in person £5

**Course Timings:** 3pm for a 4pm start

**Course Code:** Z0124/D0224

**Course Information:**

David Baddiel is a secular Jew, comedian and author.

He combines powerful polemic and personal testimony to investigate why, in an age of heightened awareness of the evils of systemic racism, anti-Semitism appears to have been neglected by those who consider themselves progressive and enlightened. Vicki Burke, a Jewish-born musician, author and activist, leads our discussion.

# January



## **Cuppa and a Chat**

**Course Leader:** Laura Deacon

**Course Date:** Monday 29 January

**Course Options:** Donations Welcome

**Course Timings:** 2-4pm

### **Course Information:**

Cuppa and a chat is a monthly opportunity for local people to meet and socialise with optional participation in small group activities, such as singing, a quiz, game or some craft. The event is designed for anyone who feels that community connection would benefit their current life circumstances. Refreshments are provided.

# February



**The Ammerdown  
Centre will be closed  
from 12 -23 February  
for a heating upgrade.**



## **Refreshing Day for Carers**

**Course Leader:** The Ammerdown Centre

**Course Date:** Tuesday 6 February

**Course Options:** Day Course - £18

**Course Timings:** 10am - 3pm

**Course Code:** C0124

### **Course Information:**

*Includes morning coffee, lunch and afternoon tea*

Those who care for others need to be cared for themselves. Join us for a relaxing day at Ammerdown including a two course cooked lunch and gentle activities.

Options this month are:

- Get your creative head on with a craft session.
- Make some noise in this Fun Drumming Workshop.
- Do some gentle exercise and moving meditation in this Tai Chi session.



## Caring for Creation Zoom

**Course Leader:** The Ammerdown Centre

**Course Date:** Wednesday 7 February

**Course Options:** Donations Welcome

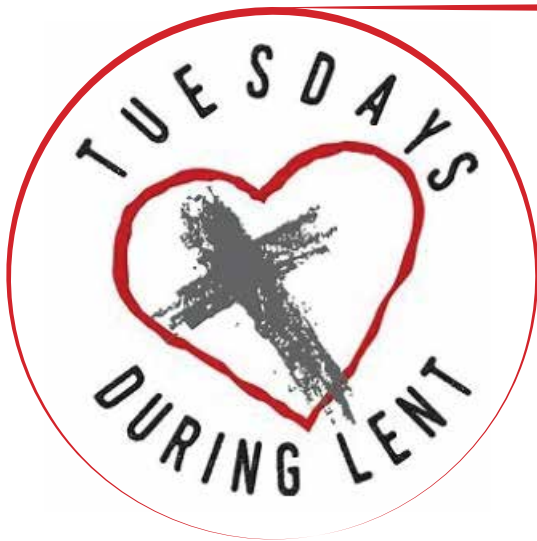
**Course Timings:** 9:30am - 10:30am

**Course Code:** Z0224

### Course Information:

We are a supportive group who meet monthly. Of different backgrounds and communities, we meet to share our work and our hopes, fears and desires for a better future on our shared earth.

All are welcome!



## Lenten Bible Study

**Course Leader:** Rupert Kaye

**Course Date:** Tuesdays 13 February - 20 March

**Course Options:** Zoom - Donations Welcome

**Course Timings:** 10-11am and 7-8pm

**Course Code:** Z0324/Z0424

### Course Information:

Join us as we prepare for Easter by reflecting on why Jesus spent so much time amongst people who were 'poor'. Using Christian Aid's forthcoming 'Act on Poverty' Bible study resources, we will be discussing the theology of poverty and our response to it. Together we will be asking if poverty is inevitable, and how each of us can make a difference.



## Myths, Music & Magic in Winter

**Course Leader:** Helena Softley and Don Cox

**Course Date:** Sunday 25 February

**Course Options:** £15

**Course Timings:** 2-4pm

**Course Code:** D0324

### Course Information:

*Includes afternoon tea and cake*

What could be more magical than singing in nature?

Join us for a magical musical experience in the beautiful Ammerdown grounds. You will be led on a leisurely walk with Don Cox, the Park Warden, where you will learn some of the myths and magic connected to this wonderful estate. We will pause at a few points on the walk to be led in song by professional singer and workshop leader, Helena Softley. She will teach us simple songs and rounds based on the season, the flora and the fauna, which we will sing in the forest and meadows. Then we will return to the Centre where we can relax over cake and a cuppa!

