



Ammerdown

HOSPITALITY • PEACE • RECONCILIATION

Quarterly Programme *April - June 2022*



We welcome you to join us for our next quarter of courses as Spring makes its way to The Ammerdown Centre. This quarter, we have a number of courses to refresh and rejuvenate the mind, body and soul. We are also thinking more about our effect on the planet with our monthly Zoom and Caring for Creation residential course as well as a brand new workshop for children - 'Trash to Treasure'.

Please check out our website's
'What's On' page for details of courses beyond June.

To Book...

It is now easy to book wherever and whenever is convenient for you! Bookings can be made on our website at www.ammerdown.org - Let us know what you think!

April



Stitched Textiles

Sian Martin

Friday 1 April - Sunday 3 April

Please arrive by 6pm, course ends at 2pm

R - £305 NR - £205

Residential Course - R0522

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 the course.



Early April Private Stay

Friday 1 April - Sunday 3 April

Please arrive for 6pm, stay ends after lunch.

R - £188

Residential Course - PStayApr1

Come and stay at Ammerdown for a relaxing weekend. 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.

Silver Jewellery

Pauline Payne

Monday 4 April - Wednesday 6 April

Please arrive by noon, course ends with lunch

R - £320 NR - £220

Residential Course - R0622

Learn traditional silversmithing techniques such as saw piercing, soldering and polishing so you can develop your own ideas into beautiful pieces of jewellery. Suitable for complete beginners and an opportunity for students who wish to practise at their own pace. Beginners will start by making a silver band ring, and with a simple approach to design, progress by choosing to make other items such as pendants, earrings, cufflinks, brooches and bangles. You'll be surprised at the standard of work that can be achieved. There will be an additional fee for the silver used.





Awakening our Natural Compassion & Wisdom - An Introduction to Tibetan Buddhism

Alison Murdoch
Saturday 9 April
9:30am for 10am - 4pm
£55

Day Course - D1522
Includes morning coffee, lunch and afternoon tea.

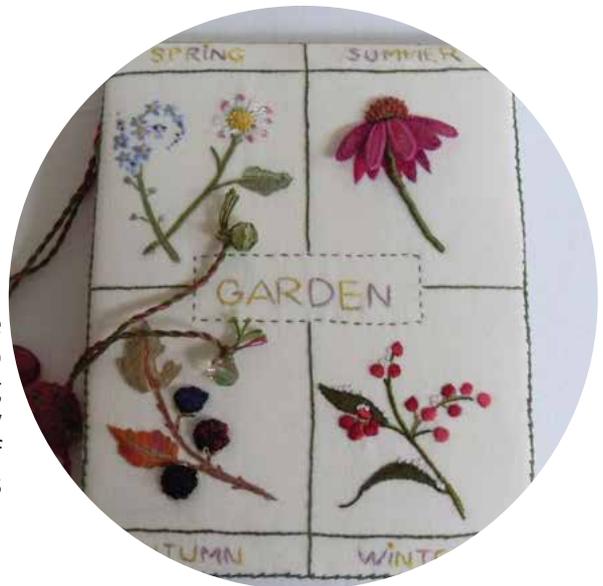
An unburdened mind is joy supreme –
The Seventh Dalai Lama

Taking some inspiring verses by The Seventh Dalai Lama (1708 – 1757) as our starting point, we will explore together the three principal aspects of Tibetan Buddhism. The day will include discussions, Q&A and simple contemplative practices, and is suitable for people of any faith or none.

Stumpwork

Annette Bolton
Monday 11 April - Thursday 14 April
Please arrive by 6pm, course ends with lunch
R - £435 NR - £285
Residential Course - R0722

On this course, we will be exploring the beautiful seventeenth century raised embroidery technique known as Stumpwork. You will have an opportunity to work a spring themed piece of embroidery featuring bluebells, primroses and forget-me-nots, or alternatively your favourite summer flowers. We will cover many of the varied hand embroidery stitches associated with this technique. This course is suitable for all abilities.



Easter Retreat A Great Shout Waiting to be Born! (Living Easter in the 21st Century)

Dave Tomlinson
Thursday 14 April - Sunday 17 April
Please arrive for noon, retreat ends after lunch.
R - £390 NR - £240

Residential Course - R0822

Against a background of events like the pandemic, the refugee crisis, and the climate emergency, this retreat asks what the Holy Week and Easter story means for us today – personally and collectively. Can we re-imagine its significance, discover fresh possibilities for a new context? Using art, multimedia presentations and stimulating talks and group discussions, we will explore what it might mean to live Easter, to practice resurrection – to unleash fresh hope and joy on ourselves and our world.





Caring for Creation Residential Course

Sue Glanville

Sunday 24 April - Tuesday 26 April

Please arrive for 6pm, Course ends after lunch.

