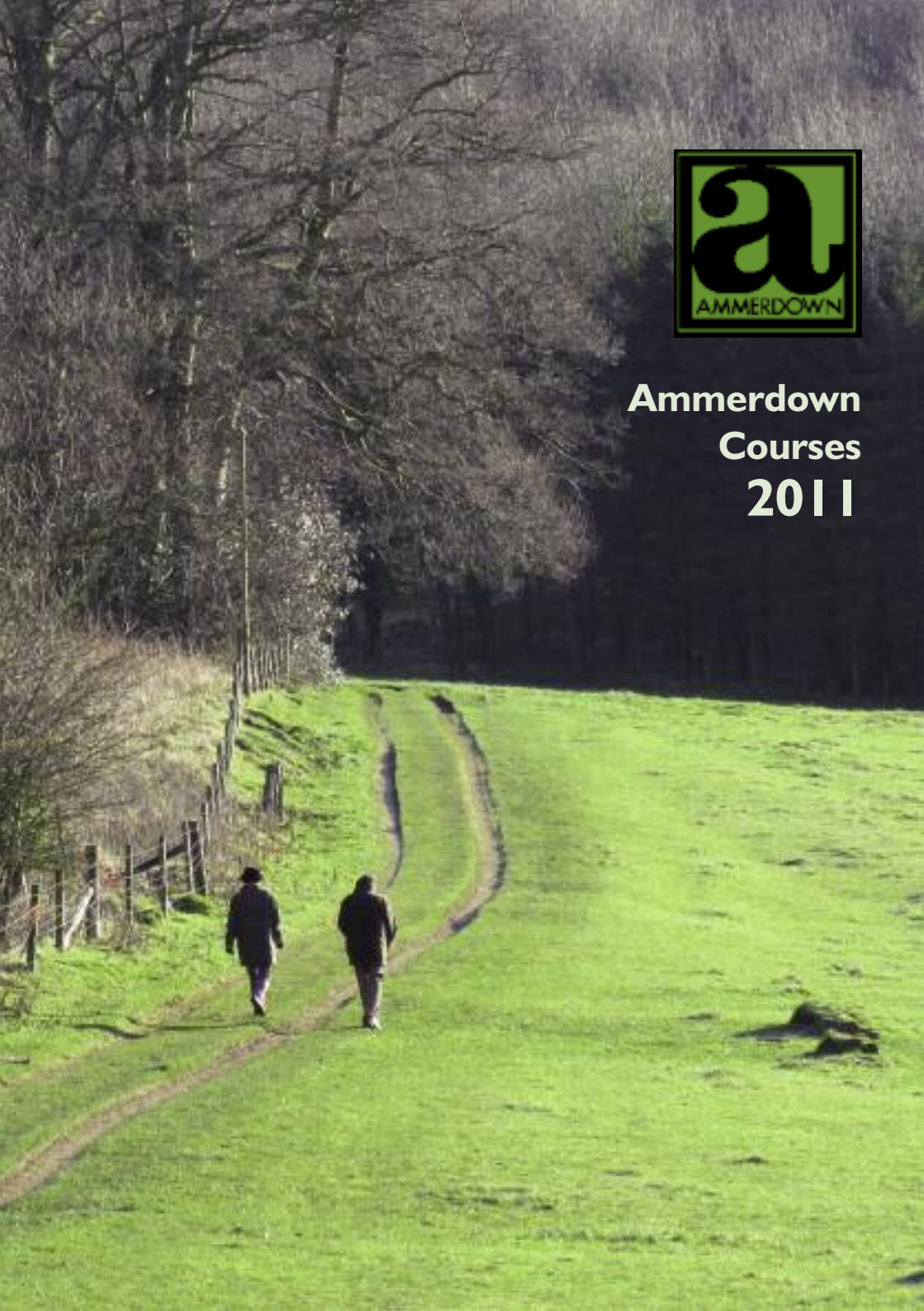




**Ammerdown
Courses
2011**



About the Ammerdown Centre

Imagine a Conference and Retreat Centre nestling in woods next to a Stately Home, surrounded by beautiful landscaped gardens and parkland, with an exquisitely beautiful chapel in its midst. The whole place is steeped in peace and tranquillity. No traffic noise – only birds singing! Yet, it is only 12 miles from Bath and easy of access, with ample free car parking on site.

This amazing place is the Ammerdown Centre - a Conference and Retreat Centre run as an open Christian community and dedicated to hospitality, spirituality and growth.

The Ammerdown Centre offers excellent modern facilities - including 40 en-suite bedrooms – whilst retaining the original charm of the 18th century building.

Each year, more than 7,000 people, from the UK and overseas, come here to enjoy the special 'Ammerdown Experience'.

We hope that you will come and stay with us in 2011. Whatever the purpose of your visit, we will strive to make sure that your stay at Ammerdown proves to be as much a blessing as it has been to countless others over the years!

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Brochure Photos: Ammerdown would like to acknowledge and express thanks to the Centre's volunteers and members of staff, participants in Ammerdown's past digital photography courses and their tutor, and visitors, for permission to use all of the wonderful photographs used in this brochure.

Welcome

A very warm welcome to our 2011 programme of courses, retreats and events! We hope it will give you plenty of reasons to come and see us, be it on a return visit or as a newcomer.

Irrespective of the courses you choose to attend, you can be assured that they will be enhanced by the special Ammerdown atmosphere: steeped in peace and serenity, within beautiful and tranquil surroundings, with a staff dedicated to making guests feel welcome and comfortable, and with excellent en-suite facilities and superb home-cooked food!

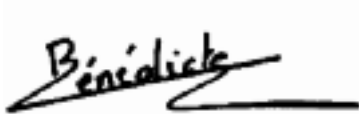
The feedback we receive speaks for itself:

"A big thank you for the wonderful few days I spent with you all. I had a really refreshing time in every way. I thought you had paid attention in so many large and small ways to the comfort and enjoyment of your guests. The only draw-back was my inability to resist the glorious food served so generously day in day out!"
(course participant)

"The chapel is such a haven of peace and tranquillity. I have yet to find any chapel, or indeed church, that can reciprocate both the peace and prayerfulness of Ammerdown's chapel, or indeed the whole atmosphere of Ammerdown. As soon as you enter the gates and go down the drive, a lovely feeling of peace embraces you and remains with you."

(private guest)

So do come and see us during 2011 to get the benefits of the special 'Ammerdown experience'. We look forward to welcoming you here, and will do our very best to ensure that your stay here is as much of a blessing to you as it has been to countless people before.



(Mrs Bénédicte Scholefield, Director)



PS. Don't forget: we offer a 5% discount if you book three or more residential courses in one go!

What we do

Courses and Retreats

We run throughout the year an extensive programme of courses and retreats appealing to mind, body and spirit. With more than 85 day and residential events on offer in 2011, we hope that everyone will find something that suits!

(If cost is an issue, do please enquire about our Bursary Fund...)



Conference Facilities

We hire our conference rooms and accommodation to a wide range of groups and organisations for day or residential events. Given the increasing number of repeat bookings we receive, it seems that Ammerdown's reputation as 'the venue with a difference' is wholly justified!

*(For more information visit www.ammerdown-conference.co.uk
Please note that we offer special rates to charities and church organisations.)*



Private Guests

If you are simply looking for a place to rest, relax, have a quiet day or a private retreat, then you can arrange to stay at the Centre as a private guest, on a self-catering basis or with the option of some or all meals.

One to one conversations with a spiritual director can also be organised by prior arrangement (This will incur a separate charge).



Functions

We can accommodate all sorts of functions and special parties, and provide highly-praised food to suit all occasions. In addition, Ammerdown's Chapel is licensed for weddings.



Ammerdown Conversations

As a charity with a special focus on encounter and dialogue, we organise special events that bring together, in the safety of Ammerdown, people of different walks of life who would normally never meet. These events take the form of facilitated 'conversations' which help participants to understand each other better and learn from each other.



FACILITIES

- † 40 en-suite bedrooms – 16 singles, 16 twins, 7 doubles and one Family Room
- † One of the single bedrooms, one of the twin bedrooms, and one twinned self-catering flat fully fitted for disabled people and wheelchair users
- † Two single bedrooms on the ground floor of the main building
- † A lift to upstairs accommodation
- † 4 conference rooms – two of which equipped with audio-visual and PowerPoint facilities
- † Loop system for the hard of hearing in our two largest conference rooms and in the Chapel
- † Lounge with licensed bar
- † Excellent food freshly cooked on the premises
- † Dining Room
- † TV room with internet facilities
- † WiFi access on part of the ground floor
- † Library
- † Chapel (licensed for weddings)
- † Bookstall and craft shop
- † Meditation Garden
- † Access to beautiful landscaped gardens and parkland
- † Outdoor swimming pool in summer (by kind courtesy of our neighbours)
- † Free on-site parking



REGULAR EVENTS

Morning and Evening Prayer

Guests and visitors are warmly invited to join the morning and evening prayer services led by a member of the Ammerdown team in Ammerdown's chapel:

9.00am Monday to Friday, 5.45pm Monday to Thursday.

On Friday at 6pm, there is a time of reflection and meditation using music, words and silence.



Taizé Chant and Prayer

On the first Tuesday of each month, from 7.45 to 9pm, a Taizé evening is led by a local group of Taizé singers. Join us for simple chants, Gospel reflections, contemplative silence and intercessory prayers for the world. If you play an instrument, do bring it with you.

Interfaith Dialogue at Ammerdown

Ammerdown has always had a special interest in interfaith dialogue, and this is reflected in the courses we run. This year, alongside our well established Jewish/Christian Summer School (p 32) and our Zen retreats (p 19 and p 40), we are trying several new courses such as 'Understanding Islam' (p 17 and 42) and 'Be a Jew for a Weekend' (p 37). Do peruse the programme to see what might be of interest.



Quiet Days

25 February (D0311), 29 April (D0911), 24 June (D1411),
16 September (D2011), 28 October (D2311),
2 December (D2611)

9.30am for 10.00am until 4pm. Includes coffee, lunch and afternoon tea.

These are an opportunity to take time out from our busy lives to pray, reflect and meditate with the help of **Sister Theresa Kennedy**, as well as enjoy Ammerdown's beautiful surroundings. Sr Theresa is a member of the Community of St Denys. She is a spiritual director and an assistant chaplain at Salisbury District Hospital.

Cost: £35

REGULAR EVENTS

TLC Club

27 January (D0211), 17 February (D0211),
17 March (D0611), 28 April (D0811), 19 May (D1011),
23 June (D1311), 21 July (D1611), 15 September (D1811),
20 October (D2211), 17 November (D2411),
15 December (D2711)
9.30am to 2pm. Includes morning coffee and lunch.



The TLC Club gives senior citizens in the local community an opportunity to have a day out at Ammerdown once a month. Each TLC day includes a delicious cooked lunch as well as an activity such as craft or a talk. For those who wish there is also a short service in the chapel led by a member of the Ammerdown team. Open to all, but pre-booking is essential.

Donation of £8 towards costs



Refreshing days for Carers

15 March (D0511), 24 May (D1111), 19 July (D1511),
4 October (D2111), 22 November (D2511)
10am to 4pm. Includes coffee, lunch and afternoon tea.

Those who care for others need themselves to be nurtured and cared for, and these days at Ammerdown are designed to do just that. Each day includes one session of a complementary therapy such as Reiki, Reflexology or Aromatherapy Massage together with workshops and creative arts for fun.

Note: Prior booking is essential as these days can be heavily over-subscribed. If you have a medical condition and would like a complementary therapy session, it is important that you have the approval of your doctor prior to the day.

Donation of £20 towards costs

Ammerdown House Open Garden days

25 April, 2 May, 30 May, 29 August
11am to 5pm

The normally private gardens of Ammerdown House open to the public every Bank Holiday Monday, whilst the Ammerdown Centre serves light lunches and afternoon teas. All proceeds go to charity.

Entry fee: Adults £4, Senior Citizens £3, Children are free.



