



# Ammerdown

HOSPITALITY • PEACE • RECONCILIATION

## Quarterly News July - September 2021



### Look out for our Sunday Afternoons in September

**Sunday 5 September:** Book Club for Racial Justice with Rev Narinder Tegally

**Sunday 12 September:** Interfaith Marriages and Islam with Imam Mohammed Gamal

**Sunday 19 September:** Filled to be Emptied ZOOM with Rev Brandan Robertson

**Sunday 26 September:** 'Oh yes, you did laugh!' - What place for humour in a serious world? with Rev Peter Chave

*To Book...*

Our new online Booking System is on its way! Until then, please email [admin@ammerdown.org](mailto:admin@ammerdown.org) or call 01761 433 709 to book your place.



# July



## Song of Songs and Esther - Godless Biblical Books?

Rabbi Rachel Montagu

Friday 2 July – Sunday 4 July

Please arrive by 6pm, course ends with lunch.

R - £260 NR - £175

Residential Course R1321

‘My beloved is mine and I am his’. ‘The Jews had light and joy, gladness and honour’. This weekend will be a chance to look at the text of Song of Songs and Esther. These are two very different books of the Bible, but between them they include wonderful poetry and skilled plot-construction, and they are both a joy to read. We will see what we can learn from artists’ interpretations of the book of Esther. We will consider how, although they are the only two books of the Bible not to include God’s name and have in different ways been controversial in the Jewish community, they both have a significant role in contemporary Jewish life. Rabbi Rachel Montagu studied for rabbinic ordination at Leo Baeck College, London and Machon Pardes, Jerusalem. She has an MA in Biblical Studies and teaches Biblical Hebrew.



## Singing Workshop - Lift up your Voice

Jane Harris

Sunday 4 July

2pm - 4pm

Cost: £12

Day Course D1421

A singing workshop led by accomplished choir leader, Jane Harris, in our delightful courtyard garden. We will be singing songs to celebrate the beauty of the natural world, including Jane’s own compositions. Beautiful melodies, rich harmonies and moments of stillness.

“An exceptional teacher with a wonderful choice of songs.”

Jane Harris is an experienced choir leader and Director of Songways , based in Bath. She teaches by ear and loves to explore songs in different ways to enrich and deepen the singing experience. Please bring a bottle of water. Refreshments will be on sale from 4pm. This event will go ahead rain or shine. In the event of inclement weather, please come prepared.

# July



## Rolling Harmony Concert

Sunday 4 July  
5pm - 6pm  
Cost: £10  
Day Course D1521

Enjoy the rich blend of voices from Rolling Harmony, a new vocal group of choir leaders and singers from the South West, performing in our beautiful garden. They promise a great range of songs and gorgeous vocal harmonies!

Refreshments will be on sale from 4pm. This event will go ahead rain or shine. In the event of inclement weather, please come prepared.



## July Summer Private Stay

Tuesday 6 July – Friday 9 July  
Please arrive by 6pm, stay ends with lunch.  
**Residential - £255 Full Board**

Come and stay at Ammerdown for three relaxing days.

A warm welcome awaits you. Explore the woods and gardens; go further afield and discover Bath, Wells, Bristol or Cheddar; or simply take the time to be.

Spiritual Guidance is available on request.



## Embroidered Redwork Bag

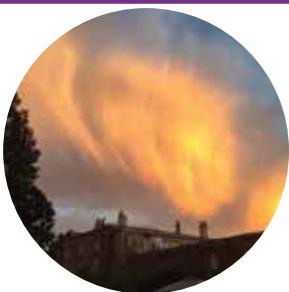
Annette Bolton  
Monday 12 July - Thursday 15 July  
Please arrive by 6pm, course ends with lunch.  
**R - £405 NR - £270**  
**Residential Course R0821**

During this course, you will be able to work on an attractive and practical decorative bag, which could have many uses, including storing your stitching projects or materials.

