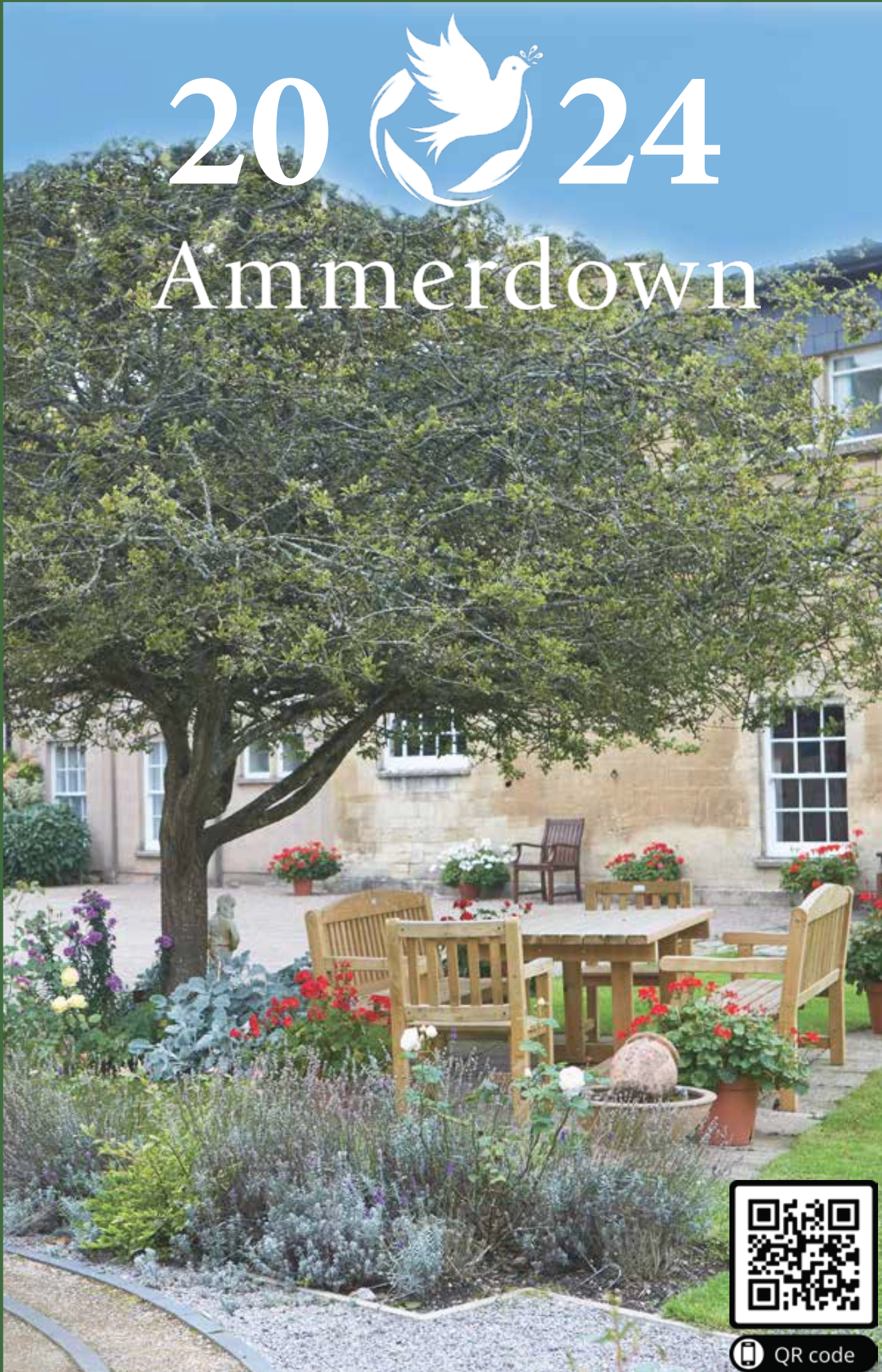



20  24

Ammerdown



 QR code

**HOSPITALITY • PEACE • RECONCILIATION**



# Welcome

Welcome to our sanctuary of peace, set in the heart of beautiful Somerset countryside, just 12 miles south of Bath and 16 miles from Bristol.



Offering our guests space and time away from the hustle and bustle of everyday life, our conference and retreat centre nestles in the grounds of Ammerdown Park, where they can relax in the garden or wander further afield through woodland and open countryside. With home-cooked food, forty bedrooms and fully equipped meeting rooms, we are an ideal venue for people to meet together or enjoy an individual stay.

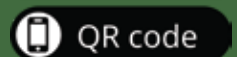
Are you looking for a themed retreat to focus on your own life and faith? Perhaps you're interested in one of the practical arts & crafts courses? Maybe you're looking for a conference or business meeting venue in a relaxing setting? Are you part of a group that wants an away day or few days together? Or is there a special event coming up for which you need a memorable venue?