2011 COURSE LISTING

DATE	COURSE TITLE	COURSE TUTOR(S)	PAGE
January			
28-30	A Taste of Buddhism for Year 13 Students	Andy Midwinter	10
February			
4-6	Creative Journaling – Caterpillars to Butterflies	Ann Beazer	10
11-13	A Taste of Buddhism for Year 12 Students	Andy Midwinter	11
25	Quiet Day	Sr Theresa Kennedy	5/11
25-27	A Weekend with Thomas Merton	Michael Woodward	11
26	Zazenkai – A Day of Zen Practice	Fr Patrick Eastman	12
March			
7-11	Jane Austen's Sense and Sensibility	Hazel Jones	12
7-11	A Question of Faith	Margaret Silf	13
11-13	Creative Midrash - Bringing ancient texts to life with our own stories	Janet Berenson	13
15	Refreshing Day for Carers		6
18-20	Hubble, Bubble, Toil and Trouble Makes a Picture Perfect!	Bryan Webb	14
April			
2	Pre-Easter Pilgrimage from Ammerdown to Bradford-on-Avon	Mark Scholefield	15
8-10	Music and Peace	Joyce Boyce-Tillman	15
20-25	Celebration of Holy Week	Fr Adrian Smith	16
29	Quiet Day	Sr Theresa Kennedy	5/16
29-1 May	Just Sing It!	Judith Silver	16
May			
9-13	Space Just For Me!	Ammerdown Community	17
10-12	Understanding Islam	Chris Hewer	17
13-15	Christian Arts Conference - Artistic influences of world faiths on Christian art	Revd John Sclater	18
16-19	When the Heart Speaks	Wendy Quinn	18
24	Refreshing Day for Carers		6
27-2 June	Zen Gifts to Christians	Fr Robert Kennedy & Fr Patrick Eastman	19
30-6 June	IGR (Individually Guided Retreat)	Sr Germaine O'Neill & Sr Elizabeth Rees	20
June			
3-5	Inner Skills for Conflict Resolution	Justine Huxley & Ann Marie Terry	20
3-10	Break for People with M.E. – Time to be ME!	Sue Smith	21
6-10	Ammerdown Summer Break	Sue Harbert	21
10-12	The Mystery Beyond	Kim Nataraja	22
10-12	Learning to Live with Optimism and Gratitude	Sue Glanville	22
11	Gregorian Chant Workshop	Rupert Bevan	23
12-17	Through the Seasons with a Chinese Brush	Maggie Cross	23
13-17	Flash, Bang, Wallop... What a Picture!	Bryan Webb	24
13-20	Creative Arts Retreat Movement (CARM): Painting and Prayer	Audrey Cooper & Revd Peter Ball	24
17-19	"Hear, O Israel..." - Listening in to Jewish spirituality	Rabbi Howard Cooper	25
17-19	From Temple to Table – Studying Jesus' approach to sacred place	Fr Dennis McBride	25
20-24	Christ-Consciousness – Our next evolutionary step?	Fr Adrian Smith	26
24-26	Enneagram One – An introduction	Karen Webb	26
24	Quiet Day	Sr Theresa Kennedy	5/27
24-26	Praying with the Desert Mothers	Michael Woodward	27
24-26/28	Mosaic Workshop	Kate Rattray	28

2011 COURSE LISTING

DATE	COURSE TITLE	COURSE TUTOR(S)	PAGE
July			
4-8	Coping with Loss	Dr Penny Rawson	29
8-10	Companioning – An advanced BioSpiritual Focusing weekend	Sr Margaret Lyth & Sr Felicity Young	29
8-10	Magic Moments in Movies: Exploring our spiritual journey through film	Janet Berenson	30
8-10	Visioning – Dare to dream	Ann Beazer	30
19	Refreshing Day for Carers		6
August			
5-7	Self-Awareness and Personal Enlightenment	Mike George	31
5-7	Write to Help Yourself	Judy Clinton	31
12-14	Jewish-Christian Study Weekend: Meanings of Messiah	Rabbi Mark Solomon & Sr Margaret Shepherd	32
15-19	Jewish-Christian Study Week: Visions of Redemption	Rabbi Mark Solomon & Sr Margaret Shepherd	32
19-21	Meditation to Quieten the Mind	John Preston	33
19-21	Glass Painting Taster Workshop	Sally Whitehead	33
19-21	Coping with Loss	Dr Penny Rawson	34
20	Zazenkai – A day of Zen practice	Fr Patrick Eastman	34
September			
5-9	Choosing Life – The living Scripture	Sr Maureena Fritz	35
12-16	Space Just For Me!		35
16	Quiet Day	Sr Theresa Kennedy	5/35
17	Eckart Tolle and the Power of Now	Fiona Gardner	36
26-29	Creating Health – Mind/Body Medicine and Mindfulness	Dr David Beale & John Preston	36
October			
4	Refreshing Day for Carers		6
10-14	Watercolour Painting	Mike Hoskins	37
14-16	Be a Jew for a Weekend!	Peter Walters	37
17-21	Ammerdown Autumn Break	Sue Harbert	38
24-28	Calligraphy for Beginners and Improvers	Josie Brown	38
28	Quiet Day	Sr Theresa Kennedy	5/39
31-4 Nov	Autumn Photo Time at Ammerdown	Bryan Webb	39
November			
4-6	Awakening to the Real – a Zen retreat	Fr Patrick Eastman	40
11-13	Christian Ethics	Andy Midwinter	40
11-13	Stepping in His Sandals – Walking the Beatitudes' way with the Aramaic Jesus	Glenda and Trevor Huggons	41
14-18	The Spirituality of the Relational Self	Sr Germaine O'Neill	42
15-17	Understanding Islam	Chris Hewers	42
18-20	Returning Home this Christmas with Henri Nouwen	Fr Luke Penkett	43
18-20	Breaking the Image – Authenticity in our own lives and the wider world	Mark Scholefield	43
18-20	Enneagram Two – Subtypes and Essence	Karen Webb	44
22	Refreshing Day for Carers		6
December			
2	Quiet Day	Sr Theresa Kennedy	5/44
2-4	An Advent Retreat to Refresh Mind, Body and Spirit	Fr Daniel O'Leary	45
22-27	Christmas Houseparty		45

TERMS AND CONDITIONS

1. **If you book three or more residential courses in one go, we will give you a 5% discount on the fees of all booked courses.** (N.B. this 5% discount does not apply to courses for which a bursary has been agreed).
2. The Ammerdown Centre reserves the right to postpone or cancel courses, or to change the leader of a course in the event of illness or for any reason beyond its control. In the event of a postponement or a cancellation, payments made will be refunded or transferred, in accordance with the wish of the client.
3. Residential costs are inclusive of accommodation and food.
4. Accommodation will always be single occupancy unless otherwise requested. Linen, towels and soap are provided.
5. All courses can be attended on a non-residential basis. Non-residents are charged two-thirds of the full fee. Their fee covers the main meals and the cost of the course, but not accommodation or breakfast (unless otherwise specified).
6. Funding permitting, bursaries of up to a third of the full fee of residential courses are available for people on benefits or low income. Please note that evidence of status will be required on application. All applications will be treated in the strictest confidence. If you are unsure as to whether you are eligible, please contact the Centre.
7. Yellow booking forms for both day courses and residential courses can be found in the centre pages of this programme.
8. Course participants are welcome to extend their stay before or after their course, subject to availability. They will be given a 5% discount on our standard 'Private Stays' rates.
9. Guests booking residential courses are asked to pay an initial deposit of £65 for weekend courses and £85 for longer courses when sending their booking form. This deposit is non-refundable and non-transferable, except in the case of a course postponed or cancelled by Ammerdown.
10. It is possible to make a provisional booking for a course. However, the Centre will hold the place for a maximum of 10 working days. If a deposit has not been received by then, the place will be released.
11. If notified in advance the kitchen can cater for vegetarians. Again, if notified in advance the kitchen can cater for dairy free, gluten free, wheat free or vegan diets, but a surcharge of £5 per day will apply in order to cover the extra costs. Unfortunately, the kitchen cannot cater for severe food allergies such as nuts or seafood.
12. Final payment will be required 10 days prior to the start of the course. Once this final payment has been received it is non-refundable and non-transferable, except in the case of a course being postponed or cancelled by Ammerdown.
13. Courses' starting and finishing times vary. The timing of each course is indicated in the course's description.
14. When a course starts with supper on the first day, guests are welcome to arrive any time after 3pm.
15. Please note that, as we do not have a night porter, guests are asked to arrive no later than 9pm unless they have made prior arrangements with us.

2011 COURSES

Friday 28 January to Sunday 30 January

A TASTE OF BUDDHISM FOR YEAR 13 STUDENTS

R0111

Residential: £149

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

The course will be run by **Andy Midwinter** who has many years of experience teaching Buddhism to A Level students. He is also the main examiner for the Buddhism specification with Edexcel, marking both the AS and A2 examinations as well as the Buddhism Anthology papers.

This weekend course is intended for students studying AS Level Buddhism. It will introduce students to different types of meditation, giving them chance to try some types out for themselves. The course will investigate the origins of Buddhism and the meaning of the mythical accounts of the Buddha's life. It will examine the key teachings and beliefs of Buddhism. We will also examine the role and importance of the three Jewels. Students will also be given practical advice about how to answer questions in the examination and will be given an opportunity to trial good essay writing styles.



Friday 4 February to Sunday 6 February

CREATIVE JOURNALING – Caterpillars to Butterflies

R0211

Residential: £205, Non-residential: £137

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Guests who have discovered Creative Journaling thanks to **Ann Beazer** and Ammerdown seem to have loved every minute of it. One wrote: *“Ann is an exceptionally gifted trainer. We learned and used many different techniques to enable us to record and, most importantly, reflect on our feelings and emotions. I would highly recommend this course - it is a truly enriching experience.”* And another: *“The weekend with Ann was one of the best ever Ammerdown weekends I have attended. She is truly inspiring, tapping inner creativeness, and we all had enormous fun.”*

This year's Creative Journaling weekend takes 'Caterpillars to Butterflies' as its theme. Can the caterpillar conceive of what life will be like as a butterfly? For the caterpillar a cocoon may mean death. For a butterfly it means a new beginning. We shall use this theme to explore the challenge of releasing the past and reinventing our thinking in order to live in the present and to welcome new chapters in our own lives. A range of different approaches will be used to explore these ideas. Besides the written word there will be ample opportunity to try a variety of colourful and creative means of expression on paper. Neither writing nor artistic skills are a prerequisite to giving oneself a 'voice' in this form. This workshop is suitable for those who have been journaling for years as well as those with little or no experience.

Ann Beazer was introduced to 'journaling' by her spiritual director in the mid 1970s and has been using and adapting the techniques ever since, not so much as a rigid daily discipline, more as a tool for processing significant moments and events. Ann has been trained by Dr Lucia Capacchione (of California) in Visioning(R) Coaching.

**Cost: please note that the fee for the course includes the cost of the comprehensive set of materials provided by Ann to be used during the weekend and after.*

See also Ann Beazer's 'Visioning' weekend course on 8 to 10 July.



2011 COURSES

Friday 11 February to Sunday 13 February

A TASTE OF BUDDHISM FOR YEAR 12 STUDENTS

R0311

Residential: £149

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

The course will be run by **Andy Midwinter** who has many years of experience teaching Buddhism to A Level students. He is also the main examiner for the Buddhism specification with Edexcel, marking both the AS and A2 examinations as well as the Buddhism Anthology papers. This weekend course is intended for students studying A2 Level Buddhism. The course will examine the key beliefs of Buddhism as expressed in the set text of King Milinda. The Mahayana will be explored, with particular attention paid to the Lotus Sutra, another of the set texts. The importance of Emperor Asoka will also be considered. Students will be able to try out some meditation. The course will also provide students with invaluable advice concerning the Anthology Paper, together with practical advice on how to answer questions in the examination.



Friday 25 February to Sunday 27 February

A WEEKEND WITH THOMAS MERTON: Contemplative, Prophet, Poet, Artist and Social Activist

R0411

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Thomas Merton may have died over 40 years ago, but he continues to be an influential Christian and writer, able to communicate powerfully to a wide range of people, with translations of his work available in over 60 languages. During the weekend, we will try and understand what made Thomas Merton have such a powerful impact. We will first take a close look at his own life-story and development, which will provide the context for exploring his approach to contemplative prayer and his poetry, as well as key themes within his writings. The weekend is suitable both for Merton aficionados and those keen to find out about him. A good library of Merton texts will be available.



The weekend will be led by **Michael Woodward**, who has led retreats on Thomas Merton for over ten years and is a former editor of the Merton Journal. He is also a published poet. He writes: "I hope that we will emerge with a greater sense of 'at-homeness' with ourselves, as well as a deeper appreciation of a writer with a unique capacity to inspire us to pay more attention to what is truly important in our lives." Michael also recommends that you bring comfortable walking shoes, in the hope that the weather will be good enough for contemplative walks.

Friday 25 February

QUIET DAY

D0311

£35

9.30am for 10.00am until 4pm. Includes coffee, lunch and afternoon tea.

With **Sr Theresa Kennedy**. See page 5 for further details.

2011 COURSES

Saturday 26 February

ZAZENKAI – A Day of Zen Practice

R0411

£40

9.30am for 10.00am* to 4pm. Includes coffee, lunch and afternoon tea.

Zazenkai is a day of Zen practice which provides the opportunity to deepen and intensify our practice, in a way not available to us in our usual daily meditation schedule. It is a **silent day** retreat of *Zazen* (sitting meditation), interspersed with *Kin-Hin* (walking meditation), Zen chant, a one-to-one interview and a Dharma talk. For those who have not yet attended a Zen retreat (*Sesshin*) this is an excellent introduction*.

Fr Patrick Eastman is a Catholic priest of the Diocese of Tulsa (USA) who now serves as the Parish Priest of Tetbury. He leads The Wild Goose Sangha, a Zen group based in Cirencester, and is a Zen teacher (Sensei) in the White Plum Asangha. He has studied with Dr Ruben Habito Roshi, Abbot Daido Looi Roshi and Fr Robert Kennedy SJ Roshi.

* Please note that, at 9.40 am, there will be a basic orientation in Zen practice for the day for absolute beginners.

For those interested in Zen practice, please note our Zen residential retreats on 27 May to 2 June (with Fr Robert Kennedy Roshi) and on 4 to 6 November (with Fr Patrick Eastman), as well as another Zazenkai day on 20 August.



Monday 7 March to Friday 11 March

JANE AUSTEN'S SENSE AND SENSIBILITY

R0511

Residential: £399*, Non-residential: £266*

Please arrive by 6pm on Monday. Course ends with lunch on Friday.

Elinor and Marianne Dashwood - two sisters, two approaches to life and love. Marianne wears her heart on her sleeve and ignores Elinor's warnings that her behaviour will give rise to gossip. Meanwhile, Elinor has her own romantic problems, carefully concealed from those closest to her. Through their experiences, they both learn that sense must be tempered with sensibility if happiness is to be achieved in a society which cares more about money and status than personal feelings. The themes which will be discussed during each day's sessions include money and marriage, romance and second attachments, laughter and ridicule, secrecy and sickness and an explanation of what the terms 'sense' and 'sensibility' encompassed in the early 19th century. Visual representations of the text will be shown in the evening sessions. A day's visit to a relevant location is also planned.



Hazel Jones, a self-confessed Jane Austen addict, has been running residential courses on Jane Austen since 1996. She is so good that she has already built up quite a following at Ammerdown: "*Her knowledge is phenomenal and her presentation splendid*"; "*Hazel is absolutely superb. She is always very well prepared and pitches her courses at just the right level, so everyone can join in and contribute*".

* N.B. The cost of the course includes transport on the outing, but no admission costs.