The hand embroidery is worked in Redwork, which dates back to the 1800's in America where penny squares were embroidered with simple stitches, using just one colour. We will cover a variety of hand embroidery stitches, as well as the inclusion of appliqué using colourful cotton fabrics and, of course, added embellishments. This course is suitable for all abilities.

Annette Bolton has been teaching for the past 30 years, including City and Guilds in Hand Embroidery, Design and Stumpwork Embroidery. She constantly updates her knowledge of all hand embroidery techniques, in order to keep up with current trends together with new and fresh designs.

# July



## Individually Guided Retreat

Sr Felicity Young

Monday 12 July - Friday 16 July

Please arrive by 12 noon,  
course ends with lunch.

R - £555

Residential Course R2521

The Individually Guided Retreat offers the opportunity for up to five people to spend several days in silence with Sr Felicity Young, an experienced Spiritual Director. She will guide you in your praying, reading and reflecting in the beauty and quiet of Ammerdown. Past participants have told us that they have been profoundly blessed by these retreats and share tales of deeper self-knowledge, spiritual growth and a more acute awareness of the way God is at work in them. This is a silent retreat. Sr Felicity comes from a Methodist background and is an Ursuline Sister. She has been accompanying people for 25 years, giving retreats, ongoing spiritual accompaniment and 'Weeks of Accompanied Prayer'.



## TLC at Ammerdown

Thursday 15 July

10am – 2pm

Cost: £12

Day Course D1621

### Holiday Souvenirs!

Bring something along from a holiday gone by and share your memories and stories.

The retired are invited to have a day out at Ammerdown. This TLC Day includes a delicious two course cooked lunch, an optional service in the Chapel and plenty of time to chat and enjoy each other's company.



## Jane Austen's Emma

Hazel Jones

Monday 19 July - Thursday 22 July

Please arrive by 12 noon, course ends with lunch.

R - £390 NR - £260

Residential Course R2221

In Emma, the author herself voices a warning to her readers: 'Seldom, very seldom, does complete truth belong to any human disclosure; seldom can it happen that something is not a little disguised, or a little mistaken.'

This course will consider Jane Austen's employment of disguises and misunderstandings within the novel and explore the enigma of Emma's popularity as a heroine. Sessions will focus on the biographical background to the writing of the novel, the geographical and social setting, the problems facing single women, the intrigues and deceptions practised by some of the characters, and the original style in which the text is written. Hazel Jones is a Jane Austen addict, having fallen in love with Henry Tilney at the age of 11. She is the editor of the Jane Austen Society Annual Report and the author of Jane Austen & Marriage, Jane Austen's Journeys and The Other Knight Boys: Jane Austen's Dispossessed Nephews.

# August



## Breathe Deep

Gail & Ian Adams

Friday 6 August - Sunday 8 August

Please arrive by 6pm,  
course ends with lunch.

R - £290 NR - £195

Residential Course R1421

This weekend will be an opportunity to pause and to breathe deep - to imagine the divine breath Yahweh breathing life in us, and through us, to bring good to the world. Breathe deep and.... Become present - Be curious about the spaces in between words - Let go of what cannot be changed - Rediscover your beloved life - And move forward. There will be a spacious mix of teaching, conversation, stillness and contemplative practice, drawing on wisdom and experience from contemplative Christianity, on the gift of the landscape, and on insights around human becoming.

Gail and Ian are co-chaplains at Ridley Hall, Cambridge. Gail is a spiritual mentor and life coach. Ian is a poet, writer and photographer with a particular interest in the confluence of art and the spiritual.



## Stitched Textiles

Sian Martin

Friday 6 August – Sunday 8 August

Please arrive by 6pm,  
course ends with lunch.

R - £280 NR - £190

Residential Course R0221

This weekend workshop is suitable for experienced textile artists and is part of a continuous series of weekends (two weekends per year) to help participants develop confidence and an adventurous approach to their textile work. The tutor will give individual mentoring and also group tuition to stimulate and challenge individual creativity. Participants are ultimately encouraged to create a body of work that could be submitted to a group exhibition.

Please contact the tutor via Ammerdown before enrolling on this course.