Everything we do at Ammerdown welcomes people of all faiths and beliefs and none, so whatever your reason for considering a visit, you can be sure of a warm 'Ammerdown welcome'!

## Keep In Touch

Visit our website [www.ammerdown.org](http://www.ammerdown.org) to keep up to date with the latest courses and events or to sign up to our mailing list. Any course bookings can be made via the website or phoning us on **01761 433709**.

Find Ammerdown on Facebook, Instagram, X and LinkedIn and give us a follow to keep up to date!



The Ammerdown Centre



theammerdowncentre



The Ammerdown Centre



ammerdowncentre

# Ways to Visit Ammerdown

## Book Ammerdown courses

Throughout the year we run a wide variety of courses so we hope there is something to suit everyone!

Take a look from page eight of this programme for upcoming courses throughout 2024.



## Book a private stay or retreat

Enjoy our warm welcome, our beautiful garden and grounds and the peace and tranquillity for your own private stay. With three board options there is something to suit every budget.

See page 7 for more information.



## Book a conference or group retreat

We have five modern conference rooms (complete with AV equipment and hearing loops) available for private groups to hire with the smallest holding up to 15 people and the largest up to 80.

See pages 4 & 5 for more information.



## Book our holiday cottage

Our stunning Aldrich Cottage is available for private hire through [www.sykescottages.co.uk](http://www.sykescottages.co.uk).

Sleeping up to eight guests this self-catering holiday home is perfect for all the family. More information and booking available on the Sykes website.



N.B. Conference and retreat bookings are now open for dates in 2025 and into 2026, so if you're planning a time away, do get in touch as we're getting plenty of enquiries already! Contact [bookings@ammerdown.org](mailto:bookings@ammerdown.org)



# Conference facilities and group bookings

Are you looking for a unique venue to host a retreat, conference or training event?

Ammerdown welcomes a wide variety of guests in small and larger groups, including faith groups, educational organisations, charities, businesses and well-being and creative groups. Their use can vary from holding meetings and conferences, to training, retreats or strategy away days. We also cater for special events such as birthdays, weddings or funeral wakes.

There are five meeting rooms to choose from, with maximum capacities ranging from 15 to 80 people (depending on layout). Two rooms have recently been fitted out with brand new audio visual equipment and a further roaming set is available to use in other parts of the venue. We also have a fibre optic internet connection with free use of Wi-Fi throughout the building.

If you want your event to be residential, we have 40 ensuite bedrooms, (two of which are fully accessible), and delicious homemade food, catering for many dietary requirements. There is also a chapel, lounge, a licensed bar, a library and a small TV room for relaxation, as well as the beautiful grounds (which include the Ammerdown Labyrinth).



Please contact us to ask for more details, to arrange a viewing, or to get a quote. Bookings are now being taken through to 2026!

[www.ammerdown.org](http://www.ammerdown.org)  
[bookings@ammerdown.org](mailto:bookings@ammerdown.org)  
01761 433709



QR code

The Ammerdown Centre  
Ammerdown Park  
Somerset BA3 5SW

## Our Conference Rooms



### The John Todd Room

Our largest conference room, seating a maximum of 80 people. The French patio doors, running along one side of the room, make this room light and bright. The doors lead out onto a lovely courtyard garden. The room is fully equipped with state of the art audio-visual equipment.



### The Trevett Room

Seating up to 60 people, this room is full of character with the original stone wall and large windows looking out onto the back garden. The room is fully equipped with state of the art audio-visual equipment.



### The Russell Room

The Russell Room is also full of natural light, adjacent to the courtyard garden. It seats up to 55 people and, with a sink, works well as an art and crafts room. The room has access to audio-visual equipment.



### Upper Dovecote

This room is the former 'Dovecote House' of Ammerdown House — hence its name — Upper Dovecote. It is a delightful, airy room, extremely quiet, with lots of character. Ideal for small gatherings and quiet reflection. The room seats up to 15 people and has access to audio-visual equipment.



### The Harness Room

The smallest of our meeting rooms, seating just 15 people, enjoys the seclusion of the garden. This may be booked as an additional meeting space. Includes use of AV equipment.



### Bedrooms

Our comfortable bedrooms, all ensuite, singles, doubles and twins, provide accommodation for up to 68 people.



### The Chapel

The Chapel also provides a relaxing and quiet space which is usually available during the day for meditation, prayer and reflection or as an extra space. (Subject to availability.)



# High Quality Catering

We have an exceptional kitchen team who provide guests with a great dining experience.

