



# Ammerdown

HOSPITALITY • PEACE • RECONCILIATION

## *Quarterly Programme* *July - September 2022*



Welcome to the summer edition of the Ammerdown Quarterly Programme! We hope that you will find courses and events that are of interest to you. If there is a speaker or course that you would like to see included in our programme, please do let us know and we will try our best to make them part of future programmes. You will see a new course – ‘A Day for the Exhausted’, which was born out of a conversation at the 3SG exhibition.

For bookings and courses beyond September, please check out our website’s ‘What’s on’ page for details.

### *To Book...*

It is now easy to book wherever and whenever it’s convenient for you! Bookings can be made on our website at [www.ammerdown.org](http://www.ammerdown.org) - Let us know what you think!

## Still to come in June...



**Trash 2 Treasure** - Sunday 12 June 10am - 12pm

Come along and turn your trash into treasure!

Spend the morning creating either a milk bottle bird feeder, a magazine photo frame or a plastic bottle plant pot! Please bring an empty can, bottle or some old magazines or comics if you have them.

## Calligraphy for Beginners & Improvers plus Cross-Structure Bindings for All - Monday 13 June - Thursday 16 June

An introduction for beginners and development of scripts for those with experience, plus cross structure bindings for all! Learn how to bind interesting and attractive cross-structure books which use two separate papers or fabric for the covers.



**Trip to the Synagogue** - Saturday 18 June

Meet at Ammerdown for 1pm, return at 5pm. Come along to see, hear and ask questions in a relaxed and interactive session at Bristol & West Progressive Jewish Congregation Synagogue. Organised in conjunction with Bath Interfaith Group.

**Meet Jamal - One Year On** - Sunday 26th June 2pm - 3pm (Zoom)

Jamal will be joining us on zoom from Jakarta, Indonesia to share his refugee story and update us on his journey. You are welcome to join the Zoom from Ammerdown.



**A Gentle Interfaith Walk** - Sunday 26th June 3pm - 5pm

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



## Private Stays

Come and stay at Ammerdown for a relaxing long break.

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.

**Wednesday 13 - Friday 15 July**

Please arrive by noon. Depart after breakfast.

**Friday 2 - Sunday 4 September**

Please arrive by noon. Depart after breakfast.

**Sunday 2 - Tuesday 4 October**

Please arrive by noon. Depart after breakfast.

**Residential - £188**

# July

## Trash 2 Treasure

Lauren Tutchell  
Saturday 2 July  
10am - 12pm  
£3.50 per child (adults free)  
Day Course - D3022

Come along and turn your trash into treasure!  
Spend the morning creating a masterpiece from old bottles, magazines and other household waste. Keep an eye on our Facebook page or website for details of what we will be making each session.  
Please bring an empty can, bottle or some old magazines or comics if you have them.

Price includes materials, a drink and a snack (cake and fruit). Adult refreshments will also be available for purchase.



## Rastafari Sabbath

at Fairfield House  
Saturday 2 July  
4pm - 7pm at Fairfield House  
Donations for 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.

## Embroidered Hare Pouch

Annette Bolton  
Monday 11 - Thursday 14 July  
Please arrive by 6pm, course ends with lunch.  
Residential - £435 Non Residential £285  
Residential Course - R1222

This lovely pouch is put together using a collage of fabric, and then embellished with hand embroidery. A variety of stitches will be used, and could include sequins, small buttons and metallic thread. There will be a printed linen fabric of hares for you to purchase if you wish to include this in your piece of work. This course is suitable for all abilities.





## Loving Life with the Enneagram:

Helen English

Foundation Workshop

Wednesday 13 - Friday 15 July

Please arrive by 10am, course ends with lunch.

Residential - £365 Non Residential - £265

**Residential Course - R2422**

Meet the Enneagram, or deepen your experience, with this foundational programme. We'll explore with serious intent, yet shared and playful kindness. Let's bring more fun, love and ease to this extraordinary life we live!

## NHS Chaplaincy Retreat

Monday 18 - Thursday 21 July

Please arrive by noon, retreat ends with breakfast.

Residential - £282

**Residential Course - R1022**

Welcome to Ammerdown for a relaxing and nourishing break with Chaplains from all over the country. There will be optional, gentle activities, opportunities to meet together to share recent experiences and time to simply be. Delicious food and great company guaranteed!



## August



## Breathe Deep

Gail and Ian Adams

Friday 5 - Sunday 7 August

Please arrive by 6pm, course ends at 2pm.