## August Summer Private Stay

Monday 9 August – Friday 13 August

Please arrive by 6pm, stay ends with breakfast.

R - £320

Come and stay at Ammerdown for four relaxing days. A warm welcome awaits you. Explore the woods and gardens; go further afield and discover Bath, Wells, Bristol or Cheddar; or simply take the time to be. Spiritual Guidance is available on request.

# August



## Bobbin Lace

Pompi Parry

Monday 9 August - Sunday 15 August

Please arrive by 3.30pm,  
course ends with lunch.

R - £695 NR - £465

Residential Course R1521

Bobbin lace making is fun, creative, absorbing and stimulating, especially when like-minded people come together to extend their knowledge and learn new skills. Suitable for participants of all abilities, including beginners. Participants are expected to discuss with Pompi what project they would like to work on a month prior to the course. They are expected to provide their own equipment. This can, however, be provided for beginners by prior arrangement with the tutor.

Pompi Parry teaches bobbin lace making in the UK and the USA. As well as the two specialities of her local Wiltshire Downton Lace and Polychrome Blonde from Normandy in France, Pompi is a lace collector and historian with an extensive knowledge of lace.



## Mindfulness for Doctors

Gwen Adshead and Emma Went

Friday 13 August - Sunday 15 August

Please arrive by 6pm,  
course ends with lunch.

R - £260 NR - £175

Residential Course R2621

In this short retreat, we will use mindfulness practices to explore beginnings and endings. It has been a difficult 18 months, and we will explore how mindfulness practice can enhance our sense of connection at a time when life seems fragile.

The programme includes group discussions, mindfulness practices of various sorts and time for relaxation. The programme is suitable for those who are new to mindfulness practice or those with experience.

The feedback we get from our mindfulness retreats is always good and many people return regularly. However, it is a completely open group and new faces are always welcome. Both Emma and Gwen are doctors in psychiatric practice and mindfulness practitioners.



## The Tale of Peter Rabbit and Benjamin Bunny

A family show suitable for all ages,  
in the Ammerdown garden.

Quantum Theatre Show

Tuesday 17 August

3pm

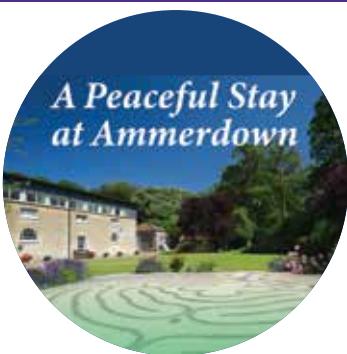
Adult Tickets - £12.50 Child Tickets - £8

Join Peter Rabbit and his naughty cousin Benjamin on their hair-raising adventures in Mr McGregor's garden! A family show suitable for all ages. Please bring blankets and fold up chairs and come dressed for the weather! Picnics welcome.

Get your tickets for The Tale of Peter Rabbit and Benjamin Bunny here...

<https://www.quantumtheatre.co.uk/event-details/the-ammerdown-centre-radstock-2>

# August



## NHS Chaplaincy Retreat

Tuesday 17 August – Thursday 19 August  
Please arrive by 6pm, stay finishes after lunch.  
**Residential R2721**

The NHS has been our rock, particularly over the last 16 months. Throughout this time, the NHS Chaplaincy Staff have been supporting COVID patients, families who were unable to be with their loved ones and the hospital staff. We are inviting NHS Chaplaincy Staff of all faiths to come to Ammerdown for a two-day retreat, where they can rest and relax, enjoy delicious food, peace and tranquillity – and be well looked after.

**The stay will be offered free of charge. We are asking for individual and faith group sponsorship. To sponsor an NHS Chaplain, the cost is £170 for two days.**

This is organised in conjunction with the Community of the Cross of Nails UK & Ireland.



## Summer Sunday Lunch at Ammerdown

Sunday 22 August  
From 12:30pm  
Cost: £25

Enjoy a traditional home cooked roast and delightful dessert in the beautiful setting of Ammerdown. Bar available.

Please book in advance.