R - £190 NR - £115

Residential Course - R0922

We will share our hopes, actions, joys and sadness as we focus on our beautiful planet. Learning together about St Francis and St Clare. Exploring nature poetry and having opportunity to write our own poetry. Sharing our own experiences of awe and wonder in creation. Encouraging and supporting one another to inspire positive change in our communities. Listening to inspiring speakers. Maybe some forest-bathing! All in the beautiful surroundings of Ammerdown.



Late April Private Stay

Friday 29 April - Monday 2 May

Please arrive for 6pm, stay ends after lunch.

R - £290

Residential Course - PStayApr2

Come and stay at Ammerdown for a relaxing long weekend. 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.

May



Calligraphy Retreat

Monday 2 May - Friday 6 May

Please arrive by noon, course ends with lunch.

R - £605 NR - £405

Residential Course - R1422

The act of engaging with a dip pen and ink is a mindful and absorbing process. In this retreat we'll focus on using calligraphy to slow us down from our busy lives and connect with our faith through the texts we choose and the way that we interpret them on the page. The intention for the time is to take time out to combine calligraphy with your faith expression rather than to receive calligraphy instruction. However, Sunita will happily provide some individual tuition for beginners and improvers. Bring your usual calligraphy equipment and materials. Sunita will have a few things to share and others available for a small cost. If you need any clarification on what to bring, please email sunita.auger@gmail.com

Trash 2 Treasure

Lauren Tutchell
Saturday 7 May
10am - 12pm
£3.50 per child
Day Course - D1822

For ages 5 - 13 years old (and parents!)
Come along and turn your trash into treasure!

Spend the morning creating either a tin can planter, or, for the slightly more advanced crafter, a tin can pencil pot holder or, if you're feeling like an extra challenge, why not make a magazine photo frame.
Please bring an empty can, bottle or some old magazines or comics if you have them.



Mansfield Park

Hazel Jones
Monday 9 May - Thursday 12 May
Please arrive by noon, course ends with lunch.
R - £460 NR - £310
Residential Course - R2022

Elizabeth Bennet and Emma Woodhouse are two of the best-loved heroines in English fiction, but few fall in love with Mansfield Park's Fanny Price. The course will explore Jane Austen's aims in writing this intriguing, problematic novel, together with the other issues raised – education and morals, families and relationships, improvements, and the position of the clergy in the early 19th century.

Chinese Brush Painting

Julia Martin
Monday 16 May - Friday 20 May
Please arrive by noon, course ends with lunch.
R - £605 NR - £405
Residential Course - R1722

Learn the fascinating techniques of Chinese Brush Painting while painting scenes that discover the enchantment of Shanghai.

The Pearl of the Orient, city of Shanghai is the theme for this Chinese Brush Painting Course. We cover the essential elements for beginners and participants will learn through demonstrations and individual support throughout the course. Photographs and books will be available to inspire, and step by step notes on each subject will be available for students to take home.



Quiet Day

Christine Clinch and Rev Narinder Tegally

Saturday 21 May

9:30am for 10am - 4pm

£55

Day Course - D1922

Includes morning coffee, lunch and afternoon tea.

'Ruah', Hebrew for 'breath', also means 'wind', or 'spirit'.
'Ruah' is a distinct presence of God that enables life to be.

We open ourselves to the breath of God living in us. 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.



Jews and Christians Reading Psalms Together

Rachel Montagu and Isaac Treuherz

Friday 27 May - Sunday 29 May

Please arrive by 6pm, course ends with lunch.

R - £290 NR - £190

Residential Course - R2122

We pray and sing the psalms – but what's going on in their texts? Now is a chance to study psalms in detail, to better understand them, and appreciate the beauty of the art and music they have inspired. We'll look at a selection of psalms which appear in Jewish and Christian liturgies, study their words, sing and listen to different melodies for them, and look at art based on them from different cultures and through time.

Book Club

Rev Narinder Tegally

Sunday 29 May

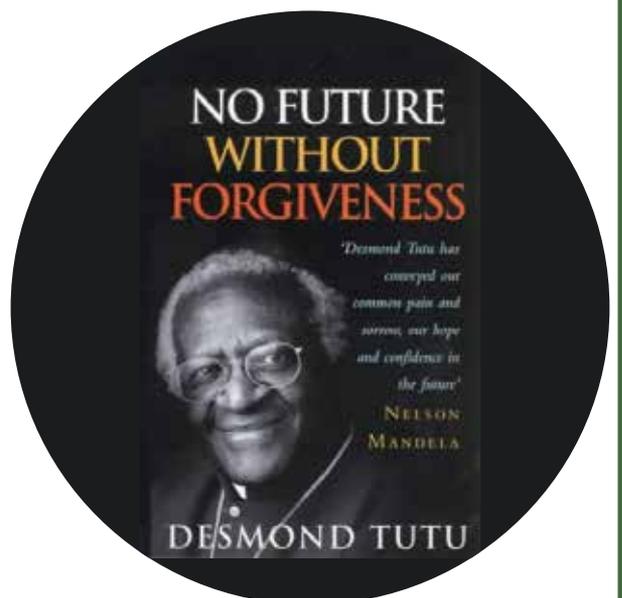
Please arrive by 3pm, course ends at 4:30pm.