Our Head Chef Amy is passionate about providing consistently delicious and locally sourced food that fits well with our ethos, meeting a range of dietary requirements while maintaining a varied menu throughout the week. She has her own on-site allotment to supplement the meals that the team provide daily.

Amy also works hard to ensure that our suppliers are local where possible and only offer the finest, ethically sourced ingredients.

**Castle Mead Poultry** - Local producer of free range eggs.

**Arthur David** - All of their products are well considered and individually chosen to meet the needs of their customers. Their suppliers are selected based on quality, availability and location.

**Beavon Butchers** - Are an independent, family run butchers based in the market town of Melksham, in Wiltshire. With traditional butchery at the heart of what they do, they also offer a modern twist to cater for all.

**R D Johns** - Based on the banks of the picturesque River Teign, a stone's throw from Shaldon, their 650 acre farm provides us with their Westcountry Premier beef brand. They have a herd of 400+ Aberdeen Angus and Charolais cattle. Customers like to know the provenance of their meat, and so by having their own farm they know the cattle have been bred and raised by their own high standards.



- We're also responsibly sourcing our teas and coffees and ensure these are from fair trade suppliers wherever possible.



# Staying at Ammerdown

Enjoy our warm welcome, our beautiful garden and grounds and the peace and tranquillity. Extend your stay, have a retreat or just have a break in the Somerset countryside!

	Single		Double/Twin	
	Rate Per 24hrs	*Promotional Rate	Rate Per 24hrs	*Promotional Rate
B&B	£65	£61	£103	£97
Supper, B&B	£90	£86	£153	£147
Full Board	£108	£104	£189	£183

\*Promotional rates apply when arriving early, or staying on following one of our Ammerdown Courses.



# Courses



Welcome to the updated Ammerdown 2024 course programme

On the following pages you will find courses and events lasting from a few hours or a day right through to four days (and a couple that are five-days).

You will find local, national and internationally renowned speakers. Some faces will be familiar to Ammerdown and others will be joining us for the first time. Collectively, they will be enabling us to travel well on our journeys of life by providing:

- Fascinating insights and new perspectives on issues of faith and spirituality
- Knowledgeable teaching
- Reassuring encouragement (and constructive challenges!)
- Personal development opportunities
- Quiet days
- Art and craft breaks
- Literature studies
- Reading and creating poetry
- Exploring how we can care for creation
- Thematic Bible studies
- The Ammerdown Christmas House Party



We'll also be providing:

- Local guided walks and activities on the Ammerdown Estate
- Opportunities for socialising
- Refreshment days for Carers
- Family events
- Our festive programme of Christmas meals, Carols by Candlelight, and the Family Fun Day!

The courses and events are broadly grouped around the above themes, (or there is a date order list on pages 30 & 31) so why not put your feet up, flick through the pages and see what you fancy? We've tried hard to put together a programme to meet a wide variety of needs and preferences, so we really hope you'll find something that interests you! And as I've said before, if you have ideas of what else we could consider adding to our programme, **please** let me know! If you want to browse or share online, use the QR code above.

I hope we'll be able to extend a warm Ammerdown welcome to you very soon.

*Martin Green, Director*

## Bursaries

Here at Ammerdown, we'd like as many people as possible who want to come on a course or a retreat to do so. So, if you are experiencing financial hardship that is preventing you from booking, you can apply for support from our Bursary Fund. We would also like to encourage applications from students and younger people in the 18-30 age group who are seeking to develop their spirituality and make crucial life decisions.

In addition, if you're in a faith ministry or if you work for a third sector organisation engaged in social and environmental justice and you wish to integrate your spirituality and work, please don't let lack of budget to cover the full cost be a barrier.

To ask about the Bursary Fund, please send an email marked 'Confidential - for the attention of the Director', to [centre@ammerdown.org](mailto:centre@ammerdown.org).

We can't help everyone, but if you tell us the course or retreat in which you're interested and explain the circumstances preventing you from participating, we will do our best to make it possible for you to do so.



# Rev John Bell

## Advent - For Adults Only

Monday 2 - Thursday 5 December  
Residential - £550 Non Residential - £376

*Please arrive for 12 noon, course ends with lunch.*

The season of Advent is often taken over with rehearsals of children's choirs, preparation for children's nativity plays, the purchasing of presents for the children or grandchildren. Amidst this annual obsession, we tend to lose sight of the fact that with the exception of two fetuses who are eventually born to Elizabeth and Mary, most of the Advent and Christmas narratives involve older people, some extremely old, and some rather tetchy. Through reflections, some songs and perhaps a film, we will prepare as adults for an event which is meant to involve us.