## THE TEMPEST

by Folksy Theatre in the Ammerdown garden.

Sunday 22 August  
7pm

Adult Tickets - £15 Child Tickets - £12 Family - £48

Prospero conjures a storm and torments the survivors of a shipwreck, including his treacherous brother, Antonio. Meanwhile Prospero's slave, Caliban, plots to rid himself of his master but is thwarted by Prospero's spirit-servant Ariel. Ferdinand then falls in love with Prospero's daughter

Miranda. Will Prospero grant Ariel her freedom and be restored to his dukedom? Will Ferdinand and Miranda's love overcome all? Folksy's wonderful outdoor production is filled with live music, colourful characters, enchantment and a little touch of magic. Bring along your picnics and folding chairs to enjoy this wonderful tale!

Get your tickets for The Tempest here...  
<https://ticketstripe.com/events/1025398>

# August



## Watercolour based Mixed Media

Dawn Oliver

Monday 23 August - Friday 27 August

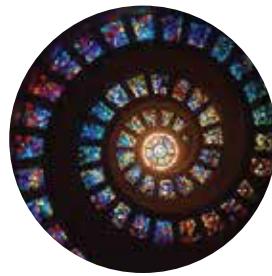
Please arrive by 12 noon,  
course ends with lunch.

R - £520 NR - £350

Residential Course R1621

On this course we will be using Watercolour as a base or addition to mixed media. We will be covering different textures, techniques, collage and much more. This course is suitable for anyone with some (if only a little) experience in drawing and painting. There will be daily demonstrations and individual tuition, throughout your stay, with 6 hours each day dedicated to creating art.

Dawn Oliver was born into a family of artists and was raised with a paintbrush in her hand! She has a fun approach to teaching as she believes people are more open to learning in a relaxed and friendly atmosphere. Dawn has been teaching drawing and painting at all levels and in all media in Adult Education for more than 25 years. She exhibits regularly and can be found in the 'Who's Who of Art'.



## Touching Silence in Body and Mind

Jacqueline Evans

Monday 23 August - Thursday 26 August

Please arrive by 12 noon,  
course ends with lunch.

R - £425 NR - £285

Residential Course R2821

This retreat will follow a pattern of extended periods of Centering Prayer, interspersed with teaching sessions on Centering Prayer and experimentation with the embodying principles of the Alexander Technique. Jacqueline will be teaching techniques which help to release the physical tension associated with habitual thought patterns, and you will discover ways of touching into silence as you go about your life. Most of the time outside of sessions will be held in silence, and there will be plenty of time for private reflection.

Jacqueline Evans teaches at the Bristol Alexander School for training teachers of the Technique, and is also a trained teacher of Centering Prayer and co-founder of the Bristol Centering Prayer group.



## Bank Holiday Weekend Cream Teas in the Ammerdown Garden

Sunday 29 and Monday 30 August

2pm - 5pm

£5 per cream tea

Come and enjoy our delicious homemade scones with cream and jam, served with tea and coffee.  
Please book in advance to reserve a table.

# September



## Book Club for Racial Justice

Rev Narinder Tegally

Sunday 5 September

3pm - 4.30pm

Cost: FREE event – donations welcome

Day Course D1721

Narinder is passionate about addressing racism and believes the only way we can undo racism is to consistently identify it, describe it and then dismantle it. Join Narinder as she leads a monthly Book Club at Ammerdown tackling the issues, challenging our bias and assumptions, encouraging us to effect change. September's book is 'Ghost Ship' by Azariah France-Williams which challenges institutionalised racism in the church and our society. Rev Narinder Tegally is Lead Chaplain at Royal United Hospital Bath, Associate Priest at Bath Abbey and Assistant Diocesan Director for Bath and Wells Diocese. She brings her Indian heritage, experience of the NHS, the wider church as well as her connection to both the Sikh and Christian faiths into the conversation.