2011 COURSES

Monday 7 March to Friday 11 March

R0611

A QUESTION OF FAITH

Residential: £335, Non-residential: £223

Please arrive by 12noon on Monday. Course ends with lunch on Friday.

Margaret Silf returns to Ammerdown to help us explore what it means to be a person of faith in today's world.

Is it about 'believing six impossible things before breakfast'? Or perhaps more about trusting a power beyond ourselves rather than giving intellectual assent to a set of propositions?

Can 'faith' take us beyond 'religion', to a radical following of one who shows us what it means to be 'a human being fully alive'? And what does that following mean for us in our world today, both personally and globally? What questions does the challenge of faith bring up for us, and should we really be looking for answers?

The week will be based on the first of a new series of books to be published shortly by DLT, called 'Simple Faith'.

The retreat will take place in an atmosphere of quiet but there will be opportunities for those who wish to share times of conversation and reflection together.

Margaret Silf is an ecumenical lay Christian, committed to working across

and beyond the denominational divides and to accompanying people on their spiritual journey. She is the author of a number of books on the spiritual journey for 21st century pilgrims who may or may not identify with institutional religion. She is a regular and much-loved contributor at Ammerdown:

"Outstanding, unique - she relates, welcomes, informs, stimulates, listens, supports, includes"; "Wonderful storytelling and gentle, wise, spiritual guidance".



Friday 11 March to Sunday 13 March

R0711

CREATIVE MIDRASH: Bringing ancient texts to life with our own stories

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Midrash (from the Hebrew to study; to investigate) is an ancient Jewish form of biblical interpretation, imaginatively explaining or expanding the text beyond its apparent literal meaning. In modern usage, *midrash* refers to the ongoing practice of re-imagining familiar stories, contemplating their themes, and telling the untold parts. When Tom Stoppard created his play 'Rosencrantz and Guildenstern Are Dead', he was effectively writing his own *midrash* on Shakespeare's wonderful minor characters in Hamlet. During this weekend we will continue this tradition, examining a text together and then each creating our own stories inspired by it. When we allow a text to touch us, it can both guide us on our personal spiritual journey and also become an expression of our higher selves. The experience of writing and sharing our ideas and feelings can be revelatory, healing, moving and fun.

No previous writing or exegetical experience necessary, just a willingness to explore ideas and allow them to emerge.

Janet Berenson will lead the weekend. She has been a seeker of spiritual truth from a very young age and is an inspiring and entertaining guide. Raised and educated as a Jew, Janet has explored other faiths and incorporated Zen Buddhism into her life, which drew her to the mystical side of Judaism. She is the author of 'Kabbalah Decoder' and teaches Kabbalah and Jewish meditation in the UK, Europe and USA. Janet also does one-to-one mentoring and inspirational speaking to groups throughout the UK.

2011 COURSES

Friday 18 March to Sunday 20 March

R0811

HUBBLE, BUBBLE, TOIL AND TROUBLE MAKES A PICTURE PERFECT!

Residential: £209, Non-residential: £139

Please aim to arrive by 5.30pm on Friday. Course ends with afternoon tea on Sunday.

If you enjoy taking digital photographs, this course could be just what you need to improve your images and turn good photographic images into great ones! It is designed for those who use a PC but are either new to image editing software or want to get more use out of **Adobe Photoshop Elements**.

Skill acquisition will start with using the software to download, catalogue and organise images. Practical work involving simple cropping, editing tools and various other techniques and creative filters will aim at giving your images more, or a different form of, visual impact. You will also learn how to set up images correctly prior to printing, email or slide show production. You will have the opportunity to delve into the software further to cover more advanced editing skills and features e.g. slideshow creation, photo-books, montage, and sending photos via email. Backing up your photo-collection will also be covered.

This course could also appeal to those who want to learn how to manage and use their digital photographs in support of visual and creative artwork, for example painting, printmaking or textiles.

Above all, the course will be aimed at helping you build confidence to use and explore the software back at home. Demonstrations, handouts and step-by-step checklists will support your learning.

Please note that you do not need to already be using any particular software or have your own computer to take part in this course. However, some basic computer skills are required, such as the confident use of a mouse. If you would like to check that you have the necessary skills, please ask to see our Pre Course Checklist.

A Supplementary Advice Sheet will be sent at the time of booking, informing you of what will be made available to you and what you might like to bring.

Both the checklist and advice sheet are available as a downloadable PDF document on Ammerdown's website, where you can also read reviews about Bryan's previous courses.

The tutor, **Bryan Webb**, is an active digital photographer and an experienced tutor of adults of all ages. He first came to Ammerdown three years ago and has been rated by course participants as a talented teacher who comes extremely well prepared. He has great enthusiasm for his subject, and is well able to cater for all levels of ability.

See also Bryan's five day photography courses on 13 to 17 June and on 31 October to 4 November.



2011 COURSES

Saturday 2 April

D0711

PILGRIMAGE ON FOOT FROM AMMERDOWN TO BRADFORD-ON-AVON

£35 (including lunch and transport back to Ammerdown)

Starts at 8am in Ammerdown chapel. Return to Ammerdown around 5.30pm.

People have been walking to holy places since prehistoric times. Such places can provide a focus for our faith. For our pre-Easter pilgrimage this year we are walking to the ancient Saxon church of St Laurence in Bradford-on-Avon. This church, attributed by William of Malmesbury in 1120 as dating back to the time of St Aldhelm (7th Century), was probably actually built in the early 11th century for the nuns of Shaftsbury. The richness of its decoration suggests that it may have been designed for the relics of Edward the Martyr which the nuns possessed.

A pilgrimage gives us a chance to share experiences with others and also time for reflection – on our own journey in life as well as on the land and the environment we pass through. On reaching our destination through our own physical effort, we can then celebrate together our presence in that holy place.

Our day begins at 8.00am with a short service in Ammerdown chapel. Our pilgrimage then passes through some of Somerset's beautiful countryside as well as the remains of the 13th century Carthusian Priory at Hinton Charterhouse before descending down to the River Avon for our walk into Bradford. On arrival at St Laurence's we hope to have a short service before returning to Ammerdown at around 5.30pm.

This full day's walk of around 16 miles requires a good level of fitness. It can be muddy and steep in places. A simple lunch and transport back to Ammerdown is included so bookings need to be received by 18 March.

Please bring suitable footwear (walking boots recommended), waterproofs, spare socks and a water bottle.



Friday 8 April to Sunday 10 April

R0911

MUSIC AND PEACE

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

This weekend we will examine the power of music in the area of human, environmental and cultural well-being and reconciliation. We will look at the relations between inward and outward peace and how music can be used in the process of peace-making in both contexts. We will draw on accounts of the musical experience to see it as one of encounter.

The weekend will include practical activities in the areas of listening, improvising, moving to music and singing. The discussion of the theoretical issues will be drawn from the practical experiences of participants both within and outside the workshop. It will look at the relationship of peace to spirituality. It will use musical examples from a variety of cultures and traditions. No previous musical experience is required for participation, but if you play an instrument that can be transported, please bring it.

June Boyce-Tillman is currently Professor of Applied Music at the University of Winchester. She is a composer and active in community music making, specialising in music and spirituality. She is also a hymn writer (*A Rainbow to Heaven* 2007) and a performer. She is ordained as an Anglican priest she has been actively engaged in interfaith dialogue for 25 years and in exploring the use of music for peace making.



2011 COURSES

Wednesday 20 April to Monday 25 April

CELEBRATION OF HOLY WEEK

R1011

Residential: £370, Non-residential: £247

Please arrive by 6pm on Wednesday. Course ends after breakfast on Easter Monday.

Easter is always a special time at Ammerdown, as we celebrate as a community Christ's resurrection. Sadly, for many people, the manner in which the Holy Week ceremonies are celebrated in their parish fails to provide them with the deep spiritual experience they long for. So, at Ammerdown, we will celebrate the theme of each day with participative liturgies in which everyone, irrespective of their Christian denomination, will have the chance to be involved. The overall theme will be looking towards 'New Life in Christ' rather than backwards towards Redemption from the Fall. With the help of music, meditation, some talks and the natural environment, we hope to discover symbols which will speak to us in our present day condition of pain and joy.



Our chaplain will be **Fr Adrian Smith**, a missionary priest, who has been facilitating Easter celebrations for the last ten years at retreat houses in Wales. He lectures, writes books and leads courses and retreats on the relationship of traditional Christian beliefs to humanity's emerging new consciousness.

Friday 29 April

QUIET DAY

D0911

£35

9.30am for 10.00am until 4pm. Includes coffee, lunch and afternoon tea.

With **Sr Theresa Kennedy**. See page 5 for further details.

Friday 29 April to Sunday 1 May

JUST SING IT! – An uplifting harmony singing weekend

R1111

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends at 3pm on Sunday.

Judith Silver warmly invites you to spend a weekend in glorious harmony, learning songs from around the world and tapping into the incomparable joy that singing together can bring. You are equally welcome whether you sing regularly and confidently, or whether you are someone who's been told you can't sing and haven't yet found your voice. All songs will be taught by ear, at a level and speed that suits the group. There is no need to be able to read music. Judith Silver is a freelance musician and workshop leader who travels widely throughout the UK and beyond. She has been a great success with guests who have attended her past courses at Ammerdown, as evidenced by these comments: "Made everyone feel they could find their 'singing voice'", "A very talented teacher who spread her enthusiasm for singing throughout the group", "Excellent teaching and people's skill, great generosity with her time, very encouraging to everyone".



Judith works with various choirs and singing groups and also performs solo, often with a capella groups *Anam Cara* and *Far Flung Voices*. She works widely within the Jewish community and has a special interest in interfaith work. One of her passions is the use of song to break down barriers and form connections between people (visit www.judithsilver.com for more information).

2011 COURSES

Monday 9 May to Friday 13 May

SPACE JUST FOR ME!

Please arrive by noon on Monday. Ends with lunch on Friday.

R1211

Residential: £275

Are you feeling stressed, or in need of a break in peaceful and beautiful surroundings? This week will offer you just that: a chance to relax in the beautiful environment provided by Ammerdown, with no other pressure than to put yourself first and to take care of your needs – be it physical rest and/or spiritual refreshment. There will be no organised programme, but we will have a qualified counsellor and qualified spiritual directors (from both the Anglican and the Catholic traditions) available to see you if you wish. You can join in our morning and evening prayers, enjoy the delicious food, make the most of Ammerdown's wonderful gardens and local walks. We can also advise you on some beautiful places to visit locally (e.g. the only Somerset lavender farm is on our doorstep and welcomes visitors...). We can even arrange for special therapy sessions such as a massage, although this would come at an extra cost. In other words, we will do our best to make sure you have an enjoyable week and go away feeling rested and refreshed - and also maybe a bit further along in your spiritual journey in life...



Tuesday 10 May to Thursday 12 May

UNDERSTANDING ISLAM

*The course will start at 9am on Tuesday and finish at 5pm on Thursday. Accommodation can be booked on Monday night and Thursday night at an additional cost.**

R1311

Residential: £220, Non-residential: £147

A good understanding of Islam is a must in Britain today, where Muslims number by far the biggest religious group after British Christians. In many of our major towns and cities, they make up a substantial minority of the population. This constitutes an invitation to everyone to get to know Islam and Muslims better and to explore ways of building bridges of mutual respect and understanding. This applies to those involved with Muslims as neighbours, friends, workplace acquaintances or clients in the caring professions.

Sadly, there appears a great deal of misunderstanding of Muslims in the West. This intensive three day course has been designed to give an appreciation of the inner dimensions of Islam and the way that it shapes the lives of Muslims, as well as the outer manifestations of Islam as a religion. If we are to engage with our Muslim fellow citizens, then we need to understand something of their world view, beliefs, practices and the history of relations through the centuries. This course will give you this understanding. The course will be given by **Dr Chris Hewer**, who has been involved in the study of Islam and practically in Christian-Muslim relations since 1986. For many years, he worked in Birmingham as Inter-Faith Adviser and at the Centre for the Study of Islam and Christian-Muslim Relations, then from 2006 to 2010 as the St Ethelburga's Fellow in Christian-Muslim Relations (London).

** If you would find it difficult to reach Ammerdown by 9am on Tuesday, or would prefer not to travel on Thursday evening, you can book extra nights at the Centre as a private guest at the reduced rate of £50 for supper, bed and breakfast – subject to availability.*

N.B. This course will run again at Ammerdown from 15 to 17 November 2011.



2011 COURSES

Friday 13 May to Sunday 15 May

RI411

CHRISTIAN ARTS CONFERENCE – Artistic influences of world faiths on Christian art

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

The 2011 Christian Arts Conference will be devoted to an exploration of the influence of Eastern and other Faiths' Art on Christian Art. The exquisite paintings and Artist's Books of Fr Elias Polomski, which include Buddhist, Hindu, Eastern Orthodox, American Indian and Ancient Egyptian influences, will be explored, with additional contributions from Christian Arts artist members. Fr Elias, an American born in New York, studied Art and Music in Manhattan and at Boston University, and History of Art at the Sorbonne. He took the name Elias as a Cistercian monk of St. Joseph's Abbey, Massachusetts, and a Benedictine monk for ten years at Douai Abbey in Berkshire. He completed his theological studies at Oxford in 1990 when he was received into the Anglican Church. He currently lives as a retired priest and artist in Malmesbury.



The Conference will be led by **Revd. John E. Sclater**, an Anglican Priest who is currently a Priest Vicar of Wells Cathedral. From 1981 to 1989, he was a Brother at the Benedictine Monastery of Chevetogne in Belgium, which was founded to work for Christian unity. The Monastery has both Latin and Oriental rite churches, and this is where John gained his knowledge of Eastern Orthodox art. Before that, he spent six months in India and has a long standing interest in interfaith dialogue.

For further information about the weekend or about Christian Arts, please contact Mary Stevens, Christian Arts' Conference Officer, at marystevens409@btinternet.com.