# February



## Cuppa and a Chat

**Course Leader:** Laura Deacon

**Course Date:** Monday 26 February

**Course Options:** Donations Welcome

**Course Timings:** 2-4pm

### Course Information:

Cuppa and a chat is a monthly opportunity for local people to meet and socialise with optional participation in small group activities, such as singing, a quiz, game or some craft. The event is designed for anyone who feels that community connection would benefit their current life circumstances. Refreshments are provided.



## TLC for the Retired

**Course Leader:** The Ammerdown Centre

**Course Date:** Thursday 29 February

**Course Options:** Day Course - £18

**Course Timings:** 10am - 2pm

**Course Code:** TLC0224

### Course Information:

*Includes morning coffee, lunch and afternoon tea*

Don Cox, who has worked on the Ammerdown estate for almost 40 years, will share his knowledge of this special place.

# March



## Rumi

**Course Leader:** Sue Glanville

**Course Date:** Saturday 2 March

**Course Options:** Day Course - £60

**Course Timings:** 9:30am for 10am - 4pm

**Course Code:** D0424

### Course Information:

*Includes morning coffee, lunch and afternoon tea*

A day with Rumi, Sufi mystic, Islamic theologian and poet. A chance to encounter Persian wisdom – to read, discuss, meditate and enjoy.



## **Our Lenten Retreat -**

### **OMG! - A Bad Christian's Guide to Prayer**

**Course Leader:** Dave Tomlinson

**Course Date:** Monday 4 - Wednesday 6 March

**Course Options:** Residential - £340 Non Residential - £244

**Course Timings:** Arrive 12 noon, retreat ends with lunch

**Course Code:** R0124

#### **Course Information:**

Many people feel failures when it comes to praying. This retreat assumes that we all pray in some way – whether or not we recognise it as such – and that no one's prayers are superior or inferior to anyone else's.



## **Wellbeing Workshop**

**Course Leader:** Helena Softley and Ruth Pratt

**Course Date:** Saturday 9 March

**Course Options:** Day Course - £45 or £60 *including lunch*

**Course Timings:** 9.30am for 10am – 12.30pm

**Course Code:** D0524

#### **Course Information:**

*Includes morning coffee (and lunch at additional cost)*

Tai Chi (qigong) and Yoga practitioner - Ruth Pratt - will lead you in a Tai Chi session at the start of the morning, and end the session with a calming Yoga Nidra relaxation. Professional musician and workshop leader - Helena Softley - will lead you in two fun sessions – a low impact dance session, and a fun singing workshop.



## **Refugee Meet Up**

**Course Leader:** Laura Deacon

**Course Date:** Sunday 10 March

**Course Options:** Sponsored Event

**Course Timings:** 11am - 3pm

#### **Course Information:**

This is an opportunity for refugees in the local area to meet refugees in the neighbourhood. This is the first meeting of 2024 following a programme which has been running since 2022. We welcome all refugees to explore our beautiful garden and peaceful surroundings. This day will deliver complimentary warm refreshments, hearty food and we offer transport to those in need.

The chapel is available to all who would like to take part in worship or light a candle. Activities are also provided throughout the day that are accessible to families and children. We welcome all backgrounds, and the venue is accessible to people with disabilities. To book please email [social.justice@ammerdown.org](mailto:social.justice@ammerdown.org). Please state requirements and provide a contact email address.

# March



## Refreshing Day for Carers

**Course Leader:** The Ammerdown Centre

**Course Date:** Tuesday 19 March

**Course Options:** Day Course - £18

**Course Timings:** 10am - 3pm

**Course Code:** C0224

**Course Information:**

*Includes morning coffee, lunch and afternoon tea*

Those who care for others need to be cared for themselves. Join us for a relaxing day at Ammerdown including a two course cooked lunch and gentle activities.

Options this month are:

- Get your creative head on with a craft session.
- Warm up your vocal chords with a Fun Singing workshop.
- Join this Sound Bath for a relaxing meditative experience.



## Embroidered Sewing Accessories

**Course Leader:** Annette Bolton

**Course Date:** Monday 18 - Thursday 21 March

**Course Options:** Residential - £510 Non Residential - £336

**Course Timings:** Arrive by 6pm, course ends with lunch

**Course Code:** R0223

**Course Information:**

Join us to make an attractive and useful set of needlework accessories, comprising of Scissors Holder, Pinwheel, Needlebook and a decorated Bag to keep your items in. I have used a Daisy design on linen fabric, but you could, of course, use your own design. Suitable for all abilities.