## Ancient Paths, New Horizons.

### Celtic spirituality - its inspiration and relevance for today.

#### with Revd. Roy Searle from the Northumbria Community

Monday 4 to Thursday 7 November  
Residential £520 Non Residential £388

*Please arrive for 12 noon, course ends with lunch.*

The appeal of Celtic spirituality has to be more than a desire to replicate the past in some romantic way. This retreat will look at the treasures which have come down to us through the lives of the Celtic saints, whose faith was shaped on the anvil of an era of major cultural change. Come and be encouraged and challenged by the wisdom, passion and way of living these forefathers and mothers in the faith have bequeathed to us.

The retreat will be led by Revd. Roy Searle, one of the Founders of the new monastic, Northumbria Community. Roy is a former President of the Baptist Union of Great Britain, a member of the Renovaré Board in the UK and an associate of the Northumbrian Collective, The Commons Network, associate tutor at Cranmer Hall, Durham and Spurgeon's College, London, a pioneer ambassador and advisor. He has travelled extensively throughout Britain and the rest of Europe, lives in his beloved Northumberland, and spends much of his time these days, writing, mentoring younger leaders, offering spiritual direction and advising leadership teams, churches and charities on the challenges and opportunities of living in a changing world. Roy is a popular retreat leader and we look forward to him being with us at Ammerdown for what promises to be an enlightening and encouraging retreat.





WITH DAVE  
TOMLINSON

## HOW TO READ THE **BIBLE** AND STILL BE A CHRISTIAN

RESIDENTIAL - £340  
NON RESIDENTIAL - £244

FRIDAY 6 - SUNDAY 8 SEPTEMBER

*Please arrive for 6pm, course ends with lunch.*

- Is it still worth bothering with the Bible?
- How do we reconcile the God of the OT with Jesus?
- Why does the Bible contain so much violence?
- Is St Paul sexist and homophobic – or misunderstood?
- Why do the gospels sometimes sound anti-Semitic?

This retreat will explore if and how the Bible can be reconciled with the values, attitudes and understandings that shape the modern world.

## The Search for Wisdom

with Sue Glanville

Monday 8 - Wednesday 10 July

Residential - £360 Non Residential - £266

*Please arrive for 12 noon, course ends with lunch.*

What is wisdom? Do you long for wisdom?

I think that I have been searching for it all my life.

On this course we will delve into stories, scriptures and poems that help us to answer this perennial question. We will discuss our ideas and share our experiences. We will spend some time in silent and walking meditation. We hope to finish the course wiser than when we began, or with the realisation that we are but 'paddlers' dipping our toes into a vast sea! Please feel free to bring a reading or insight to share.



Sue Glanville has broad and varied experience of teaching, church leadership, coaching and spiritual direction. Sue loves wild spaces and exploring the many ways that we can encounter God in our lives.



# Drawing and Walking Labyrinths

Jan Sellers and Maud Grainger

Residential - £340 Non Residential - £244

Friday 7 - Sunday 9 June

*Please arrive for 6pm, course ends with lunch.*

This peaceful retreat will focus on labyrinths and labyrinth patterns, pathways that can be helpful in exploring our own journey.



We'll gather for a welcome and an introductory labyrinth walk to bring us together as we start our time of exploration this weekend. We'll discover the extraordinary history and diversity of labyrinths, with a wonderful gallery of images from around the world. We will learn how to draw labyrinths (a simple technique to take home and enjoy with family and friends - no special skill required). We will have an indoor labyrinth as well as Ammerdown's own labyrinth in the garden. This is a time for quietness and reflection: come and experience a breathing space, time to walk, to pause, to explore.

## Individually Guided Retreat

with Sister Felicity Young

Monday 15 - Thursday 19 July

Residential - £780

*Please arrive for 12 noon, course ends with lunch.*

The Individually Guided Retreat offers the opportunity for up to six people to spend several days in silence with Sr Felicity Young, an experienced Spiritual Director, who will guide them in their praying, reading, and reflecting in the beautiful and quiet environment Ammerdown provides. Past retreatants have told us that they have been profoundly blessed by these retreats and share tales of deeper self-knowledge, spiritual growth and more acute awareness of the way God is at work in them. Sr Felicity is an Ursuline Sister who has been working in spiritual accompaniment for many years, and more recently in bio-spiritual focusing. She is well known at Ammerdown for her gentle touch and profound insights. This is a silent retreat.

# Ignatian Spirituality: The Essentials

Led by Rupert Kaye

Friday 5 – Sunday 7 July

Residential £340 Non Residential £244

*Please arrive for 6pm, course ends with lunch.*

Have you ever wanted to find out about Ignatian Spirituality?  
Well, now is your chance.



This weekend covers the basics: Who was Ignatius? What is Ignatian Spirituality?

Together, we will find out why and how people guided by Ignatian Spirituality are sometimes called “contemplatives in action” because they seek to develop a rich inner life which helps them engage more deeply in God’s work in the world. We will also experience a number of spiritual exercises as we explore the theme.