Monday 16 May to Thursday 19 May

RI511

WHEN THE HEART SPEAKS

Residential: £299, Non-residential: £199

Please arrive by noon on Monday. Course finishes with lunch on Thursday

Many of us are busy, busy, busy – trying to juggle, often unsuccessfully, multiple balls in the air: work, home, family, church, friends, neighbours – you name it. And we all know that, in the midst of our busyness, it is good to set time aside to step back and reconnect with who we are and what we are called to do; to immerse ourselves in our own stories, to reacquire ourselves with the deepest desires of our hearts and with our God.

Yet, how much time do we actually give ourselves in a day, a week, a month, to really 'Journey to the Heart'? To allow ourselves to hear the quiet voice from deep within?

During these few days, we will journey together and allow ourselves the time to listen to our heart's desires; to listen to the 'God voice' deep within us, the compassionate voice of love and care.



Wendy Quinn will guide us on this journey. She has worked in a parish for over 15 years as a Pastoral Administrator. Her work has taken her on a long journey of discovery. She has worked closely with people from all over England and Ireland in helping them to recognise their own giftedness and to give themselves space to explore and discover the deepest desires of their heart and the God within.

Wendy is trained in Compassionate Listening and Spiritual Accompaniment.

2011 COURSES

Friday 27 May to up to Thursday 2 June

ZEN GIFTS TO CHRISTIANS

RI611

Cost: see below

Please arrive by 6pm on Friday. Course finishes with breakfast on Thursday morning, or earlier as suits.

This Zen Sesshin (retreat) will be a wonderful help to Christians seeking to awaken to their own true nature. It will be led by **Fr Kennedy S.J. Roshi** and **Fr Patrick Eastman Sensei**. Together they will help us develop a deeper contemplative prayer life through the practice of Zazen (silent sitting). This is the practice of attentiveness to the breath which, coupled with the stillness of the body, frees the mind from its ordinary mental activities. When practised attentively, Zazen offers an ever-deepening insight into the oneness of life just as it is.

This is a **silent retreat** where much of the time is spent in sitting Zazen and Kin Hin (walking meditation), Dharma talks, chanting and Daisan (one to one interviews with the teacher). The days start very early, with Zazen at 7am, and conclude with a simple celebration of Eucharist, for those who wish to stay in the spirit of our encounter with a Zen practice.

Participants can come for either the weekend or leave after any other day during the week. The cost will be adjusted according to the length of stay.

Those who have never practiced Zen before are welcome to attend and there will be an introduction for them at the beginning of the retreat.

Fr Robert Kennedy is a Jesuit priest who teaches theology at St. Peter's College, Jersey City, and is a Zen Master (Roshi) in the White Plum Asangha. He studied with the great Yamada Roshi in Kamakura, Japan, with Maezumi Roshi in Los Angeles and with Glassman Roshi in New York. He is the author of *Zen Spirit, Christian Spirit* and *Zen Gifts to Christians*.

Fr Patrick Eastman is a Catholic priest of the Diocese of Tulsa, USA, who now serves as the Parish Priest of Tetbury, England. He leads The Wild Goose Sangha (a Zen group based in Cirencester) and is a Zen teacher (Sensei) in the White Plum Asangha. He has studied with Dr. Ruben Habito Roshi of Maria Kannon Zen Center, Dallas, Abbot Daido Looi Roshi of Zen Mountain Monastery, New York, and Robert Kennedy S.J. (see above).

Costs (including the cost of Fr Kennedy flying from New York to lead the retreat):

- Full retreat: £475
- Weekend only: £220
- For each additional full day thereafter (but not the full retreat): £80



2011 COURSES

Monday 30 May to Monday 6 June

R1711

INDIVIDUALLY GUIDED RETREAT

Residential: £545, Non-residential: £363

Please arrive by 5pm on Monday. Course finishes with breakfast on the following Monday.

Once a year Ammerdown offers an Individually Guided Retreat under the direction of experienced Spiritual Directors. It is a week dedicated to prayer, reflection and reading, as well as relaxation and rest in the beautiful and tranquil setting of Ammerdown. The emphasis is on flexibility, meaning that special effort is made to tailor the retreat to the style, spirituality, needs and wishes of each retreatant. For example, there will be no set rule regarding whether or when to keep silence: this will be down to the preference of the individual, and appropriate arrangements will be made to make sure each person's wish is respected. Many past retreatants have commented that they have felt profoundly blessed by these retreats, and have shared tales of deeper self-knowledge, spiritual growth and more acute awareness of the way God is at work within them.



Sr Germaine O'Neill will accompany the retreatants. She was involved in Ammerdown's 2010 IGR and was showered with praise by those who benefited from her input: *"Absolutely wonderful"*, *"Most inspiring and encouraging"*. She is a Loreto Sister who spent 37 years as a missionary in Kenya. Since coming back to the UK in 2000, she has been involved in retreat work, spiritual guidance and individual counselling. If the number of participants warrants it, **Sr Elizabeth Rees** will join Sr Germaine. She is a counsellor and Spiritual Director who runs a small House of Prayer in the village of Butleigh, south of Glastonbury.

Friday 3 June to Sunday 5 June

R1811

INNER SKILLS FOR CONFLICT RESOLUTION

Residential: £209, Non-residential: £139

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

When you are in conflict with others or with yourself, having tools to help resolve it can be very useful. There are plenty of tools on how to support constructive dialogue with the other person. Perhaps less common but equally valuable are tools to help us look inside ourselves in a fearless and disciplined way - to explore the dynamics of the conflict within.

This is what this workshop is about: it will offer simple techniques which, with practice, can be used to dissolve conflict from the inside out. These tools offer a means to resolve conflicts with others in the outer world, and also teach us very clearly the hidden opportunities for self-knowledge and growth that any kind of conflict offers us. All that is required is the courage to look within!

The weekend will emphasise reflective inner work and meditation, but also include discussion and dialogue, sharing of personal stories, creative techniques, breath work and movement.

Exercises will include: reclaiming our negative shadow projections onto others; understanding the importance of developing the 'inner witness'; effective techniques to process strong emotion; going deeper inside to see what underlies the outer difficulty; understanding and experiencing the perspectives of others we are in conflict with; exploring out interdependence and generating compassion for others.

The weekend will be led by **Justine Huxley** and **Ann Marie Terry**. Justine is the Interfaith Projects Coordinator for St Ethelburga's Centre for Reconciliation and Peace, where her speciality is group process and dialogue methodology. She has a PhD in psychology and is a student of the Sufi path. She leads regular workshops on meditation, dialogue skills, and working with tension and difference in groups. Ann Marie is a psychotherapist, sound therapist and body-worker. Her areas of speciality include working with the creative imagination and healing through breath and sound. Ann Marie is also a student on the Sufi path and serves as a leader at the London Sufi Centre.

2011 COURSES

Friday 3 June to Friday 10 June

A BREAK FOR PEOPLE WITH M.E. – Time to Be ME!

R1911

Residential: £459*

Please arrive by 6pm on Friday. The course ends after breakfast on Friday.

"I have just had a wonderful and therapeutic week – it's refreshed me and given me new hope."

"It is the first time in years that I have truly relaxed and been able to be myself."

"Thank you for helping to create a safe place where, despite our illness, we can grow as individuals, laughing, loving and crying together. I haven't laughed as much as that for years!"

These are three of the many complimentary comments we have received from past participants in our breaks for people with M.E.

This is not altogether surprising, as we take particular care to put together a programme specially tailored for people with M.E. It includes plenty of free time to rest and relax in the beautiful and accepting environment provided by Ammerdown, but also some activities (all optional!) selected for their therapeutic and fun content. In addition, we have a qualified counsellor on hand ready to listen if participants wish to talk through issues on a one-to one basis.

Unfortunately, we cannot accommodate carers. Participants therefore have to be well enough to look after themselves throughout the week.

**Please note we have a Bursary Fund that provides financial help for people on benefits. More information can be obtained from the Centre.*



Monday 6 June to Friday 10 June

AMMERDOWN SUMMER BREAK

R2011

Residential: £325

Please arrive by noon on Monday. Course ends with lunch on Friday.

This is a holiday designed for people looking for a break in lovely surroundings and good company. It is run by the **Ammerdown Team** and by **Sue Harbert**, our much loved West Country Tourist Board Blue Badge Guide. Great care is taken to devise a programme that offers something for everyone: a variety of craft workshops, outings, lectures and entertainment, together with religious services for those who wish to take part.

It seems to work! Here are some of the comments from participants in previous Summer Breaks: *"Everything was lovely"; "Peaceful, relaxed atmosphere, very welcoming but no pressure to do anything you don't want to"; "I particularly valued being able to join in daily worship of a simple but meaningful kind"; "Sue is a fantastic teacher, she gets me doing things I would never dream of making".*

This year's Summer outing will be a one day visit to Wilton House and its stunning gardens, near Salisbury. Privately owned, the house, with its mixture of history, architecture and art, is often described as England's most beautiful country house. As for its 21 acres of gardens and parkland, they are renowned all over the world!

(N.B. Please note that the costs of the outing - transport and admission charges - are not included in the cost of the Summer Break. These costs will need to be covered by the guests who take part in the trip).



2011 COURSES

Friday 10 June to Sunday 12 June

R2111

THE MYSTERY BEYOND

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Much loved course leader **Kim Nataraja** returns to Ammerdown to lead a weekend on Bede Griffiths. Fr Bede was a Benedictine monk who spent much of the latter part of his life in India, where he founded a Christian monastery along the lines of a Hindu ashram as a place where people of all faiths could meet. He died in 1993.

We will be exploring his idea of Divine Reality as 'Non-duality', where "all is contained within the cosmic whole; the trees, the animals, and so all are interrelated, interdependent aspects of the one cosmic whole". Fr Bede regretted that our world is in practice far from unified, but in fact "very divided". We will discuss and explore what he said and wrote on this topic, and draw relevance for our lives today. We will also have several sessions of meditation, because Fr Bede, who centered his life on contemplation, saw meditation as a way of transcending differences and creating unity and harmony. Guidance will be given if you are new to meditation.



Kim Nataraja has been a contemplative since her youth and is also a trained Spiritual Director. She joined The World Community for Christian Meditation in 1993 and, since 1999, has been helping Laurence Freeman OSB to guide and co-ordinate the International School. Her particular interests are those inspiring figures from the Christian Spiritual Tradition who guide us in the contemplative life, and the ways in which psychological insights can aid our progress. Her courses at Ammerdown are always well received, as evidenced by this comment by a past participant: "I cannot fault her on anything. She both encouraged us and challenged us with wisdom, love, kindness, acceptance and humour."

Friday 10 June to Sunday 12 June

R2211

LEARNING TO LIVE WITH OPTIMISM AND GRATITUDE

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Professional Life Coach and Spiritual Director **Sue Glanville** promises you a transforming and uplifting weekend! She will encourage you to:

- ❖ Understand how your beliefs affect your life;
- ❖ Learn to use tools to effect positive change in your life
- ❖ Foster an attitude of gratitude
- ❖ Think and walk mindfully
- ❖ Learn ways to be calm, such as NLP and meditation techniques
- ❖ Expand your self-awareness
- ❖ Raise self-esteem and confidence
- ❖ Live in the present
- ❖ Cheer yourself up when the world gets you down
- ❖ And above all, feel more alive!

This may feel like a packed agenda, but don't worry: Sue is an expert at making learning both experiential and enjoyable! You will spend time outdoors (weather permitting), and you will also use art, poetry and song. There will be periods of being in a group and talking together, and periods of silence and/or of being on your own.

Sue Glanville was Head of RE in a comprehensive school for many years before training to be a Life Coach and Spiritual Director. As well as being a Church Leader, Sue sees people individually, and leads retreats. She particularly likes Irenaus's statement: "The glory of God is a human being fully alive".

2011 COURSES

Saturday 11 June

GREGORIAN CHANT WORKSHOP

D1211

£45

9.30am for 10.00am to 4.30pm. Includes coffee, lunch and afternoon tea.

Gregorian chant is the central tradition of Western plainchant, a form of monophonic liturgical chant in Western Christianity that accompanied the celebration of Mass and other ritual services. It originated in Monastic life, in which singing the 'Divine Service' nine times a day at the proper hours was upheld according to the Rule of St. Benedict. It has recently come back into prominence with the release of best-selling CDs from monastic communities that still sing the Divine Offices.

In this workshop, led by **Rupert Bevan**, you will learn about the origins of the chant and how it works, and then learn some plain chant, culminating in the singing of Vespers in Ammerdown Chapel.

After some initial practice on simple chants, the singing will concentrate on learning the Antiphons, Psalm-tones and Magnificat for Vespers, which will set the scene for a simple sung service at the end of the day. The workshop will take place in Ammerdown's Chapel, which offers excellent acoustic.

Rupert Bevan comes from a very well known musical family. He was Head Chorister during his time at Westminster Cathedral, which is where he first learnt the Chant. He is currently Director of Music at St John's Catholic Church in Bath, and the Director of Bradford on Avon Choral Society. In addition, he sings locally as a professional tenor soloist.



Sunday 12 June to Friday 17 June

THROUGH THE SEASONS WITH A CHINESE BRUSH

R2311 Residential: £419, Non-residential: £279

Please arrive by 6pm on Sunday. Course ends after breakfast on Friday.

Maggie Cross spent her childhood in Hong Kong, where she studied brush painting and also learnt to speak Cantonese and write Chinese characters. She introduced Chinese Brush Painting to Ammerdown in 2006 and was an immediate success. Maggie has proven to be an excellent tutor as well as a gifted artist, and our guests have been amazed at what they have managed to achieve in the space of a few days – even complete beginners!

Taking the theme of seasons – plum blossom in winter and golden hues of autumn, with spring and summer in between, Maggie will take you through the year with a variety of subjects from flowers to landscapes, animals or birds in a seasonal setting. Painting will be on paper or silk using traditional Chinese painting materials. Students will be shown how to mount their work. The course is suitable for any level of ability as Maggie gives demonstrations and individual tuition.