## Black Lives Matter as an Expression of Black Theology

**Course Leader:** Professor Anthony Reddie

**Course Date:** Wednesday 20 March

**Course Options:** Day Course - £60

**Course Timings:** 9:30am for 10am - 4pm

**Course Code:** D0623

**Course Information:**

*Includes morning coffee, lunch and afternoon tea*

This day long workshop will explore the underlying Theological dynamics that have propelled the Black Lives Matter movement into the public consciousness, especially, since the murder of George Floyd. Although BLM is a comparatively recent phenomenon, the workshop will help illustrate the longer historical forces that have shaped it; establishing it as the latest version of a wider Black liberation movement that has been centuries in the making. The workshop will be participative, inclusive and humorous. It will be challenging and enjoyable in equal measure.



## **TLC for the Retired**

**Course Leader:** The Ammerdown Centre

**Course Date:** Thursday 21 March

**Course Options:** Day Course - £18

**Course Timings:** 10am - 2pm

**Course Code:** TLC0324

**Course Information:**

*Includes morning coffee, lunch and afternoon tea*

My life in times of war in the Ukraine and after with Sasha Pobedina.



## **Cuppa and a Chat**

**Course Leader:** Laura Deacon

**Course Date:** Monday 25 March

**Course Options:** Donations Welcome

**Course Timings:** 2-4pm

**Course Information:**

Cuppa and a chat is a monthly opportunity for local people to meet and socialise with optional participation in small group activities, such as singing, a quiz, game or some craft. The event is designed for anyone who feels that community connection would benefit their current life circumstances. Refreshments are provided.

## If you're looking for an Easter read...



## **Book Club – Falling Night by Phil Clarke**

**Course Leader:** Laura Deacon

**Course Date:** Sunday 14 April

**Course Options:** Zoom or in person - £5

**Course Timings:** 3pm for a 4pm start

**Course Code:** Z0523

**Course Information:**

We are joined by the author as we discuss 'Falling Night', a startlingly real account of the dangerously shifting sands of tribal alliances, western political agendas and brutality that have characterised Africa's recent wars. Clarke dares to suggest that inside the worst that the world has to offer, love wins.

Phil Clarke spent most of the 1990s in Africa, both as a humanitarian aid worker and as a tropical forest researcher. He then worked as executive director of Medecins San Frontieres, before founding the war crimes investigation agency Bloodhound.



## **Holy Week Quiet Day**

**Course Leader:** Rev Narinder Tegally

**Course Date:** Wednesday 27 March

**Course Options:** Day Course - £60

**Course Timings:** 9:30am for 10am - 4pm

**Course Code:** D0724

**Course Information:**

*Includes morning coffee, lunch and afternoon tea*

The Wednesday of Holy Week is the only day of Holy Week that Scripture is silent about and doesn't tell us what Jesus actually did.

Wednesday of Holy Week is often called "Silent Wednesday." Jesus knew he was going to suffer deep and unfathomable suffering. On the cusp of the very end of His earthly life, Jesus quietly retreats into the silence and solitude of the beautiful intimacy with His Father.

We spend a day together experiencing the blessings of silence and what it is to meet the Lord our Saviour in the moments of our own joys and sufferings leading to Resurrection.



## **Easter Retreat 2024: Turn Your Life Around!**

**Course Leader:** Rupert Kaye

**Course Date:** Thursday 28 - Sunday 31 March

**Course Options:** Residential - £665 Non Residential - £554

**Course Timings:** Arrive by 12 noon, retreat ends with lunch

**Course Code:** R0324

**Course Information:**

Join us at Ammerdown for a masterclass in flipping hopeless defeat into joyful victory. As we reflect on the Easter story, we will consider why Christians believe the death and resurrection of Jesus is more than the ultimate plot twist. It represents a pivotal turning point in human history. Just when it seemed that all was lost ... as the promised King had been publicly humiliated, crucified to death and his lifeless body laid to rest in a tomb ... God raised Jesus back to life, proving three things:

Jesus really is the long-promised Messiah

The grave is not the final chapter in a human life

No matter how hard and hopeless things seem, there is always hope

Together, we will discover how, because of Jesus' resurrection, each and every one of us can live a life that is: forgiven, purposeful, powerful and eternal.



## Refreshing Day for Carers 2024

Those who care for others need to be cared for themselves. Join us for a relaxing day at Ammerdown including a two course cooked lunch & gentle activities.

Please arrive by 10am, day ends at 3pm.

£ 18 Per Person Per Session (unless otherwise stated)

6th February	Craft	Drumming	Tai Chi
19th March	Craft	Singing	Sound Bath
23rd April	Craft	Harp Meditation	Yoga
21st May	Craft	Labyrinth	Drumming
25th June	Sound Bath	Yoga	Harp Meditation
Monday 15th July	Cream Tea (Price TBC)		
10th September	Craft	Tai Chi	Sound Bath
22nd October	Craft	Singing	Yoga
19th November	Craft	Drumming	Harp Meditation
12th December	Christmas Meal (Price TBC)		



These days invite those who are retired to enjoy a talk or activity, two course cooked lunch, an optional chapel service & time to chat & enjoy each others company.