## Christian Influencers

Led by Rupert Kaye

Friday 8 – Sunday 10 November

Residential £340 Non Residential £244

*Please arrive for 6pm, course ends with lunch.*

Join us for a study weekend as we learn about – and take time to be inspired and challenged by – the lives, times and lasting legacies of five influential Christians:

**Patrick (c.386-461)** – Ireland’s larger-than life patron saint.

**Susanna Wesley (1669-1742)** – the ‘mother of Methodism’.

**William Wilberforce (1759-1833)** – dynamic social reformer and animal welfare advocate.

**Harriet Tubman (1822-1913)** – fearless campaigner for gender and race equality.

**Dietrich Bonhoeffer (1906-1945)** – influential theologian and WWII martyr.



**John O'Donahue**  
**Saturday 22 June**  
**9:30am for 10am - 4pm**  
**£60**



*Includes coffee, lunch and afternoon tea*

'May you experience each day as a sacred gift woven around the heart of wonder'  
 A day of blessings. Examining the life and work of John O' Donahue - priest, poet and philosopher. We will be focusing on what John called the 'lost art of blessing'.

How might we receive blessing and how might we bless others?

Will include reading, sharing and some writing, music and ritual.

**The symbolism, beauty and significance of trees.**  
**Saturday 2 November**  
**9:30am for 10am - 4pm**  
**£60**

*Includes coffee, lunch and afternoon tea*

We will spend time amongst the trees and consider their significance in various cultures, and for our spiritual journey and our mental health. Poetry, song, discussion and ritual will feature during the day.



**Sue Glanville**

Sue Glanville has broad and varied experience of teaching, church leadership, coaching and spiritual direction. Sue loves wild spaces and exploring the many ways that we can encounter God in our lives.

See also 'The Search for Wisdom' on page 10

# Soul of Leadership

**Margaret Benefiel and Margie Buchanan-Smith**

**New Course Dates 27-30 May 2024, 13-16 January 2025,  
2-5 June 2025, 12-15 January 2026**

*Each residential begins at 11am and ends with lunch on the final day*

Soul of Leadership is an inspiring and enriching 18-month programme for anyone in a leadership role who wishes to deepen their inner resources to lead with long-term effectiveness and integrity. Leaders today face particularly difficult challenges. The commitment to inspire others while also increasing productivity and balancing the needs of their organisation can leave leaders feeling depleted. Long hours and countless demands often result in a deep need for renewal.

This programme is for anyone facing difficult leadership challenges, and for those who are looking for a fresh approach to leadership amidst longer working hours and increasing demands.

**The full programme costs £4950.**

**Payment plans and scholarships available.**

Please email [admin@ammerdown.org](mailto:admin@ammerdown.org) for more information.





# Immerse yourself in The Enneagram

Helen English & Joanne Bonnett invite you on a transformative journey of **self-discovery and growth for mind, body and soul**. A nurturing space to explore and appreciate your unique qualities and perspectives. Tune into how and why you respond the way you do, opening up a **world of possibilities for reflection and refreshment**.

**CURIOUS?**  
Is this for you?  
Talk to Helen or Joanne to find out more

## Enneagram Essentials

**September: Tues 3rd to Thurs 5th**

A twin-track workshop for both newcomers and returners, offering a strong foundation in Enneagram fundamentals. For **newcomers**, a chance to discover The Enneagram and your place within it. For **returners**, as with all great wisdom practices, we come afresh to the same profound concepts that now touch us anew. A well-held space for bringing gentle light and attention to your own challenges, hopes and dreams.

## Holy Ideas & Essential Qualities

**November: Fri 22nd to Sun 24th**

A weekend retreat centred in the **Holy Ideas** – the Spiritual Qualities – that are at the heart of The Enneagram. These qualities are the absolute core of our being, our personality and our Soul path. Enjoy experiential immersion into the 9 essence qualities and find practices that bring them closer, so they are more freely accessible in daily life. Discover a stronger sense of deep connection, belonging and wellbeing.

### BOOK ONE OF OUR WORKSHOPS:

Residential: £450 or Non Residential: £354 | Arrive at 10am & Ends at 4pm

**“The Enneagram has become a beautiful part of me”**



**So what IS The Enneagram?** An ancient circular symbol with 9 interconnected points. 9 sacred qualities that – lost, sought and found – hold the key to spiritual growth and wellbeing. 9 different ways of being: in essence, in personality and in the world. One of these 9 points is your home base (point / type). With an Enneagram point defined, you see yourself more clearly. Your past, present and future come into sharper focus and your life's path opens up. The Enneagram is a many-layered map that's shows you the way. It's easy to access yet powerful in bringing new potential to all areas of life.

hello@positivespace.co.uk | www.positivespace.co.uk

**positive  
space**



# Quiet Days with Rev Narinder Tegally

9:30am for 10am - 4pm £60 per day

*Includes coffee, lunch and afternoon tea.*

## The Samaritan Woman at the Well Icon Quiet Day

Thursday 6 June



Today we will place ourselves into the shoes of the Samaritan woman at Jacob's well. As we explore this story by being open to using our five basic human senses: touch, sight, hearing, smell and taste to guide and discover what it may reveal to us about ourselves and those around us.