## Interfaith Marriages & Islam

Imam Mohammed Gamal

Sunday 12 September

3pm - 4.30pm

Cost: FREE event – donations welcome

Day Course D2021

The question of interfaith marriages has been an interesting and a challenging question in contemporary Islamic thought. This talk surveys the Islamic views on interfaith marriages and engages with the challenges and opportunities that it offers. Imam Mohammed Gamal Abdelnour is a faculty member at Al-Azhar University, Cairo, and is the Imam of Bath Mosque.



## Filled to be Emptied

Rev Brandan Robertson

Sunday 19 September

3pm - 4.30pm

Cost: FREE event – donations welcome

Zoom Course Z1921

Filled to Be Emptied: A Path of Liberation for Privileged People: In today's culture, the word 'privilege' is thrown around a lot, but what does it actually mean? Is privilege inherently negative, and if not, how might it be understood in a way that brings healing and liberation to both its holder and the marginalized? In this session, author and activist Rev. Brandan Robertson will explore how Jesus' life and ministry can serve as a model for how Christians should relate to and utilize their own positions of privilege to create a more just and equal world for everyone. Brandan is a noted author, activist, and theologian, working at the intersections of spirituality and social renewal. He has worked with political and social leaders around the world to end conversion therapy and promote LGBT+ rights. Most recently, Brandan served as the Lead Pastor of Mission gathering Christian Church in San Diego, CA, USA.



## 'Oh yes, you did laugh!' -

What place for humour  
in a serious world?

Rev Peter Chave

Sunday 26 September

3pm - 4.30pm

Cost: FREE event – donations welcome

Day Course D2121

The Church has been called 'a serious house on serious earth'. Religious folk of many sorts have tended to be wary of humour and of laughter. But do they have a vital part to play in healthy and holistic living? Let us tiptoe together through the realm of humour - and find out.

Peter Chave is a United Reformed Church minister who served congregations in Birmingham, Sheffield and Plymouth. He also helped to train clergy and has a special interest in Jewish-Christian dialogue.

# September



## Chinese Brush Painting – Aquatic life

Julia Martin

Monday 6 September - Friday 10 September  
Please arrive by noon, course ends with lunch.  
R - £520 NR - £350  
**Residential Course R1721**

Aquatic life provides a wealth of interesting subjects to discover and paint. We'll cover the 'essentials' for beginners and participants will learn through the course. Explore the south China Seas, with subjects including enigmatic, colourful seahorses and mysterious sea dragons. We'll paint enchanting sculptural seashells and radiant coral reefs. Finally, we'll create a serene twilight landscape featuring Cormorant Fishermen set on lakes surrounded by the picturesque Karst Mountains. Julia has been solely dedicated to this art form for over 15 years and, she has studied with both Chinese Masters and the most renowned CBP artists in the UK.



## Caring for Creation

Billie Anderson, Sue Glanville and Canon Angela Townshend

Monday 6 September –  
Tuesday 7 September  
Please arrive by 12 noon,  
course ends with lunch.  
R - £100 NR - £75  
**Residential Course R2421**

Join together to share, learn about and action ideas to tackle Climate Change at grass root level. Sessions will be facilitated by people actively involved in their communities. Our speaker is Billie Anderson who is part of Tearfund's Campaigns team, encouraging and equipping Christians to connect with climate change.



## Refreshing Day for Carers

Tuesday 7 September  
10am - 3pm  
Cost: £15  
**Day Course D1821**

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



## Christ at the Round Table

Dave Tomlinson

Friday 10 September – Sunday 12 September  
Please arrive by 12 noon, course ends with lunch.  
R - £265 NR - £180  
**Residential Course R2921**

We'll explore what inclusive faith means – in a world that aspires to be inclusive but is increasingly fragmented. With talks, multimedia presentations and group work we will think about who Christ really is for us today, what Bonhoeffer's 'religionless Christianity' might mean and how we can create a radically welcoming community for a more compassionate world. Dave is an Anglican priest, a broadcaster and the author of books like The Post-Evangelical. As a parish priest and the initiator of alternative forms of church in pubs and online, Dave has spent decades creating open, inclusive spaces.