Maggie Cross is a member of The Chinese Brush Painters' Society. She regularly exhibits her work and frequently lectures and teaches on the subject. Her gifts as a tutor and painter are praised by all who work with her:

"Maggie's work is magical, she is a natural encourager"; "She managed to enthuse and motivate even the most tentative amongst us". Having already written and produced two books on the subject, Maggie is currently writing her third book.



2011 COURSES

Monday 13 June to Friday 17 June

R2411

FLASH, BANG, WALLOP... WHAT A PICTURE!

Residential: £419, Non-residential: £279

Please arrive between 3.30pm and 5.30pm on Monday. Course ends with lunch on Friday.

If you enjoy taking photographs, own a digital camera and want to learn more about using it in a relaxed and beautiful environment, then this popular course is the one for you!

Led by expert tutor and photographer **Bryan Webb**, this course is aimed at both beginners and at those who have used a digital camera for a while but would like to learn more about its key features. The course will include demonstrations, individual and group practical work and tutorials. Sharing and reviewing captured images will also be an important feature.

The focus will be on ways to use your digital camera successfully, through developing a good eye for an image and composing well-seen photographs. This approach is also likely to appeal to those interested in using a camera to support visual and creative arts.

The course will make full use of Ammerdown's beautiful environment for photoshoots, followed up with some simple image editing using Adobe Photoshop Elements. An optional half-day photoshoot to a nearby location will be offered, such as Wells Cathedral.

You can look forward to a full and lively course programme offering tremendous value for money, and expect to go home with a good understanding of digital photography, a collection of easy-to-follow notes, and lots of your own digital images to use and enjoy.

Apart from your camera and its instruction manual, the only item of equipment that you need to bring is a tripod. A Pre Course Checklist is available if you are unsure if this course will suit you. This checklist, along with a Supplementary Advice Sheet, will be sent with the booking confirmation. These are also available in advance by request, or as a downloadable pdf document from Ammerdown's website.

For information on Bryan's background and experience see page 14. You can also read feedback on his previous courses on Ammerdown's website.

Check out Bryan's other photography courses at Ammerdown on 18 to 20 March and on 31 October to 4 November.



Monday 13 June to Monday 20 June

R2511

CREATIVE ARTS RETREAT MOVEMENT: Painting and Prayer

Residential: £409, Non-residential: £273

Please arrive by 6pm on Monday. Course finishes after breakfast on the following Monday.

CARM (Creative Arts Retreat Movement) exists to provide ecumenical retreats, which offer an opportunity for prayer and for the exercise of creativity in a range of artistic fields. Each retreat has a chaplain and a specialist tutor working together to help reveal and nurture the creative gifts that God has given to each one of us.

Painting will be the theme of CARM's retreat at Ammerdown this year, with the help of expert tutor **Audrey Cooper** and chaplain **Canon Revd Peter Ball**.



2011 COURSES

Friday 17 June to Sunday 19 June

R2611

"HEAR, O ISRAEL..." - Listening in to Jewish Spirituality Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Central to Jewish faith and liturgy is the Biblical verse "*Hear, O Israel, the Eternal (is) our God, the Eternal (is) One*" (Deuteronomy 6:4). The six Hebrew words of the original text are filled with compressed meanings: they speak of the need for attentiveness in daily life, the personal struggle we have with faith and with the divine, the mystery of 'God' and the sacred, and the interconnectedness of all that exists... How can these words help us - whatever our religious background, or lack of background - deepen our spirituality or nurture our religious strivings?

Through a combination of discussion and reflection, study and creative work, participants will have the opportunity to explore some of richness of Jewish spirituality and how it can help us on our personal spiritual journeys.

Rabbi Howard Cooper is an experienced workshop leader and psychotherapist who has already led several, very well received, weekend workshops at Ammerdown. He is Director of Spiritual Development at Finchley Reform Synagogue, London, and the author of *The Alphabet of Paradise: An A-Z of Spirituality for Everyday Life*.

Friday 17 June to Sunday 19 June

R2711

FROM TEMPLE TO TABLE

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Fr Denis McBride is one of the best known and most loved Scripture Scholars in this country – combining a passion for the biblical text with excellent communication skills. For his weekend at Ammerdown, he has chosen to look at an intriguing facet of Jesus' life and ministry: his approach to sacred space.

At the beginning of Luke's Gospel, Jesus as a newly born is presented and welcomed in the Temple by Simeon and Anna; later, at 12 years old, he is seen to be at home in the Temple, enthralling the learned professors there while alienating his own family. By the end of Luke's Gospel, however, the Temple authorities are committed to arranging his death. Why the dramatic move from hospitality in the beginning of his life to hostility at the end?

Somewhere in his ministry Jesus makes a change to move from sacred space to ordinary space, from Temple to table.

Why this change? These reflections will follow Jesus' radical move away from sacred space as he reaches out to those who are beyond the boundaries of religious and social approval. What does this say for the mission of the church today where people are abandoning sacred space in droves?

Fr Denis McBride, a Redemptorist priest from Scotland, is presently Director of *Redemptorist Publications*. His speciality is in communicating the beauty and depth of the Gospels, which he has done all over the world. Well known as a lecturer and a writer – he has published 15 books – his enthusiasm for his subject is catching. "*A superb raconteur and thought-provoking scripture scholar, Denis McBride breaks open the Gospels in fresh and startling ways. His lectures are designed to appeal to the heart as much as the head.*" (The Tablet)



2011 COURSES

Monday 20 June to Friday 24 June

R2811

CHRIST-CONSCIOUSNESS: OUR NEXT EVOLUTIONARY STEP?

Residential: £299, Non-residential: £199

Please arrive by 6pm on Monday. Course ends with breakfast on Friday.

This seminar, led by **Fr Adrian Smith**, will provide a chance to stand back from our everyday life and to reflect on where our world seems to be heading. Fr Adrian himself reflects that “an increasing number of people are sensing that we are moving towards an evolutionary shift of some kind. Traditional institutions and we ourselves are being challenged to be open to fresh horizons, to cope with the disturbing changes taking place in our world. Seen in a Christian perspective this can be understood as moving towards an awareness of the oneness of all life, the Christ-life. In this participative seminar we will delve deeper into the meaning of Christ-consciousness and of our own divinity.”

Fr Adrian Smith is a Catholic missionary priest. He is the author of 16 books, and facilitator of workshops and retreats all over Britain. He is much admired and loved for his excellent presentation skills, his imaginative visual aids and his great sense of humour!

Friday 24 June to Sunday 26 June

R2911

ENNEAGRAM ONE – AN INTRODUCTION

Residential: £209, Non-residential: £139

Please arrive by 6pm on Friday. Course ends at 4pm on Sunday.

The Enneagram is an ancient, extraordinarily accurate, model of human personality and spirit. Describing nine personality types and their interactions, it enables us to look deeply into our own character, harmonise our daily lives and our relationships, and understand our particular best path to growth.

Expert **Karen Webb** will lead this introductory workshop. She writes: “Taught in the Narrative Tradition, participants will come away with a living experience, rather than simply a theoretical knowledge, of the ways in which different types of people view and interact with the world. I use video clips and, where possible, live panels of people of each type describing themselves, and discuss the day-to-day difficulties and celebrations of each type. I also use guided imaging and meditations to help give a deep experience of each, surprisingly different, focus of attention.”

During this introductory workshop you will:

- ❖ Discover the chief emotional and mental concerns of each type
- ❖ Learn some of the patterns of behaviour and interaction created by these often unconscious habits of perception
- ❖ Recognise your own type and those of people you know
- ❖ Understand how security as well as stress ‘changes’ your personality
- ❖ Learn to improve relationships of all kinds, by
 - seeing yourself through the eyes of others
 - understanding the different points of view of each type
 - realising how you react to different types
- ❖ Learn the higher attributes of each type
- ❖ Start to discover how to use your ‘negative’ patterns to fuel growth.



Karen has taught the Enneagram in the Narrative Tradition since 1991, and focuses on facilitating spiritual and psychological growth. She is a graduate of the Enneagram Professional Training Program with Helen Palmer. A lifelong student, formally and informally, of psychology and comparative religion, her work prior to this was in management consultancy, training and Human Resource Development.

Those wishing to go further in their study of the Enneagram might be interested in Karen Webb's follow-up weekend, 'Enneagram Two - Subtypes and Essence' on 18 to 20 November.

2011 COURSES

Friday 24 June

QUIET DAY

9.30am for 10.00am until 4pm. Includes coffee, lunch and afternoon tea.

D1411

£35

With **Sr Theresa Kennedy**. See page 5 for further details.



Friday 24 June to Sunday 26 June

PRAYING WITH THE DESERT MOTHERS

Residential: £195, Non-residential: £130

R3011

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

The Desert Fathers and Mothers were the first Christian monks and nuns, living in solitude in the deserts of Egypt, Palestine and Syria. They were ordinary Christians who chose to renounce their homes and live lives of celibacy, fasting, prayer and poverty in direct and simple response to the gospel. Over time, they developed a reputation for holiness and wisdom. Their sayings, known as *The Sayings of the Desert Fathers*, were first recorded in the 4th century and consist of spiritual advice, anecdotes and parables. Attributing the sayings to the 'desert fathers' is somewhat misleading, though, as three desert mothers significantly contributed to the compilation we have inherited. In fact, a contemporary historian tells us that, in the fourth century, there were probably twice as many women as men living in the desert. Praying with the desert women for a weekend will remind us of the virtues of simplicity and stillness, balance and moderation, silence and solitude. Psalm 139 will be our starting point as we discover more about these Desert Mothers, whilst using their sayings will help us reflect upon and own the true significance of our lives. We will have the opportunity to respond in a variety of ways and make connections with an experience of life and way of prayer that still resonates with us today, and which offers much that we can learn from.

The weekend will be led by **Michael Woodward**, a former primary headteacher and the creator of Three Peaks Press, specialising in poetry and spirituality. He is a former editor of the *Merton Journal* and was elected the first leader of the Lay Community of Saint Benedict in 2003. His poems, articles and photographs have been widely published, as well as two volumes of poetry, *A Place to Stand* (1995) and *Thirst* (2000). He is a regular retreat-giver and in 2009 organised *Make My Word Your Home*, an international conference on *Lectio Divina* at Worth Abbey



2011 COURSES

Friday 24 June to Sunday 26 June or to Tuesday 28 June
MOSAIC WORKSHOP

R3111

*See below for costs

Please arrive by 6pm on Friday. The weekend course will finish at 4pm on Sunday. The next course will start after dinner on Sunday and will finish at 4pm on Tuesday.

Kate Rattray ran her first mosaic workshop at Ammerdown in 2009, and she proved such a success that she has now become a regular workshop leader. Everyone on her courses seems to think highly of her: *"I can't fault her on anything. She made everyone feel welcome, helped us all individually, and was relaxed and helpful throughout"*. Everyone takes home a piece of mosaic (about A4 size) that they have made themselves (see photo). Total beginners tend to be amazed at what they have been able to create with Kate's expert but gentle help!



In fact, the main feedback from the 2010 course was that the time went far too quickly! The participants said they would have valued more time to develop their skills and artwork. We have therefore decided to ask Kate to come for four days this year. She will start with helping to acquire or refine some of the more basic skills and then progressively introduce more advanced skills. People wishing to take part have the option of doing all four days, or just the first two, or just the last two, depending on skills and experience. Kate is open to all combinations!

Places are limited to 10 at any one time, so we suggest you book early if you are interested. Please also note that, as mosaic cutters will be used, **some strength in the hands is necessary**.

Kate Rattray is a local mosaic artist and tutor with 13 years' experience. She works to commission and with community groups and schools, and exhibits her work nationally. She is a member of the British Association for Modern Mosaic and a full craft member of the Somerset Guild of Craftsmen. (For more information on Kate's work, please visit www.rattraymosaics.co.uk).

*Costs (fully inclusive of all material used during the workshop):

- Two days (Friday to Sunday or Sunday to Tuesday): Residential: £209, Non-Residential: £139
- Full course: Residential: £399, Non-Residential: £266



2011 COURSES

Monday 4 July to Friday 8 July

COPING WITH LOSS

R3211

Residential: £295, Non-residential: £197

Please arrive by 6pm on Monday. Course ends with breakfast on Friday.

This course is for everyone who is coping with a recent or a past loss of any kind. Bereavement is often associated with the loss of a partner, child or parent or significant other, but other losses such as loss of status, work or health also take their toll. All are forms of suffering that follow the general patterns of grief and bereavement, and all can benefit from this workshop.

The week provides the opportunity to share your unique experience with others in a mutually supportive group. It offers the chance to explore various ways of coping and of letting go and moving forward. It also offers a place to meet others whose experiences, whilst different, may resonate and provide support and understanding.

Set in the lovely Ammerdown surroundings, and with good food and company, it will aim to provide a little solace in difficult times, and to rekindle hope of better times.

The weekend will be led by **Dr Penny Rawson**, the author of the book *Grappling with Grief*, which will be available to participants.

Please note that in exploring loss, the spiritual dimension will be explored along with the psychological and practical. Whilst people of all traditions are welcome on the course, Penny, a Roman Catholic, will lead the group in exploring loss within a Christian framework.

Dr. Penny Rawson is a renowned specialist in short term psychodynamic psychotherapy. She is a highly qualified and accredited psychotherapist, trainer and supervisor of many years experience, and is also a trained spiritual counsellor.

For participants for whom a Monday to Friday course is difficult, please note that Penny will run a similar course, albeit in a more intensive format, during the weekend of 19 to 21 August.