## Summer Quiet Day

Wednesday 7 August



This day is an invitation to take time out to refresh, be still, breathe in God's beauty in nature. To enjoy a summer's day at Ammerdown to rest and allow yourself to draw close to Jesus who often went to a solitary place to pray and rest. We will draw on scripture, poetry, art, creative materials, music, enjoying nature and will include guided reflections and individual quiet time. We will remain silent during the breaks and in your individual quiet time

## Blue Quiet Day

Thursday 5 December



Christmas is a time to gather with family and friends, and yet for many, Christmas is not only joy but bitter sweet with mixed emotions and pain. This day is set aside to give you space to reflect, to be with your thoughts, to receive support, to share stories, support and to remember. We will conclude the day with a pre 'Blue Christmas Service', there will be an opportunity to light candles for those who we carry in our hearts.

## Bereavement Course with Rev Narinder Tegally

Thursdays 10 & 17 October

14 & 28 November

2pm - 4pm

Full course of four sessions £60

*Includes tea and coffee.*

When someone dies, it can be a very difficult time for the people involved. You may be a spouse, partner, sibling, carer, relative or a friend. It is a time when there are many practical things that will need to be done, for example, managing care for the dying, registering the death and finding a funeral director. After the funeral you are left with an empty space – this course is for anyone who has been bereaved or dealing with a loss that may be imminent or not too far in the distance.

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. You may associate grief with the death of a loved one – and this type of loss does often cause the most intense grief.





# Watercolour & Soft Pastels

with Dawn Oliver

Residential - £680 Non Residential - £488

Wednesday 7 - Sunday 11 August

*Please arrive for 12 noon, course ends with breakfast.*

Using a combination of these two lovely mediums we will be covering a range of subjects and many techniques for different effects.



# Calligraphy and Design of the Arts and Crafts Movement

with Josie Brown

Residential - £685 Non Residential - £493

Monday 28 October - Friday 1 November

*Please arrive for 12 noon, course ends with lunch.*

The Arts and Crafts Movement encompassed a number of different decorative styles and scripts - none of which were ostentatious and so we will be taking the approach of simplicity in looking at several scripts and artist's design work to base our own pieces of work on, including a clever folded structure to present that work in.

## Stitched Textiles with Sian Martin

Friday 5 - Sunday 7 April

Friday 1 - Sunday 3 November

Residential - £350 Non Residential - £254

*Please arrive for 12 noon, course ends with lunch.*

These weekend workshops are suitable for experienced textile artists and are part of a continuous series of weekends (two per year) to help participants develop confidence and an adventurous approach to their textile work. The tutor will give individual mentoring and 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.



Siân Martin has mentored Stitch Textile Artists for many years at Dartington, Kingcombe, Urchfont Manor and Ammerdown. She is a professional member of the Textile Study Group.

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

## Chinese Brush Painting Good Fortune with Julia Martin

Monday 4 - Friday 8 November  
Residential - £699 Non Residential - £507

*Please arrive for 12 noon, course ends with lunch.*

There are a plethora of Chinese symbols and meanings revolving around good fortune and positive elements. The Chinese believe that by filling their lives with lucky objects and images, they increase their prosperity and happiness, making their existence more joyful and fulfilling.



We will paint:-  
Money Plant,  
Beautiful traditional  
purses, Various coin  
designs, auspicious motifs,  
Gold Fish, Liu Hai and  
myth of three leg toad



# Lace Making

Residential - £340 Non Residential - £244

with Helen Lilley

Monday 20 - Wednesday 22 May

*Please arrive for 6pm, course ends at 3pm.*



This course is for all abilities. Beginners will be introduced to setting up a lace pillow and starting a torchon lace pattern. Bring any equipment you have or Helen can lend you what you need. Those with some experience come and be encouraged and helped with Beds, Bucks or Torchon Lace.

I have been a lace maker for over 40 years and love passing on my skills.