Please arrive by 10am, day ends at 2pm.

£ 18 Per Person Per Session (unless otherwise stated)

**Thursday 25th January**

Back in time

**Thursday 29th February**

Working on the Ammerdown Estate

**Thursday 21st March**

My life in times of war in the Ukraine and after.

**Thursday 25th April**

TBC

**Thursday 23rd May**

Flying the Pyrenees

**Thursday 20th June**

Crafts

**Monday 18th July**

A Zimbabwean Midwife

**Thursday 12th September**

A talk on Stourhead

**Thursday 24th October**

Piles the Golden Eagle

**Thursday 21st November**

The Joseph Story

**Thursday 12th December**

Christmas Meal



# Cuppa and a Chat

Cuppa and a chat is a monthly opportunity for local people to meet and socialise with optional participation in small group activities, such as singing, a quiz, game or some craft. The event is designed for anyone who feels that community connection would benefit their current life circumstances. Refreshments are provided.

## Dates for the Diary 2024

Monday Jan 29th 2pm-4pm  
 Monday Feb 26th 2pm-4pm  
 Monday Mar 25th 2pm-4pm  
 Monday Apr 29th 2pm-4pm  
 Monday May 20th 2pm-4pm  
 Monday June 24th 2pm-4pm  
 Monday July 15th Cream Tea 2pm-4pm  
 August Holiday - Return in September  
 Monday September 30th 2pm-4pm  
 Monday October 28th 2pm-4pm  
 Monday November 25th 2pm-4pm

The site is accessible to disabled people and we welcome all backgrounds.  
 Community transport can be used to get the Centre. For more information please email [social.justice@ammerdown.org](mailto:social.justice@ammerdown.org) or call us on 01761 433709



# Caring for Creation

## Do you care for God's creation?

Join us on Zoom on the first Wednesday of each month at 9.30am

We are a supportive group who meet monthly. Of different backgrounds and communities, we meet to share our work and our hopes, fears and desires for a better future on our shared earth?

### 2024 Zoom dates

Wednesday 7th Feb 9.30am-10.30am  
 Wednesday 6th March 9.30am-10.30am  
 Wednesday 3rd April 9.30am-10.30am  
 Wednesday 1st May 9.30am-10.30am  
 Wednesday 5th June 9.30am-10.30am  
 Wednesday 3rd July 9.30am-10.30am  
 Wednesday 4th Sept 9.30am-10.30am  
 Wednesday 2nd Oct 9.30am-10.30am  
 Wednesday 6th Nov 9.30am-10.30am  
 Wednesday 4th Dec 9.30am-10.30am

If you are interested and would like more details please email at [social.justice@ammerdown.org](mailto:social.justice@ammerdown.org)

## Ammerdown Book Club

Do you like the idea of reading and being able to share your experience in a safe environment? Our book club is a great opportunity to share your thinking and views around the various themes that emerge among friendly people.

Join in person or by Zoom.

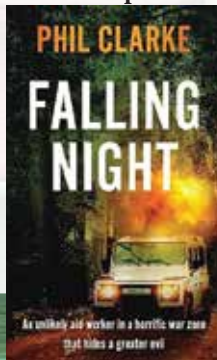
£5 per session. Sundays 3pm.

To book, please email [centre@ammerdown.org](mailto:centre@ammerdown.org)

28th January



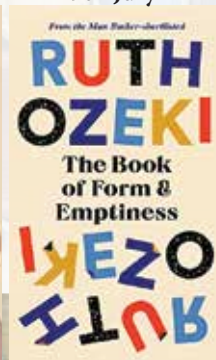
14th April



19th May



7th July



6th October



24th November



## Taize in the Ammerdown Chapel

A beautiful evening of prayer and meditation  
with live music, readings and times of stillness  
and silence

Every first Wednesday of the month

3rd April

1st May

5th June

3rd July

7th August

4th September

7pm - 8pm



**All are welcome!**

# April, May and June 2024

## April



Tuesday 2-Thursday 4 - **Enneagram Foundations** - Helen English



Friday 5-Sunday 7 - **Stitched Textiles** - Sian Martin



Friday 19-Sunday 21 - **Poems to live by** - Rosie Jackson



Saturday 20 - **Woodland Ways** - Don Cox



Saturday 20 - **Love Leans over the Table – poetry reading** - Rosie Jackson



Wednesday 17-Thursday 18 - **Interfaith Gathering** - Rev Narinder Tegally



Monday 24-Wednesday 26 - **Self-care for Eco Souls** - Laura Deacon

## May



Monday 13-Friday 17 - **Forbidden Palace: Chinese Brush Painting** - Julia Martin