Friday 8 July to Sunday 10 July

COMPANIONING – An advanced BioSpiritual Focusing weekend

R3311

Residential: £209, Non-residential: £139

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

This is a follow-up to the BioSpiritual Focusing course entitled 'Listening to God in and through our bodies', held at Ammerdown in August 2010. The 2011 course is an advanced course for people with some experience of BioSpiritual Focusing, be it from attending an earlier course at Ammerdown or somewhere else. It will help to deepen experience of the BioSpiritual Focusing process, and teach participants how to accompany another person or persons in focusing. By learning to work with a friend or a partner in this way, you will learn to deepen your relationships, and facilitate the ongoing spiritual journey of yourself and others.

Sr Margaret Lyth and **Sr Felicity Young** are Ursuline Sisters who have been teaching BioSpiritual Focusing for several years. They have trained with Fathers Ed McMahon and Peter Campbell, founders of the movement.

Places on this course are strictly limited, as the teachers only work with a maximum of five persons each. It is therefore recommended that you book early

2011 COURSES

Friday 8 July to Sunday 10 July

R3411

MAGIC MOMENTS IN MOVIES: Exploring our spiritual journey through film

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Janet Berenson asks: "What makes a film so memorable that it becomes forever entwined in our memories and a part of the way we see the world? Why are some films merely enjoyable while others seem to touch something deep within us? That moment in *ET* when the dead plant comes back to life; or in *August Rush* when the boy's parents are drawn to the concert; the scene in *City of Angels* when Nick Cage's character chooses to fall..."

Over this weekend we will use the big screen facilities at Ammerdown to share some of our favourite film moments and explore why they are so important to us. We will view extracts of several of my favourite movies and discuss the way in which the experience of seeing a film can be both a stimulus to and an expression of our personal spiritual journey and story. Participants too are welcome to share with others a favourite film moment, and explain why it has had such an impact on them – they just need to bring a dvd of the film and show the relevant extract.

Janet Berenson was brought up and educated as a Conservative Jew in the United States. Over the years Janet has explored other faiths and incorporated Zen Buddhism into her life, which drew her to Jewish mysticism and towards Reform Judaism. She is the author of 'Kabbalah Decoder' and teaches Kabbalah, Jewish meditation, one-to-one mentoring and other courses in the UK, Europe and USA as well as appearing as an inspirational speaker. Janet is also a life-long film lover who confesses to spending far too much time watching movies at home!

Friday 8 July to Sunday 10 July

R3511

VISIONING – Dare to dream

Residential: £205*, Non-residential: £137*

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

What do you secretly long for? What is your heart's desire? Visioning is an approach to unearthing the dreams that live deep within and enabling them to become a living reality. It emphasises the heart's deepest desires, which are often way beyond what we think we want or even consider possible or practical.

This weekend will offer you the opportunity to identify and cherish your heart's desires. Choose your own focus, create a vision board, shape and reshape your dream, face blockages and align resources to enabling yearnings to become realities.

Visioning is an intuitive and creative process that is both enjoyable and profound; a gentle means of tapping into inner wisdom. Past participants have commented: "Overall I felt Visioning brought a much deeper understanding of the self, and a direct contact with the deeper part of my soul"; "It taught me that images can tell us much more than words. And it was so much fun! So many beautiful pictures. So sensual. And as for the amazing colours...".

Ann Beazer is a regular workshop leader at Ammerdown who delights in providing opportunities for people to develop their potential. Her approach is practical and structured as well as one that encourages creativity and empowerment. Ann has been trained by Dr Lucia Capacchione in Visioning(R) Coaching.

*Cost: please note that the fee for the course includes the cost of the comprehensive set of materials provided by Ann to be used during the weekend and after.

See also Ann Beazer's 'Creative Journaling' weekend course on 4 to 6 February



2011 COURSES

Friday 5 August to Sunday 7 August

R3611

SELF-AWARENESS AND PERSONAL ENLIGHTENMENT - Finding contentment and inner peace

Residential: £199, Non-residential: £133

Please arrive by 6pm on Friday. Course ends at 4pm on Sunday.

Best-selling author **Mike George** has become a regular retreat leader at Ammerdown. His aim is to help every person who journeys with him to discern a deeper sense of meaning and purpose in their lives and also sustain a higher level of contentment. There is a strong spiritual dimension to all his teaching, but it is not based on any particular faith tradition. His Ammerdown course is therefore open to everyone, whatever their circumstances or faith background.

Mike's retreats are renowned for their balance between fascination and fun, depth and dialogue, laughter and lightness. He has guided and facilitated the personal and spiritual development of people worldwide with his unique blend of insight, wisdom and humour. All sessions are based on a mix of presentations, interaction, discussion, silent reflection and meditation. Past participants have commented: "Absolutely excellent – inspiring, life changing."; "What made the weekend so special was that you put into words so much of the stuff I've been reading, and actually gave us techniques for turning it into a practice"; "Without exaggeration your workshop has to rate as one of my most enjoyable ever (and I've done a few!)".

Mike George is the Director of the Spiritual Intelligence Unit and a best selling author. His books include: '1001 Ways to Relax – How to Beat Stress and Find Perfect Calm', 'Don't Get Mad, Get wise' and 'The 7 Ahas of Highly Enlightened Souls' (visit www.relax7.com for more information). Please note that he does not work within any particular faith tradition

N.B. Please note that Mike George recommends to all participants that, to help enter fully into the spirit of the retreat, they adopt a vegetarian and alcohol-free diet throughout the weekend.

Friday 5 August to Sunday 7 August

R3711

WRITE TO HELP YOURSELF

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Have you noticed how much easier it is to express an opinion than it is to articulate our inner thoughts and personal feelings? Yet, it is through accessing and exploring our inner world that we can hope to make better sense of ourselves and others.

Spontaneous writing, interspersed with empathetic sharing and periods of quiet reflection, is the method that **Judy Clinton** will gift to you in order to help you along your voyage of self-discovery. It will be an opportunity to take 'time out' to reflect on your life through writing that comes straight from your heart, and, if you so wish, to share it with others in an atmosphere of unconditional acceptance.

There is no need to be a confident or experienced writer – what matters is not the result, but the process itself of writing and listening. Previous experience has shown time and time again that the process can be wonderfully liberating and therapeutic, and is never short of surprises. As one past participant commented, "Tapping into a well in the deepest recesses of self is both a refreshing and a rewarding experience". So, if you are feeling stressed, are in a period of transition or are simply looking for a new stimulus to further your understanding of yourself and others, this workshop could be just right for you!

Judy Clinton is a former teacher and a Quaker who has worked in the social work and counselling fields. She facilitates workshops for many different groups of people including those with disabilities and those in recovery from addiction (see writetohelpyourself.com for more information).



2011 COURSES

Friday 12 August to Sunday 14 August

R3811

JEWISH-CHRISTIAN STUDY WEEKEND - Meanings of Messiah

Residential: £205, Non-residential: £137*

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

This annual weekend and the study week that follows (see entry below) aim to take topics relevant to both Christians and Jews and consider them from both faith perspectives. Scriptural themes, as well as social and ethical issues, are explored. Academic rigour, combined with energetic discussion, study groups and socialising, fosters mutual appreciation of the treasures of each other's cherished faith traditions. The theme for this year's weekend will be 'Meanings of Messiah'. Both Jews and Christians speak of the Messiah as God's anointed redeemer, but do they mean the same thing? We will explore through text and discussion the many different understandings among both Jews and Christians of the concepts of Messiah, Christ, and the Messianic Age.

Rabbi Mark Solomon is Interfaith Consultant for Liberal Judaism, Rabbi of the Edinburgh and Manchester Liberal Jewish Communities, and Lecturer in Talmud at Leo Baeck College. He is Co-Chairman of the London Society of Jews and Christians and of the Interfaith Alliance UK, Chairman of the Scriptural Reasoning Society and a Trustee of the Ammerdown Centre.

Sr Margaret Shepherd is a Sister of Zion. Formerly the Director of The Council of Christians and Jews, she continues her involvement in Christian Jewish relations and teaches the Bible. She is a Member of the R.C. Bishops' Committee for Catholic Jewish Relations and the Executive Committee for the London Society of Jews and Christians. She too is a Trustee of the Ammerdown Centre.

** A 5% discount will be given to people booking for both the Study Weekend and the Study Week (see below). In addition, Ammerdown is offering the special rate of £50 for Supper Bed and Breakfast on the Sunday evening for those staying over in order to take part in the Study Week.*

Monday 15 August on Friday 19 August

R3911

JEWISH-CHRISTIAN STUDY WEEK – Visions of Redemption

Residential: £357, Non-residential: £238*

Please arrive by noon on Monday. Course ends with lunch on Friday.

Christians and Jews look forward to a better future for humanity, but they do so using many different symbols and images: the World to Come, the Kingdom of Heaven, the New Jerusalem, the Messianic Age of justice and peace when God will be one and known as one. What do these mean, and how much depends on God, how much on us, for the fulfilment of these visions? During this week we will explore our hopes for the world through our texts and traditions.

The Jewish-Christian Study Week will be led by

Sr Margaret Shepherd and **Rabbi Mark Solomon**

(see Study Weekend entry above for more information).

** A 5% discount will be given to people booking for both the Study Weekend (see above entry) and the Study Week. In addition, Ammerdown is offering the special rate of £50 for Supper Bed and Breakfast on the Sunday evening for those staying over from the Study Weekend in order to take part in the Study Week.*



2011 COURSES

Friday 19 August to Sunday 21 August

R4011

MEDITATION TO QUIETEN THE MIND

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

"John has 'moved me on' from relaxation to meditation."

John Preston will introduce you to a variety of meditative techniques and also help you to understand the concepts underlying the practice. Techniques and concepts will come mainly from the Buddhist tradition, but no attempt will be made to promote any particular faith as John believes that meditation is of universal relevance.

There will be plenty of opportunities to practise meditation and then to discuss, within a supportive environment, what you have experienced.

John Preston's teaching is based on his own experience of training for five years as a Monk at a Buddhist meditation monastery. Since returning to lay-life his main focus has been on teaching meditation as a tool for relaxation and for personal growth.

He has led this course at Ammerdown for many years

and has always been well received: *"John shares a deep knowledge of a complex subject with clarity, great warmth and humour"*; *"Affirming and supportive as well as informative - an inspiring teacher with a great sense of humour"*.



Friday 19 to Sunday 21 August

R4111

GLASS PAINTING TASTER WORKSHOP

Residential: £209*, Non-residential: £139*

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Sally Whitehead is a gifted glass painter who sells her work at craft markets in East London and takes commissions for special occasions and celebrations. Sally learned the skill of glass painting at a local craft workshop and after the first session became hooked. She discovered that glass painting is a great pastime and also provides the opportunity to create gifts for friends and family – and even sell art work at craft markets if you become really good at it!

This Ammerdown course will give you a chance to get hooked too! It will provide a step by step approach to turning every day glassware, such as wine glasses, tumblers, tealights and vases, into works of art. By using templates of your choice, you will practice the techniques of outlining and painting glass and develop a skill to take away with you, together with a collection of painted glass pieces!

No previous experience is needed and all materials will be provided.

**The cost of the course includes the cost of the material that will be used.*



2011 COURSES

Friday 19 August to Sunday 21 August

COPING WITH LOSS

R4211

Residential: £199, Non-residential: £133

Please arrive by 6pm on Sunday. Course ends with afternoon tea on Sunday.

This is another chance to attend Ammerdown's course dedicated to helping people travelling on the painful journey of loss or bereavement – be it the loss of a loved one, or losses such as loss of status, work or health. Our aim is to provide a little solace in difficult times, and to rekindle hope of better times.

Description of the course and of its leader, **Dr Penny Rawson**, can be found on page 29. The content of this weekend will be very similar to the earlier, longer, course, albeit in a more intensive form given the shorter time available.

Please note that in exploring loss, the spiritual dimension will be explored along with the psychological and practical.

Whilst people of all traditions are welcome on the course, Penny, a Roman Catholic, will lead the group in exploring loss within a Christian framework.



Saturday 20 August

ZAZENKAI – A Day of Zen Practice

D1711

£40

9.30 for 10.00am to 4pm. Includes coffee, lunch and afternoon tea.

With **Fr Patrick Eastman**. For more information, see the entry for the other 2011 Zazenkai day on 26 February (see page 12).



2011 COURSES

Monday 5 September to Friday 9 September

R4311

CHOOSING LIFE: THE LIVING SCRIPTURE

Residential: £360, Non-residential: £240

Please arrive by 6pm on Monday. Course ends with lunch on Friday.

Sr Maureena Fritz is rated by our guests as an exceptional teacher and retreat leader, who has the rare gift of bringing to life famous biblical characters and making their stories relevant to our own personal journeys. *"Excellent. Inspirational. Revelatory" and "We hung on her every word! What a fantastic, amazing and gracious woman. I feel privileged to have met her, and do hope there will be a next time!"*.

Thankfully there is to be a next time, as we have persuaded Sr Maureena to come back all the way from Jerusalem for another Ammerdown retreat in 2011. This time, she will focus on 'Choosing Life', as per the verse in Deuteronomy 30.19: "I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live."

Sr Maureena writes: "Life itself, with all its ups and downs, is the living Scripture. God's spirit penetrates the events in all of life and in all the events in the world and invites me to respond. God is with me, not merely some time and some where, but in every now and in every here. The word of God that addresses me in this hour is not a word that can be looked up in a guide or holy book; it is a present word that demands my answer by carrying out the responsibility towards it as best I can. Nor can the collective decisions of the group to which I belong, whether community or church, relieve me of this responsibility. 'Whoever loves father or mother more than me is not worthy of me.' (Matthew 10.37)"

This retreat will therefore be all about Choosing Life! The Bible, which is a record of past encounters with God, will serve as a main source of inspiration, but use will also be made daily of modern day films and songs for further inspiration and challenge to our accustomed ways of thinking and acting.

Maureena, a Sister of our Lady of Sion, is Academic Director of the Bat Kol Institute in Jerusalem - an international ecumenical association of Christians committed to the study of Torah (Word of God) as transmitted by Jewish traditions. She has written several books on Praying with the Hebrew Scriptures.