## EMBROIDERY WITH ANNETTE BOLTON

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

SUMMER EMBROIDERY - MONDAY 15-THURSDAY 18 JULY

Residential - £540 Non Residential - £366

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



SCHWALM EMBROIDERY - MONDAY 21 - THURSDAY 24 OCTOBER

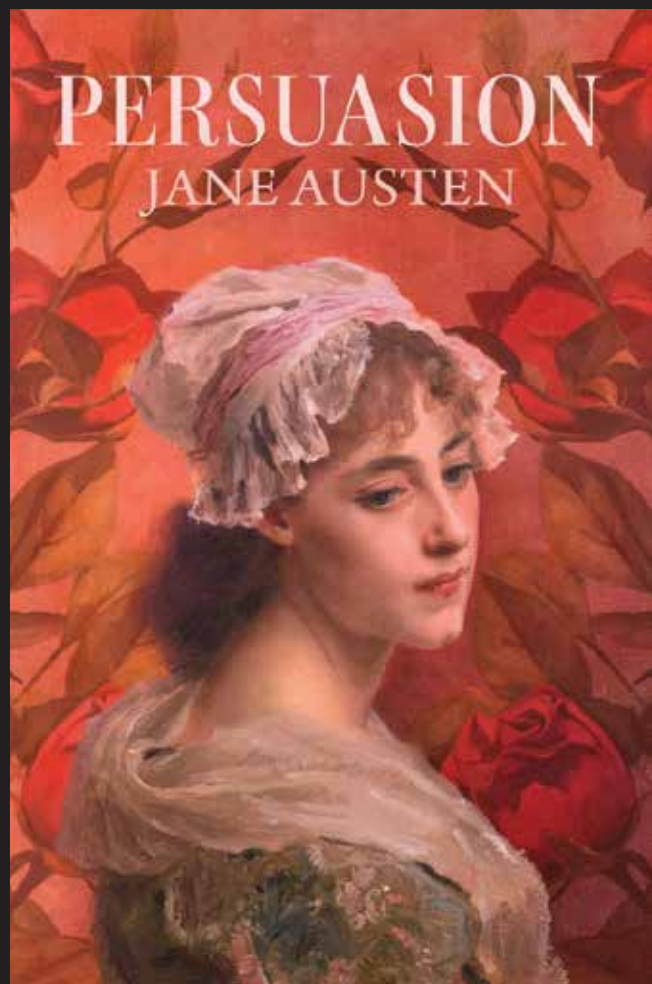
Residential - £510 Non Residential - £336

Schwalm embroidery is a counted whitework technique that originated in Germany, using white thread on white linen. It combines drawn thread work, pulled work, and whitework. Designs are usually folk motifs – tulips, hearts, flowers, and birds.



R1524

R2124



**with Hazel Jones**  
**Residential - £530**  
**Non Residential - £366**

Monday 3 - Thursday 6 June  
 Please arrive for 12 noon, course ends with lunch.

Jane Austen's final published novel recounts Anne Elliot's sad history of heartache and missed opportunities. Yet all is not lost. Discover how the heroine finds her voice, recovers her bloom and regains her man.

In this in-depth study, we will consider the issues of romance and constancy, silence and eloquence, submission and anger, heartache and hope, against the background of British naval supremacy in the early years of the 19th Century.

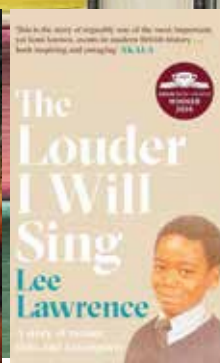
# Ammerdown Book Club

Join in person or by Zoom.  
 £5 per session. Selected Sundays 3pm.  
 To book, please email [centre@ammerdown.org](mailto:centre@ammerdown.org)

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



14th April



19th May



7th July



6th October



24th November



# ROSIE JACKSON

ROSIE JACKSON B.A., D.Phil., is a prize-winning poet and creative writing tutor now living in Devon after many years in Somerset. She is on the team of Poetry Teignmouth and runs workshops in UK and in Cortijo Romero, Spain. A passionate believer in the power of the creative arts to heal and transform, Rosie has worked in many community and health contexts. She enjoys collaborating with other writers, artists, film-makers and photographers.



## Poems to Live By Friday 19 - Sunday 21 April

Residential - £350

Non Residential - £254

*Please arrive for 12 noon, course ends with lunch.*

In this workshop we will write poems inspired by some of the great mystics of the past and present. We will not deny difficult personal or social realities, but move through them to find meaning and epiphany. From Rumi and Hafiz, through Donne, Herbert and Yeats, to R.S. Thomas, Marie Howe, Jane Hirshfield and many more, we will explore ways of finding radiance, faith and the sacred in the most challenging of circumstances. Derek Walcott claimed 'Poetry is a form of prayer.' Come and immerse yourself in words and silences that reveal the life of the spirit within the everyday and show you how to turn writing into a daily practice of revelation and affirmation.