Monday 20-Wednesday 22 - **Lace Making** - Helen Lilley

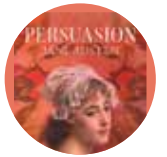


Monday 27-Thursday 30 - **SOL III begins** - Margaret Benefiel & Margie Buchanan-Smith

## June



Monday 3-Thursday 6 - **Soul of Leadership (3)** - Margaret Benefiel & Margie Buchanan-Smith



Monday 3-Thursday 6 - **Jane Austen's Persuasion** - Hazel Jones



Thursday 6 June - **The Samaritan Woman at the Well Icon Quiet Day** - Rev Narinder Tegally



Friday 7-Sunday 9 - **A Summer Time Labrynth Retreat** - Jan Sellers and Maud Grainger



The **Retreat Association Icon** will be displayed at Ammerdown from 20 May to 16 June in the Ammerdown Chapel. The icon depicts the well-known story of Jesus meeting the Samaritan Woman at the Well (John 4:1–42). Icons have been used for centuries to offer a way of engaging with a bible story through prayer, stillness and contemplation – practices that lie at the heart of the retreat association's work.

<https://www.retreats.org.uk/icon>

# July, August & September 2024



## July



Monday 1-Tuesday 2 - **Enneagram Part 2 Top Up Retreat**- Helen English

Saturday 6 - **Summer Quiet Day** - Rev Narinder Tegally



Monday 8-Wednesday 10 - **The Search for Wisdom** - Sue Glanville

Saturday 15-Tuesday 18 - **Summer Embroidery** - Annette Bolton



Monday 15-Friday 19 - **Individually Guided Retreat** - Sister Felicity Young

Sunday 21 - **The Unusual Adventures of Robin Hood** - Hob Goblin Theatre



## August



Wednesday 7-Friday 11 - **Watercolour with Soft Pastel** - Dawn Oliver

Friday 9- Sunday 11 - **Mindfulness for Doctors** - Emma Went and Gwen Adshead



Saturday 24 - **Jemima Puddleduck** - Quantum Theatre

Monday 26 - **Ammerdown Family Fun Day** - The Ammerdown Centre



## September



Friday 6-Sunday 8 - **How to read the Bible and still be a Christian** - Dave Tomlinson

**Keep an eye on our website for new additions to our programme!**

Bursaries are available for those on low income.

Contact us on 01761 433709 or [centre@ammerdown.org](mailto:centre@ammerdown.org) to find out more or to apply.

# October, November & December 2024

## October

Friday 11-Sunday 13 - **Yoga & Mindfulness for Doctors** - Emma Went & Thuli Whitehouse

Thursdays 10 & 17 Oct 14 & 21 November - **Bereavement Course** - Narinder Tegally



Monday 21-Thursday 24 - **Schwalm Embroidery** - Annette Bolton

Friday 25-Sunday 27 - **Memoir Writing** - Rosie Jackson



Monday 28-Friday 1 - **Calligraphy & Design of the Arts & Crafts Movement** - Josie Brown

## November

Friday 1-Sunday 3 - **Stitched Textiles** - Sian Martin



Monday 4-Friday 8 - **Chinese Brush Painting - The Purse** - Julia Martin

Thursdays 14 & 21 November - **Bereavement Course** - Narinder Tegally

Friday 22-Sunday 24 - **Enneagram - Holy Ideas & Essential Qualities** - Helen English



## December



Monday 2-Thursday 5 - **Advent - for adults only** - John Bell

Thursday 5 - **Blue Quiet Day** - Narinder Tegally



Saturday 7 - **Ammerdown Christmas Family Fun Day** - Ammerdown

Wednesday 11 - **Candlelit Christmas Carols** - Ammerdown



Wednesday 11-Saturday 14 - **Christmas Meals** - Ammerdown

Monday 23-Friday 27 - **Ammerdown Christmas House Party** - Ammerdown

### Book Online Now!

**Contact us**

01761 433709

[www.ammerdown.org](http://www.ammerdown.org)

[centre@ammerdown.org](mailto:centre@ammerdown.org)



The Ammerdown Centre



[ammerdowncentre](https://twitter.com/ammerdowncentre)



[theammerdowncentre](https://www.instagram.com/theammerdowncentre)