Monday 12 September to Friday 16 September

R4411

SPACE JUST FOR ME!

Residential: £270

Please arrive for noon on Monday. Finishes with lunch on Friday

Are you feeling stressed, or in need of a break in peaceful and beautiful surroundings? This break will be a repeat of the week we are holding earlier in the year, from 9 to 13 May - a chance for you to relax in the beautiful environment provided by Ammerdown, with no other pressure than to put yourself first and take care of what you need! For more information about the week, please see page 17.



Friday 16 September

D2011

QUIET DAY

£35

9.30am for 10.00am until 4pm. Includes coffee, lunch and afternoon tea.

With **Sr Theresa Kennedy**. See page 5 for further details.

2011 COURSES

Saturday 17 September

ECKHART TOLLE AND THE POWER OF NOW

D2011

£45

9.30am for 10.00am to 4pm. Includes coffee, lunch and afternoon tea.

Fiona Gardner will lead a one day workshop exploring the insights and spiritual teachings of Eckhart Tolle, whose bestselling books, 'The Power of Now' and 'A New Earth', are widely regarded as two of the most influential spiritual books of our time.

Fiona Gardner writes: "Eckhart Tolle offers a contemporary perspective on human psychology that has deep roots in Buddhism, Hinduism, Sufi Islam and Christianity. Using material from talks that Tolle has given, we will explore his ideas of the pain body, the false self construct, and acceptance and surrendering to what is. There will be time for reflection, meditation and discussion.

Fiona Gardner is a psychotherapist, spiritual director and author of books on therapy and spirituality. Her interest is in exploring the psycho-spiritual aspects of religious life. She is the current editor of 'The Merton Journal' - the twice yearly publication of The Thomas Merton Society of Great Britain and Ireland.



Monday 26 September to Thursday 29 September

CREATING HEALTH – Mind/Body Medicine and Mindfulness

R4511

Residential: £295, Non-residential: £197

Please arrive by 6pm on Monday. Course ends at 4pm on Thursday.

This course offers a straightforward self-help programme that enables people to become more aware of existing health-related difficulties and to manage them successfully. Conditions that might be helped range from back pain, headaches, IBS (irritable bowel syndrome), fibromyalgia and asthma to anxiety and depression (in remission).

During the course, you will develop the ability to pay attention to both mind and body symptoms that are creating discomfort and functional 'dis-ease'. By the time the course ends, you will have created your own personal mind/body tool kit to manage your health difficulties better.

The workshop builds on the combined professional experience and teaching skills of **Dr David Beales** and **John Preston**, and will include methods drawn from mindfulness (present moment awareness) and the science of mind/body medicine.

Dr David Beales worked as a GP and physician until 2000 when he extended his holistic practice by further training in mind/body medicine. He teaches medical students at Bristol University and has trained in mindfulness-based stress reduction and cognitive therapy.

John Preston worked for many years as a senior social services manager, counsellor and lecturer in adult education. For five years, he trained as a monk at a Buddhist meditation monastery. Since returning to lay life, he has been teaching mindfulness meditation as an entirely secular practice promoting personal growth.

The course is suitable for anyone interested in mind/body balance. Trainee practitioners and those undertaking professional development are also welcome. CPD certificates will be available on request.



2011 COURSES

Monday 10 October to Friday 14 October

R4611

WATERCOLOUR PAINTING

Residential: £345, Non-residential: £230

Please arrive by 6pm on Monday. Course finishes with lunch on Friday.

"This is the best tutor I have ever had. He is truly outstanding in bringing the best out of his students and was totally committed to ensuring that we all enjoyed the course".



Mike Hoskins is a regular course leader at Ammerdown. We ask him back year after year simply because he is so good! Not only he is a gifted painter, who exhibits regularly and has won many prizes, but he is also a first rate tutor. He is particularly good at unravelling the mysteries of perspective and at giving guidance on how to tackle particular problems associated with watercolour painting such as skies, foregrounds, trees and buildings. Complete beginners can create the most amazing artwork (see photo) within a few days under his guidance.

So, if you have always wanted to try watercolour painting but have lacked the confidence or opportunity to do so, or if you want to improve on your skills, come and spend the week with Mike at Ammerdown. You won't regret it!

Friday 14 October to Sunday 16 October

R4711

BE A JEW FOR A WEEKEND!

Residential: £199, Non-residential: £133

Please aim to arrive by 5.30pm on Friday (in time for the start of Shabbat at 6pm). Course ends with lunch on Sunday.

Have you ever wondered what it is like to live as an Orthodox Jew? If so, then this course is for you! During this unique weekend, we (Jews and non-Jews alike) will try to get a sense of being traditionally Jewish, learning about how a Jew feels, thinks and acts.

To do this we will start by experiencing Shabbat, arguably the most important Jewish festival, and one that happens every week from Friday night until Saturday night. The rules of Shabbat are often thought of as complicated and obscure; we will look at what these rules are, where they came from and how to do them in practice.

We will experience the joy and beauty of Shabbat, a time for letting go of the material world and concentrating on God, Torah, family and people around us.

Food is of great importance to Jews, so we will eat Jewish food and try to understand something of the traditional rules of kosher food.

We will think about Judaism and ask: 'does Judaism need a creed?'. And if so, what could be in it? We will look at the letters of the Hebrew alphabet, possibly the most mystical subject in Judaism. We will study a passage from the Hebrew Bible in depth and get a taste of its layered and nuanced meanings. We will pray together, eat together and be together, with plenty of time for questions and discussion.

Questions, arguments, discussion, mistakes and disagreements will be actively encouraged, so don't accept anything at face value – remember, arguing is the Jewish way of learning!

Jews and non-Jews are equally welcome, and no prior knowledge of Judaism or Hebrew is needed.

Peter Walters (Shimon Yaakov ben Avraham) lives in Bath and works in Bristol as a psychotherapist. He is very active within the Jewish community in the south west. He also runs a mental health project for the Chassidic community in Stamford Hill, and has an interest in the link between psychology and spirituality. He is Chair of the Avon branch of the Council of Christians and Jews and speaks across the country on interfaith and traditional Judaism.

2011 COURSES

Monday 17 October to Friday 21 October

R4811

AMMERDOWN AUTUMN BREAK

Residential: £325, Non-residential: £217

Please arrive by noon on Monday. Course ends with lunch on Friday.

Following the Ammerdown Summer Break on 6 to 10 June (see page 21), here is another opportunity to enjoy a relaxing break in excellent company, enhanced by the unique atmosphere of Ammerdown.

Members of the **Ammerdown Team** and **Sue Harbert** will once again be your devoted companions for these five days which will offer the usual enjoyable mix of creative workshops, craft activities, entertainment, talks, prayer services and liturgy as well as quiet times.

There will be a day outing to Wells, followed by a visit of Downside Abbey together with, we hope, a tour of the Abbey's private libraries. The smallest city in England, Wells is a pretty market town blessed with a beautiful Cathedral and Bishops' Palace. As for Downside Abbey, it is not only the largest Neo-Gothic style church built in England after the Reformation, it is also home to a community of Benedictine Monks. Its library is renowned for its collection of ancient sacred manuscripts, and we will see whether we can arrange to combine the visit to the abbey with a private tour of the library.

(N.B. Transport to Wells and Downside and admission charges are not included in the cost of the week, and will have to be covered by those who take part in the trip.)



Monday 24 October to Friday 28 October

R4911

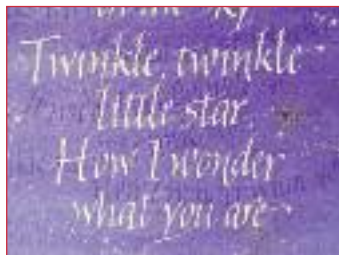
CALLIGRAPHY FOR BEGINNERS AND IMPROVERS

Residential: £379, Non-residential: £253

Please arrive by noon on Monday. Course ends with lunch on Friday.

Calligraphy is not just beautiful writing. Learning the skills to speak to the eye with meaning or create a picture of feelings, is a way of expressing yourself with both words and artistry. It is both creative and therapeutic.

This course will introduce beginners to how a broad-edged tool makes such elegant marks, then cover the basics of writing a formal script, using colour mediums and how to approach various design elements. They will complete at least two final pieces of work. For those with some experience, there will be a range of possibilities, depending on what is most useful to individuals: a new script, trying out different backgrounds, making a simple book, applied techniques such as embossing, stencilling or stamping, or perhaps gilding an illuminated letter. Each person will have the opportunity to select something to focus on, whether developing and refining existing skills or learning entirely new ones, and to produce a finished project of their choice.



Josie Brown has been a professional scribe, heraldic artist and illuminator for over 30 years and is an enthusiastic and thorough teacher. She is an accredited tutor for the Calligraphy and Lettering Arts Society, a founder member of Gloucestershire Lettering Arts, and has completed commissions for the academic, military, public and private sectors. Josie currently teaches workshops and summer schools around the country. She has a particular passion for ancient and modern gilding techniques.

2011 COURSES

Friday 28 October

QUIET DAY

9.30am for 10.00am until 4pm. Includes coffee, lunch and afternoon tea.

D2311

£35

With **Sr Theresa Kennedy**. See page 5 for further details.

Monday 31 October to Friday 4 November

AUTUMN PHOTO TIME AT AMMERDOWN - A unique opportunity!

Residential: £419, Non-residential: £279

R5011

Please arrive by 5.30pm on Monday. Course ends with lunch on Friday.

If you like the idea of a course aimed at helping you see, compose and take better photos with your digital camera, AND spend concentrated time on developing a creative approach to your photography, you really should enjoy this course. Using photography as the starting point to creatively develop work through the imaginative use of computer software could also make this course attractive to those who enjoy working in a variety of art forms to change what's possible in art.

Led by expert tutor **Bryan Webb**, this project-based course has been timed to take advantage of the sumptuous autumn colours in Ammerdown's gardens, park and woods. It will combine outdoors and indoors 'resource' photoshoots as the basis for creative work that is tailored to the participants' own interests. Focusing on good photographic working practices, this flexible course will include timely instruction, demonstrations, group work and tutorials aimed at collecting autumnal images and other photographic resources for the project-based, image editing work, using PC



Notebooks. You will complete at least one major piece of work ready for printing or perhaps, as an audio-visual show. Your work could be strictly photo-realistic or photo-creative or photo-impressionistic. You will be able to return home with useful knowledge, ideas for starting points and a wealth of experience. Depending upon weather conditions, some optional photoshoots will be available e.g. autumnal sunrise/sunset.

This course could be an excellent follow on from one of Bryan's earlier photography courses or, equally, suit those who have been using some of the features of a digital camera for a little while and want to learn more about it. (N.B. It is NOT suitable for complete beginners). The only items of equipment that you need to bring are your camera, its instruction manual and a tripod. Ask to see the Pre Course Checklist if you would like to check that this course would suit your level. This checklist, along with a Supplementary Advice Sheet, providing full details about the course software and what you might like to bring will be sent with the booking confirmation. These are also available in advance by request, or as a downloadable PDF document from Ammerdown's website.

For information on Bryan's background and experience see page 14. You can also read reviews about his previous courses on Ammerdown's website.

N.B. Check out Bryan's earlier photography courses at Ammerdown on 18 to 20 March and on 13 to 17 June

2011 COURSES

Friday 4 November to Sunday 6 November

R5111

AWAKENING TO THE REAL

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Zen can be a wonderful help to Christians seeking to awaken to their own true nature. But as the great Japanese Zen teacher Yamada Roshi remarked when he began taking Christians as students: "It is not my intention to make you a Buddhist but to help you to empty yourself in imitation of your Lord Jesus."

Fr Patrick Eastman Sensei will guide retreat participants in the ways of a Zen practice that enables them to be open to the very gift of life itself without theories or speculation. He will lead us in the practice of Zazen (silent sitting), thereby helping us to still the mind through an attentiveness to our breath. This, coupled with the stillness of the body, will free the mind from its ordinary activities, and will in turn lead to a greater attentiveness to the very gift of life itself and the gift of accepting things just as they are. Ultimately, we will awaken to all that is essentially real and become more fully aware of our own essential nature that comes to us as a free gift from our creator God.



This is a silent retreat where each day starts at 7.00am. Much of the time is spent in Zazen and Kin Hin (walking meditation), Dharma talks, chanting and Daisan (one to one interviews with the teacher). For those who would like to attend, the weekend also includes on Saturday night a simple celebration of Eucharist in the spirit of our encounter with a Zen practice.

See page 12 for further details on Fr Patrick's background and experience.

Please also note the Zen retreat led by Fr Robert Kennedy and Fr Patrick from 27 May to 2 June, and the two Zazenkai days, with Fr Patrick, on 26 February and 20 August.

Friday 11 November to Sunday 13 November

R5211

CHRISTIAN ETHICS

Cost: see below*

Please arrive by 6pm on Friday. Course ends with lunch on Sunday

The course will examine some influential Christian ethical theories, especially Natural Moral Law and Situation Ethics. We will also examine whether or not it is possible to derive morality from religion. Kant, who constructed an ethic around the golden rule of Christianity, will also be considered. We will also examine the challenges to morality; in particular, Relativism, Emotivism and Intuitionism. Applied moral issues will be investigated, including sexual ethics and war- to show how these ethical theories relate to specific moral dilemmas.

Part of the course will consider what makes a good A Level essay and tips on how to get good marks, in order to help A level students attending the course. However, the teaching will be accessible and of interest to anyone who wishes to know more about ethics.

The course will be led by **Andy Midwinter**, who is an experienced A Level teacher and examiner of A level Ethics.