Residential - £345 Non Residential - £245

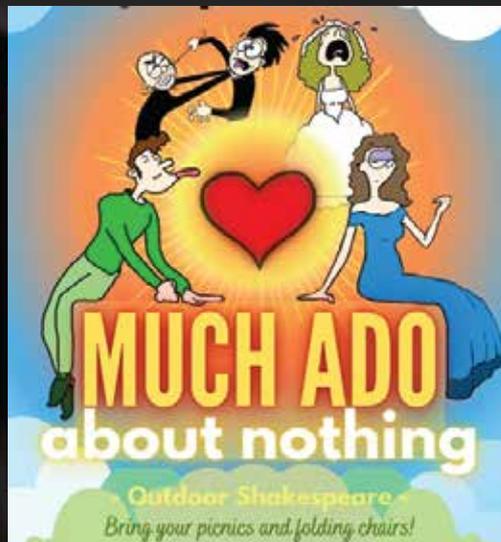
**Residential Course - R2522**

This weekend will be an opportunity to pause and breathe deep, to reorientate and move forward.

With a spacious mix of teaching and practice, Gail and Ian will open up ways to be present and to pray. Drawing on stories from the life of Jesus, exploring insights around how we truly flourish as human beings, and giving attention to the beautiful landscape around Ammerdown, we may rediscover the gifts of peace, belovedness and purpose - enabling us in turn to help bring renewed hope to our world.

# FOLKSY THEATRE

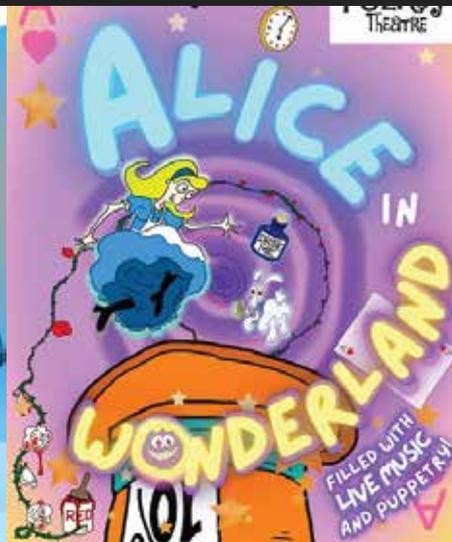
## Presents



### Much Ado About Nothing

Wednesday 3 August  
Starts at 7pm

Two young lovers, Claudio and Hero are to be married but a malicious scheme threatens their big day. Meanwhile marriage seems inconceivable for the bantering Beatrice and Benedick, Shakespeare's wittiest and most loveable pair of reluctant lovers, whose endless sparring threatens to keep them apart forever!



### Alice in Wonderland

Sunday 7 August  
Starts at 4:30pm

Alice, a young, curious girl, follows a white rabbit down a rabbit hole and ends up in Wonderland! There, she begins on an adventure she will never forget. Come along and meet some of the strangest and most peculiar characters, including the mysterious Cheshire Cat, the Wacky Mad Hatter and the foul-tempered Queen of Hearts! Filled with live music and puppetry, it's the perfect show for the whole family!

Please book at [ticketstripe.com/events/1028579](http://ticketstripe.com/events/1028579)



### A Day for the Exhausted

The Ammerdown Team  
Saturday 6 August  
£55

9:30am for 10am - 5pm  
Day Course - R2822

Be catered for and undisturbed for a whole day in beautiful, tranquil surroundings. This is a day to simply escape from the pressure of life. Find peace here at Ammerdown, choosing to do what you want to do - simply resting or choosing from a selection of optional gentle activities. Stroll in the beautiful grounds, try some mindfulness activities or experience Tai Chi in the courtyard. An individual massage can also be arranged for an additional cost when booking.

Take a longer break and book supper, bed and breakfast for an additional £65 per night and relax in front of a film with a drink from our bar.

## Exploring Gouache

Dawn Oliver

Monday 8 - Friday 12 August

Please arrive by noon, course ends after lunch.

Residential - £595 Non Residential - £395

Residential Course - R2622

This lovely versatile medium is often overlooked. On this course we will cover a variety of subjects using different techniques and styles on a selection of papers within a friendly relaxed environment.



## Bobbin Lace Making

Pompi Parry

Monday 15 - Sunday 21 August

Please arrive by 6pm, course ends after lunch.

Residential - £795 Non Residential - £495

Residential Course - R2322



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.