Suggested Donation £5

Day Course - D2622

Includes tea and coffee.

Our book this month is Desmond Tutu's: 'No Freedom without Forgiveness'. "Ubuntu speaks of the very essence of being human. We say "Hey, so-and-so has ubuntu." Then you are generous, you are hospitable, you are friendly and caring and compassionate. You share what you have. It is to say, "My humanity is caught up, is inextricably bound up, in yours." We belong in a bundle of life. We say, "A person is a person through other persons." We continue our conversation about racial justice.



June



Lift up your Voice!

Jane Harris

Friday 3 June - Sunday 5 June

Please arrive by 6pm, course ends with lunch.

R - £325 NR - £225

Residential Course - R2222

An uplifting weekend of song at the beautiful Ammerdown Centre led by accomplished choir leader, Jane Harris. Learn vibrant songs from a wide range of harmony singing traditions and develop your voice and singing styles. Discover evocative folksongs, lively rhythmic American songs, rich South African choruses and Jane's own beautiful compositions inspired by the natural world.

Trash 2 Treasure

Lauren Tutchell

Saturday 4 June

10am - 12pm

£3.50 per child

Day Course - D2322

For ages 5 - 13 years old (and parents!)
Come along and turn your trash into treasure!

Spend the morning creating either a tin can bird feeder, or, for the slightly more advanced crafter, a toilet roll bird feeder or, if you're feeling like an extra challenge, why not make a recycled bag.

Please bring an empty can, toilet roll tube or plastic bags, if you have them.



June Private Stay

Friday 10 - Sunday 12 June

Please arrive for 6pm, stay ends after lunch.

R - £188

Residential Course - PStayJun

Come and stay at Ammerdown for a relaxing weekend. 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.



Cross-Structure Bindings for Calligraphy or Journals

Josie Brown

Monday 13 June - Thursday 16 June

Please arrive by noon, course ends with lunch.

R - £460 NR - £310

Residential Course - R1522

An opportunity to learn how to bind interesting and attractive cross-structure books which use two separate papers or fabric for the covers. We'll explore the inclusion of fold-outs, pockets and windows, then paint, laminate or decorate the cover material and try out a number of ingenious fastenings. We'll also consider the design of manuscript pages, investigating different mediums and techniques suitable to be used inside the books, as well as refine a script for writing inside.

Soul Of Leadership

Margaret Benefiel and Margie Buchanan-Smith

Monday 13 June - Thursday 16 June

£3800 over 18 Months

Contemplative Leadership for Change

The third residential will help participants consider how they adapt to change. Through an experiential, interactive process, participants will examine continuity and change in their own lives and in the lives of the groups they lead, and learn how to identify and overcome blocks that prevent them from achieving their goals.

A new Soul of Leadership course begins at Ammerdown in January 2023. ZOOM Taster Sessions will be available soon. Email admin@ammerdown.org if you would like to hear more!



Living Theology

Friday 17 June - Sunday 19 June

Please arrive for 5pm, course ends after lunch.

R - £240 NR - £150

This Living Theology weekend will focus on links between literature on the one hand and Christian theology and spirituality on the other. Some time will be given to addressing more theoretical issues, such as what connections there are between literature and theology or different ways of speaking about the mystery of God, creation and redemption in theology and literature. Most of the time, however, will be spent reading, commenting on and discussing a selection of literary texts by a range of authors. Here we will explore different ways in which poets and other creative writers address major themes in Christian faith and theology.

Visit our website's 'Whats On' page for the booking form which must be returned to: Mrs Eilish Heath, 8 Castle Road, Bury St Edmunds, Suffolk IP33 3NL.

**LIVING
THEOLOGY
2022**



Refugee Week

Refugee Week is a UK-wide festival celebrating the contributions, creativity and resilience of refugees and people seeking sanctuary. Founded in 1998 and held every year around World Refugee Day on the 20 June, Refugee Week is also a growing global movement.

MEET JAMAL - ONE YEAR ON

Last year, Jamal shared his Refugee story with us via zoom for Refugee week.

He lives in Jakarta, Indonesia and, (as Indonesia is not a signed up member of the UN Convention on Refugee rights), Jamal has no rights to work or study in Indonesia.