*Cost:

- £149 for A Level students
- £185 for adults



2011 COURSES

Friday 11 November to Sunday 13 November

R5311

STEPPING IN HIS SANDALS – Walking 'The Beatitude Way' with the Aramaic Jesus

Residential: £205, Non-Residential: £137

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Combining professional skills in therapy and education with their interest in comparative religion, the mysticism of sound and music, embodied prayer and spiritual dance, **Glenda and Trevor Huggons** have been leading themed retreats for many years (see www.dancingspirit.co.uk). They have been significantly influenced by the beautiful, revelatory translations of the teachings of Jesus directly from the Aramaic language of Jesus by renowned author and teacher, Neil Douglas-Klotz with whom they have studied and whose blessing they have to share his rich body of work. During this weekend, Glenda and Trevor will share their experience of working with some key words and phrases from Neil's translations, which have helped them to place Yeshua (Jesus) more accurately in his native Middle Eastern context and provided them with an enhanced sense of his worldview. Building on these new insights and focusing in particular on Neil's expanded version of the 2nd Beatitude, this retreat-style weekend will



lead participants on a creative journey designed to help them take the first steps towards acknowledging and addressing the inner struggles which can prevent us all from living our life to its fullest potential. To this end, Glenda and Trevor will use a variety of practical activities, including walking meditation, guided visualisation, chant and song, gentle movement and simple circle dance. They hope that the weekend will leave participants with a personal experience of the relevance of Yeshua's 'beatitude way' in their lives today, renewed inspiration and empowerment, together with some additional tools to continue to nourish themselves on their own continuing journey.



2011 COURSES

Monday 14 November to Friday 18 November

R5411

THE SPIRITUALITY OF THE RELATIONAL SELF

Residential: £355, Non-Residential: £237

Please arrive by 6pm on Monday. Course ends after breakfast on Friday.

A short retreat like this one can provide an opportunity to slow down and take time to look at what is going on in my life right now. It is so easy to get caught up in an OUTER world. We live in a time when that outer world with its noise and distraction can come to dominate my INNER world, maybe in destructive ways. We can lose our sense of Self and may need time to hear again the call to continue the journey of becoming the unique person we have the potential to become. Yes, we all want to be our True Selves.

This Self finds expression in a variety of ways. One of these ways is in relationship. We are born individuals but we become persons by opening up to love, by opening up to Others. We are called into relationship with God and with Others. One writer speaks of this as THE GIFT OF YOU, the gift of me for others. This gift is often expressed by a life of DO-ing. How do we live the gift without tarnishing its beauty? DO-ing needs to be balanced by BE-ing, otherwise it may lead to distorted forms of relating.

So there will be opportunity to look at ourselves, to look at the quality of our relationships and so respond anew to these two important callings.

Usually we have two sessions in the morning and one in the afternoon, then a short meeting at 5pm to bring our day to closure. There will be input with handouts, there will be time for sharing ideas, and time for personal reflection. Those who wish may join morning and evening worship in Ammerdown's Chapel.

Sr Germaine O'Neil is a Loreto Sister who spent 37 years as a missionary in Kenya. Since coming back to the UK in 2000, she has been involved in retreat work, spiritual guidance and individual counselling. Her experience has shone through in her previous retreats at Ammerdown, with participants commenting on the gentle way in which she creates a space where everyone can feel safe and free to be him/herself.



Tuesday 15 November to Thursday 17 November

R5511

UNDERSTANDING ISLAM

Residential: £220, Non-residential: £147

*The course will start at 9am on Tuesday and finish at 5pm on Thursday. Accommodation can be booked on Monday night and Thursday night at an additional cost.**

For those for whom a later date in the year is more convenient, this is a repeat of the 'Understanding Islam' course scheduled for 10 to 12 May, to be led by expert **Dr Chris Hewer**. Please see page 17 for a description of the course and information on Dr Hewer.

** If you would find it difficult to reach Ammerdown by 9am on Tuesday, or would prefer not to travel on Thursday evening, you can book extra nights at the Centre as a private guest at the reduced rate of £50 for supper, bed and breakfast – subject to availability.*



2011 COURSES

Friday 18 November to Sunday 20 November

R5611

RETURNING HOME THIS CHRISTMAS WITH HENRI NOUWEN

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday

As we come to Advent this year, **Fr Luke Penkett** will use Henri Nouwen's writings to help us to discover the place where God chooses to dwell. In a journey that takes us more deeply into the heart of God, we visit again the eternal truths of the parable of the Prodigal Son and focus on the younger son's return, the restoration of son-ship, the elder son's turbulent emotions and the compassion of the father. Guided through Henri Nouwen's best-selling book *The Return of the Prodigal Son*, with fresh insights from his posthumous *Home Tonight*, all of us who have known loneliness, dejection, jealousy and overwhelming love will be inspired by thoughts on homecoming, affirmation and reconciliation. Our hope is that this opportunity for time out in the reflective setting of Ammerdown, freed from the busy-ness of the run up to Christmas, will lead to a growing awareness of God's gift to each one of us.



Fr Luke is Chair of the recently formed Henri Nouwen Society in the U.K. He is an Orthodox priest and monk living and working in L'Arche. Co-author of *Augustine and His World* in the Lion Histories series, Luke has lectured and led Quiet Days and Retreats internationally and published works on the Desert Fathers and Orthodox Spirituality. He is currently preparing a thesis on ecumenism in Henri Nouwen's life and thought.

Friday 18 November to Sunday 20 November

R5711

BREAKING THE IMAGE – Authenticity in our own lives and the wider world.

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

"We are called to share with God the work of creating the truth out of our identity. We can evade this responsibility by playing with masks, and this pleases us because it can appear at times to be a free and creative way of living... to please everyone. But in the long run the cost and the sorrow come very high."

(Thomas Merton)

The expectations placed on us by the societies, cultures and religions we live in and interact with are high. We strive to meet them and adapt to them. We often put on a mask and play a game which is at odds with our real selves. At other times the realities of life can be hard to face and we seek to escape them, so much so that the daydreams gain a life of their own at the expense of our long-term well-being. As T S Eliot said, "What might have been is an abstraction remaining a perpetual possibility only in the world of speculation".

Publicity of all kinds also seeps into our lives, persuading us with images of who we should be, how we should act and what we should own in order to lead a fulfilling life. Often presented in a subliminal manner, these 'messages' are pervasive in today's media but as the old Japanese idiom reminds us: "You can't eat the rice cake in the picture" - never confuse art with life!

During the weekend we will explore and discuss authenticity in our own lives and the wider world from a number of different perspectives, including our own experience.

Mark Scholefield has been contributing to the life and work of the Ammerdown Centre since 2005 and has led courses on Thomas Merton, Anthony de Mello and the Art of Awareness as well as regular pilgrimages.

2011 COURSES

Friday 18 November to Sunday 20 November

R5811

ENNEAGRAM TWO – SUBTYPES AND ESSENCE

Residential: £209, Non-residential: £139

Please arrive by 6pm on Friday. Course ends at 4pm on Sunday.

'Subtypes and Essence' is an advanced Enneagram workshop for people who are familiar with the basics of all nine types and who know their own type with reasonable certainty.

The three subtypes, present within each of the nine types, are instinctual responses and basic behaviour in the three main arenas of life: self-preservation, social interaction, and one-to-one intimate relationship. As our most unconscious strategies, they are often the greatest barrier to growth and higher awareness. Therefore, to identify and understand the subtleties of our subtype is to confront what really holds us back from awareness of our Essence.



This workshop will deepen understanding of the nine types in four main areas:

- ❖ The ways in which Passion and Fixation manifest in subtypes
- ❖ Each type's Holy Virtue and Holy Idea as aspects of Essence
- ❖ Head, heart and belly as centres of spiritual perception
- ❖ Psychological and spiritual growth using the Enneagram

The workshop will again be led by **Karen Webb**, who is leading an introductory course on Enneagram at Ammerdown on 24 to 26 June. More information on Karen's background and experience can therefore be found on page 26.

Friday 2 December

D2611

QUIET DAY

£35

9.30am for 10.00am until 4pm. Includes coffee, lunch and afternoon tea.

With **Sr Theresa Kennedy**. See page 5 for further details.



2011 COURSES

Friday 2 December to Sunday 4 December

R5911

AN ADVENT RETREAT WITH DANIEL O'LEARY TO REFRESH MIND, BODY AND SPIRIT

Residential: £195, Non-residential: £130

Please arrive by 6pm on Friday. Course ends with lunch on Sunday.

Fr Daniel O'Leary came to lead a weekend at Ammerdown for the first time last year – and what an occasion it proved to be! Not only was the weekend heavily over-subscribed but those lucky enough to secure a place were bowled over by the experience. Words such as “a brilliant communicator”, “inspirational” and “such fun” abound in the feedback. Yet Fr O'Leary is one of the most unassuming course leaders we have had the pleasure of welcoming at Ammerdown... Given this amazing feedback, we have persuaded Fr O'Leary to come back to Ammerdown this year to lead an Advent Retreat. Prepare to be both inspired and challenged, as Fr O'Leary describes Christmas as 'the Feast we all love to celebrate but mostly fail to understand'. He writes: “The implications of Incarnation should transform our daily lives. Yet, it too often fails to do so – because the real meaning of Christmas was never really explained to us. My hope is that, through this weekend, you too will come to realise the true meaning of Christmas”.



Thursday 22 December to Tuesday 27 December

R6011

CHRISTMAS HOUSEPARTY

Residential: £475

Please arrive by 6pm on Thursday. The Houseparty ends after breakfast on Tuesday.

“Thank you once again for a magical Christmas party”

“We have had yet another wonderful Christmas, thanks to the love and dedication of all who helped make it happen – plus the food was better than ever!”

“For me, it was just the right kind of balance between many interesting and varied activities, being sociable, and having quiet times for myself. Once again, thank you!”

Our Christmas Houseparty is our most popular residential event in the year, as evidenced by the fact that, once again, our 2010 Christmas event was fully booked by the end of August. People simply seem to love coming to spend Christmas at Ammerdown, and we do our utmost to make sure they have a good time. We offer a combination of excellent food, workshops, fun activities, party games, craft, walks, seasonal films, entertainment and... our very own Ammerdown Pantomime performed by staff and guests! We also take time to reflect on the significance of Christmas in our own faith journeys. In line with the ecumenical ethos of Ammerdown, we have a 'Midnight' Anglican service on Christmas Eve and a Roman Catholic Mass on Christmas Day, together with daily prayer services and times of silent meditations.

The Houseparty is organised and led by the **Ammerdown Staff** and a team of volunteers.



Lord Hylton, who is the only surviving Founder of the Ammerdown Centre, has tried to capture in a poem all that Ammerdown is about. It makes wonderful reading!

Expressing and Living our Vision

*A garden of joy and delight
A spirit of living water
A tent of welcome
A door of acceptance
A shared table of bread and wine
A meal to satisfy our common needs
A precious jar of healing ointment
A listening ear
A holy space, open to all
An invitation to the dance
A word of hope, encouragement and good news
A memorial to the victims of war and violence
A remembrance of humble, saving power
A burning bush of unquenchable fire
A tangible sign of hidden salvation
A cross-roads and meeting point
A window open towards heaven
A bridge of peace
A house of friendship
A Noah's Ark, a ship of fools
An encounter of personal faiths
and shared traditions
A shelter from the storm
A blessing on our life's journey*

LORD HYLTON
FOUNDER AND TRUSTEE

Hylton
2304

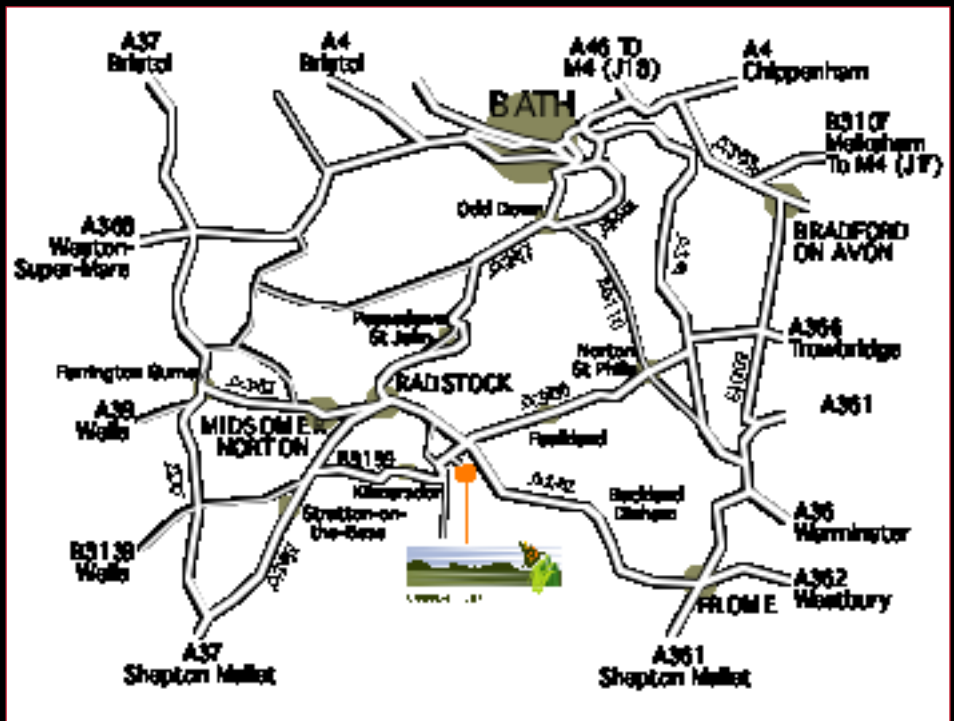
TRAVEL

The nearest main line railway station is Bath Spa.

Adjacent to the railway station in Bath is Bath Bus Station, and a regular bus service from there to Radstock.

A taxi from Radstock is available from Somer Taxis 01761 417700, Per Dindorp Taxis 01761 434343, or Radstock Taxis 01761 417166.

Please visit our website (www.ammerdown.org) or contact the Centre if you require any further information.



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