## Mindfulness for Doctors

Gwen Adshead and Emma Went

Friday 19 August - Sunday 21 August

Please arrive by 6pm, course ends after lunch.

Residential - £290 Non Residential - £190

Residential Course - R2922

In this short retreat, we will use mindfulness practices to explore how we care for thoughts, emotions and feelings that are uncomfortable: especially emotions that involve anger, fear, shame and a wish to hurt. These emotions (which used to be called the 'afflictive' emotions) are challenging for all of us; but perhaps especially for those of us in the caring professions; who are trained to respond to others with empathy, and compassion, and to provide containment for other painful emotions. But these emotions are part of human life, and caring for them in ourselves is a crucial skill, and mindfulness practices can contribute to a sense of skilfulness.

Includes group discussions, mindfulness practices of various sorts and time for relaxation. Suitable for those who are new to mindfulness practice or those with experience.



## Quiet Day

Christine Clinch and Rev Narinder Tegally  
Saturday 20 August  
9:30am for 10am - 4pm  
£55  
Day Course - D3522

Welcome to the table! We reflect on the unconditional love of God and the hospitality we offer others. 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.



## Volunteer Day

Christine Clinch  
Thursday 25 August  
10am - 4pm  
Day Course - D3622

The labyrinth was created to celebrate 40 years of Ammerdown. As we approach the 50th Anniversary celebrations, we are planning to refresh the labyrinth by digging out the well-trodden soil and stones and refresh them with new gravel. Will you join us with your trowel to transform this spiritual path? Includes a sandwich lunch. Please book your place.

# September

## God of the Oppressed:

The Revolutionary Theology of James H. Cone  
Anthony Reddie  
Thursday 1 September  
2pm - 4pm  
£10  
Day Course - D4222

James Hal Cone (1938-2018) was the 'Grand Patriarch' of Black Liberation theology. While there has been a form of Black theology in existence since the era of transatlantic, chattel slavery of Africans, James H Cone is credited with creating the modern, systematic dimension of the discipline. His book 'Black Theology and Black Power', first published in 1969, paved the way for the further, scholarly development of Black theology. His early classic texts, 'A Black Theology of Liberation' (1970) and 'God of the Oppressed' (1975), helped to define the development of a revolutionary new approach to academic theology and the task of the theologian. Cone's indefatigable fight to expose 'Theology's great – silence in the face of White Supremacy', was his life's project, in which the task of theology was to align itself with the liberationist dimensions of the God revealed in the life, death and resurrection of Jesus. It can be argued that the 21st century creation of the 'Black Lives Matter' movement was the vindication of his radical approach to theology that spoke out in defence of the sanctity of Black human experience. This workshop will explore the central ideas of James Cone's work and legacy.



# Ammerdown Family Fun day!

Bank Holiday Monday  
29th August

12 - 4pm

FREE ENTRY

- BBQ -
  - Cream Teas -
  - Icecream Van -
  - Face-painting -
  - Bouncy Castle -
  - Pre-loved Clothes and Book Sale -
  - Treasure Hunt -
  - Live Music -
  - Pimms and Prosecco Bar -
- And much more!

## Ammerdown Cream Teas

Join us between 2pm-5pm for our famous homemade cream teas throughout June, July & August!

June  
Sunday 12th  
(with Open Garden)  
Sunday 26th

July  
Sunday 3rd  
Sunday 10th  
Sunday 17th

August  
Sunday 14th  
Sunday 21st  
Sunday 28th





## Trash2Treasure

Saturday 3 September  
10am - 12pm  
£3.50 per child (adults free)  
Day Course - D3722

Come along and turn your trash into treasure!  
Spend the morning creating a masterpiece from old bottles, magazines and other household waste. Keep an eye on our Facebook page or website for details of what we will be making each session.

Please bring an empty can, bottle or some old magazines or comics if you have them.  
Price includes materials, a drink and a snack (cake and fruit).

## Walking the Labyrinth

Vicki Burke  
Saturday 3 September  
10am - 4pm  
£55  
Day Course - D3822

This one day workshop offers a perfect opportunity at Ammerdown, with its very own labyrinth, to take a healing journey.

As you take a deep dive into this powerful process you will be invited to open your heart, the key to finding your way home: a return to love.

The day will include discussion, personal exploration, meditation accompanied by the beautiful sound vibrations of the harp and, of course, a journey into the labyrinth.