But, Jamal has news to share and will be joining us back on zoom to share his Refugee story and update us on his journey.

Sunday 26th June

2pm - 3pm

Online meeting via Zoom

Z0522

Book via our website -
Ammerdown.org

You are welcome to Zoom from Ammerdown and then continue with the interfaith walk.



A Gentle Interfaith Walk

D2722

Welcoming people of all faiths and none to walk together in Ammerdown Park and return to the centre for tea and cake.

**Sunday
26 June
3-5pm**



Help Ammerdown help Ukraine

What are we collecting?

- New underwear for men, women & children (no bigger than large) (including bras in good condition.)
- Toiletries (new & unopened)
- Warm blankets (good condition)
- Sanitary pads, tampons & nappies
- Sleeping bags in sacks
- Tea, coffee, baby milk powder



Rastafari Sabbath

Saturday 2nd July

4pm - 7pm at Fairfield House

Day Course - D2822

Fairfield House, in Newbridge, Bath, was the residence of Haile Selassie I, Emperor of Ethiopia, during the five years he spent in exile. Ras Benji will welcome us to Fairfield House, for the Rastafari Sabbath. There are limited places. Please book in advance. Transport is available on request.

Donations for Fairfield House.

Coming up in July and August



Embroidered Hare Pouch

Annette Bolton

Monday 11 July - Thursday 14 July

Please arrive by 6pm, course ends with lunch

R - £435 NR - £285

Residential Code - R1222

Loving Life with the Enneagram: Foundation Workshop

Helen English

Wednesday 13 July - Friday 15 July

Please arrive by 10am, course ends with lunch

R - £365 NR - £265

Residential Code - R2422



NHS Chaplaincy Retreat

Monday 18 July - Thursday 21 July

Please arrive by noon, retreat ends with breakfast

R - £282

Residential Course - R1022

Much Ado About Nothing

Folsy Theatre

Wednesday 3 August

Starts at 7pm

Tickets go on sale on 1st April.

Booking details coming soon!





Alice in Wonderland

Folksy Theatre

Sunday 7 August

Starts at 4:30pm

Tickets go on sale on 1st April.

Booking details coming soon!

Breathe Deep

Gail and Ian Adams

Friday 5 August- Sunday 7 August

Please arrive by 6pm, course ends at 2pm

R - £345 NR - £245

Residential Code - R2522



Bobbin Lace Making

Pompi Parry

Monday 15 August - Sunday 21 August

Please arrive by 6pm, course ends after lunch

R - £795 NR - £495

Residential Code - R2322

Watercolour Techniques

Dawn Oliver

Monday 8 August - Friday 12 August

Please arrive by 12 noon, course ends with lunch.

R - £595 NR - £395

Residential Code - R2622





TLC Days for the Retired

These days invite those who are retired to enjoy a talk or activity, a two course cooked lunch, an optional chapel service and time to chat and enjoy each others company. Please arrive by 10am, day ends at 2pm.

Thursday 21 April - £15 - Day Course D1622

Join us for a Floral Demonstration by Ann Bevan of The Farmborough Floral Art Group. Please bring your spare change as Ann will be raffling off her wonderful Floral Creations at the end.

Thursday 26 May - £15 - Day Course D2122

Olly Jones, (the Ammerdown Gardener) will be giving a demonstration on planting for wildlife and what it's like maintaining our beautiful gardens. He will also try and answer any of your own gardening questions.

Thursday 16 June - £15 - Day Course D2422

Join Tony Griffith, who is a member of the inner magic circle, for his visual talk presentation "There is a trick to every trade, But mine is a trade of tricks"

Refreshing Day for Carers

Tuesday 17 May

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

£15

Day Course - D2022

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



Joy in Enough – Our Lenten Study

'Joy in Enough' – a study produced by The Green Christians that educates, encourages conversation and generates action - on Wednesdays 2nd, 9th, 16th, 23rd, 30th March and 2nd and 9th April, from 10am to 11am, via ZOOM. Please download your own resources here: <https://joyinenough.org/resources/plenty/>

Donations to Ammerdown for facilitating this would be gratefully received and can be paid via the Just Giving page on www.ammerdown.org

Email admin@ammerdown.org for the Zoom link.

CUPPA AND A CHAT

Monday 25 April, Monday 30 May, Monday 27 June

2pm - 4pm

FREE

Day Course - D1722, D2222, D2522

Are you lonely and in need of a bit of company? Join us for a chat and a cup of steaming hot tea or coffee and a slice of delicious homemade cake every last Monday of the Month.



Contact us

01761 433709

www.ammerdown.org
centre@ammerdown.org



The Ammerdown Centre



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