# September



## Loss and Grief

Sue Brayne

Saturday 11 September  
10am – 4pm

Cost: £50 includes morning coffee,  
lunch and afternoon tea.

Day Course D1921

Grief and loss are part of the human condition. Yet many of us struggle to cope with the profound personal and spiritual crises that loss and grief bring into our lives, the mental and emotional turmoil that we experience, or how our lives will never be the same again. The workshop provides a safe space for anyone who wants to explore how grief and loss have impacted their life journey and to understand the lessons they teach us. It will also explore how feelings and emotions can become trapped in the body and discover ways to gently release them. Sue worked as a psychotherapist specialising in loss, grief and trauma. She has an MA in the Rhetoric and Rituals of Death and is the author of *The D-Word: Talking About Dying*.



## Autumn Break

Gwyneth Evans and Lynn Douglas

Monday 13 September - Friday 17 September  
Please arrive by noon,  
course ends with lunch.

R - £520

Residential Course R3021

This break is especially designed for those who are retired and looking for an accessible place to rest, recuperate and recharge. Ammerdown provides comfortable en-suite bedrooms, beautiful gardens and the opportunity to enjoy delicious meals in good company. The chapel offers a space for private reflection and daily prayer and the lounge a pre-dinner drink or chat over a jigsaw. There is a mix of optional activities such as talks, films, a quiz and a book club discussion, as well as the opportunity to learn new craft skills. The breaks foster real community and many enjoy them so much they return regularly.

Regulations willing, there will be trips out to local places of interest.



## Quiet Day

Rev Narinder Tegally and Christine Clinch

Saturday 18 September

10am - 4pm

Cost: £50

Day Course D2221

A day for healing, restoring and reconciling. We gather together in the quiet space of Ammerdown to reflect on our lives and our spiritual journey, through readings, prayer, music and meditation. There will be plenty of time to walk the labyrinth and the grounds, as well as the opportunity to be creative through art and writing. Rev Narinder Tegally is Lead Chaplain at the Bath RUH Trust, Associate Priest at Bath Abbey and Assistant Diocesan Director for Bath and Wells Diocese. Christine Clinch is the Lead Manager at Ammerdown.

# September



## NHS Chaplaincy Retreat

Monday 20 September -  
Wednesday 22 September  
Please arrive by 6pm,  
stay finishes after lunch.

**Alternative dates to 17-19 August see pg 7**  
Residential Course R3121



## Crewelwork

Annette Bolton

Monday 27 September -  
Thursday 30 September  
Please arrive by 6pm,  
course ends with lunch.  
R - £405 NR - £270

Residential Course R0921

Crewel embroidery began to gain popularity in England in the late sixteenth century. Designs were usually free-flowing floral patterns, and mostly worked in wool threads. However, for this course we will be working the lovely Jacobean designs in fine threads and including organza fabrics to give the embroidery a fresh delicate look. We will cover a good selection of stitches and designs, with information on other interesting techniques to try at home. This course is suitable for all abilities. Annette Bolton has been teaching for the past 30 years, including City and Guilds in Hand Embroidery, Design and Stumpwork Embroidery. She is gifted textile and bead artist who loves to share her art with others.

Contact us  
01761 433709  
[www.ammerdown.org](http://www.ammerdown.org)  
[admin@ammerdown.org](mailto:admin@ammerdown.org)



## TLC at Ammerdown

**Josh Harris**

Thursday 23 September  
10am – 2pm  
Cost: £12  
Day Course D2321

Josh Harris, a local photographer and Zoology graduate, currently working for the Beaver Trust, will talk about his experiences of photographing wildlife in the UK. He will explain how understanding the behaviours of different species and getting to know the landscape can enable you to create unique images. This includes a two course cooked lunch.

**Upcoming courses:  
Please check out the  
website What's On Page**

**Including...**

**Silver Jewellery with Pauline Payne**

**8 - 10 November**

**Advent Retreat with John Bell**

**10-12 December**



The Ammerdown Centre

[theammerdowncentre](http://theammerdowncentre)

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