## Individually Guided Retreat

Sr Felicity Young  
Monday 5 - Friday 9 September  
Please arrive by noon, course ends after lunch.  
Residential - £625  
Residential Course - R3022

This Individually Guided Retreat invites you to reflect in the beauty and peace of Ammerdown with the guidance of experienced Spiritual Director, Sister Felicity Young. Sister Felicity will meet with you daily to guide you in prayer, reading and reflection.

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.

## NHS Chaplaincy Retreat

Monday 5 - Thursday 8 September

Please arrive by noon, retreat ends with breakfast.

Residential - £282

Residential Course - R1122

Welcome to Ammerdown for a relaxing and nourishing break with Chaplains from all over the country. There will be optional, gentle activities, opportunities to meet together to share recent experiences and time to simply be. Delicious food and great company guaranteed!



## Chinese Brush Painting

All the Tea in China

Julia Martin

Monday 12 - Friday 16 September

Please arrive by noon, course ends with lunch.

Residential - £605 Non Residential - £405

Residential Course - R1822



Tea is a major influence in Chinese Culture since it was discovered in the Tang Dynasty (618 – 907). You will learn the techniques of Chinese Brush Painting while exploring subjects relating to tea including Tea Roses, Tea Pots, Tea Houses and Tea picking in the mountainous areas of China.

There will be demonstrations and individual support throughout the course. Photographs and books will be available to inspire you, together with step by step notes on each subject to take away with you.

## Autumn Break

Gwyneth Evans and Lynn Douglas

Monday 12 - Friday 16 September

Please arrive by noon, retreat ends with lunch.

Residential - £605

Residential Course - R3122

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. There will also be trips out to local places of interest. These breaks foster real community and many enjoy them so much they return regularly.





## A Yoga course for Ammerdown

Yvonne Cattermole  
Saturday 17 September  
9:30am for 10am - 4pm  
£65  
Day Course - D4022

Our bodies and mind need space to adapt from one season to the next. The day will include simple breath-led yoga postures and meditative practices to encourage health and well-being for the transition of summer to autumn. The day is accessible to everyone with an interest in yoga.

## Myths, Music and Magic

Helena Softley  
Sunday 18 September  
2pm - 4pm  
£10  
Day Course - D4122

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



## Book Club - Noughts & Crosses

Rev Narinder Tegally and Christine Clinch  
Sunday 25 September  
3pm - 4:30pm  
Donations Welcome  
Day Course - D4122



How do we engage young people in a conversation about institutional racism? Noughts & Crosses is a series of young adult novels by British author Malorie Blackman. The series describes an alternative history in which native African people colonise the European people, rather than the other way around, with Africans having made Europeans their slaves. What are the truths we need to face in our history? How do we name them? And then what? Join us for a challenging discussion!



## 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 14th July - £15 - Day Course D3222**

Join Tina for a delightful morning of crafts and create something to take home with you.

**Thursday 4th August - £15 - Day Course D3422**

Join us for a Floral Demonstration by Ann Bevan of The Farmborough Floral Art Group. She will be demonstrating approximately 4/5 floral arrangements with an aim to give ideas that can be achieved quite easily for the inexperienced flower arranger and without spending a great deal of money. Please bring your spare change as Ann will be raffling off her wonderful Floral Creations at the end.

**Thursday 8th September - £15 - Day Course D3922**

Wesley will be giving a talk and demonstration on birds of pray. He will hopefully be able to bring some along too!

## Refreshing Day for Carers

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



**Tuesday 12 July - £15 - Day Course - D3122**

**Tuesday 2nd August - £15 - Day Course - D3322**



## CUPPA AND A CHAT

Monday 11 July, 8 August, 12 September

2pm - 4pm

FREE

Day Course - CC0722, CC0822, CC0922

Are you lonely and in need of a bit of company? Join us for a chat, a cuppa and a slice of delicious homemade cake every **SECOND MONDAY** of the month for this quarter.

## Taize is back!

Led by Jane Lilley

At the Ammerdown Chapel - Every Third Wednesday of the month - 19:00 - 20:00  
A beautiful evening of prayer and meditation with live music, readings and times of stillness and silence.

**15 June - 20 July - 17 August - 21 September - 19 October - 16 November**

## Coming up in the next quarter...

Loving Life with the Enneagram: Enneagram Journeying - Helen English

Calligraphy For All - Glorious Gothic Scripts - Josie Brown

With the Benefit of Hindsight - John Bell

Redwork Embroidery - Annette Bolton

**Bursaries are available for those on low income.**

## Contact us

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The Ammerdown Centre



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