## Love Leans over the Table - Poetry Reading

Saturday 20 April

7:30pm - 9pm - £10

Rosie Jackson will read from her new collection *Love Leans over the Table*, poems that share spiritual struggles and epiphanies, both her own and those of well-known mystics including John Donne, George Fox, Simone Weil, Hildegard of Bingen, medieval anchorites, Julian of Norwich and Margery Kempe.

## Write Your Own Memoir

- Friday 25 - Sunday 27 October

Residential - £375 Non Residential - £279

*Please arrive for 12 noon, course ends with lunch.*

Writing your own life story can be a wonderfully healing and fulfilling process. Whether it's for your family, children, grandchildren, publication, self-publishing, or just for yourself, a memoir will help make sense of your experience, and provide an opportunity to reflect on the deeper meaning of your life.

This workshop will provide a safe, supportive, confidential space, where you will learn ways to make your memoir the best it can be. We will reflect on audience, purpose and inspiration; issues of structure, shape, voice, tense, tone and narrative; do lots of pieces of writing; practice dialogue, drama and humour; consider spiritual and ethical issues; and look at some successful contemporary memoirs.



D0924

## Mindfulness for Doctors

Emma Went and Gwen Adshead

Friday 9 - Sunday 11 August

Residential - £340 Non Residential - £244

Please arrive for 12 noon, course ends with lunch.

In our personal or professional journeys, we can all experience times when we run out of energy and are not sure how to refresh ourselves.

## Mindfulness and Yoga for Doctors

with Emma Went and Thuli Whitehouse

Friday 11 - Sunday 13 October

Residential - £340 Non Residential - £244

Please arrive for 12 noon, course ends with lunch.

As doctors, we work tirelessly to care for others, often at the expense of our own well-being. On this retreat, we will reconnect to our calm internal presence, that is often lost in the hurly-burly of a busy life.



## The Practice of Ease & Joy

Exploring the Buddhism way

with Andy Robins

Sunday 25th May

9:30am for 10am - 4pm

£60

*Includes coffee, lunch and afternoon tea.*

When a sailboat connects fully with the conditions of nature, all effort and struggle disappear. There is nothing left to do. For many of us, life is a series of battles with ourselves, relationships, and society; all these conflicts sap our energy. If we watch young children, we see in their joy, an effortless play. Yet the moment we are caught up in goals, outcomes, and daily transactions, we are again caught up in our struggles. Can the mind be free of struggle and discover a sense of joy? - Through the three meditation practices of Zazen, Mu-I Tai Chi and Shodo (Calligraphy), this workshop explores effortless without striving through movement, gravity and breath, illuminating the awakened mind to let go of struggles and be joyous.



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

# CARING FOR CREATION

Do you care for God's creation?

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

## 2024 Zoom dates

Wednesday's 9.30am-10.30am

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



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

## Self-care for Eco Souls

Residential - £236

Non Residential - £128

Laura Deacon

Wednesday 24 - Friday 26 April

*Please arrive for 6pm, course ends with lunch.*

How do we take care of ourselves and each other in the current climate emergency?

A Springtime residential course, collaboratively led and focused on self-care and creative expression.

This course is for anyone passionate about the current climate crisis and will offer a shared experiential learning environment through workshops, speakers, creative activity, mindfulness, and meditation in the natural surroundings of Ammerdown.

This course is focused on how we care for ourselves and each other in our personal and community work towards climate justice, whilst living in a climate emergency. The residential will suit anyone who enjoys self-expression through nature centred poetry, reflection, storytelling, and art and for those who would like to find their voice in the landscape of environmental and social justice issues.





## Taizé Prayer Service

in the Ammerdown Chapel

7-8pm

Join us for a beautiful evening of prayer and meditation with live music, readings and times of stillness and silence **most first Wednesdays of each month** until September.

3 April 1 May 5 June 7 August 4 September



Z1824  
Z1924



## Preparing for Pentecost Bible Study

Led by Chaplain Rupert Kaye

FREE online event (Donations Welcome)

10-11am or 7-8pm

Tuesday MORNINGS: 9, 16, 23 & 30 April,  
7 & 14 May

Join us for a FREE six-part online Bible study course as we prepare for Pentecost. Together we will travel through 14 'Stations of the Resurrection' which traditionally start with the resurrection of Jesus and conclude with the gift of the Holy Spirit.

Z2124  
Z2224



*Advent*  
BIBLE STUDY

## Advent 2024 Bible Study Zoom

Led by: Rupert Kaye

Free (donations welcome)

Tuesdays 19 Nov – 17 Dec 2024

Mornings: 10-11am, or

Evenings: 7-8pm

Join us for a five-week Advent Bible study about hope, peace, joy and love. Together, we will consider how the birth of Jesus is about God's commitment to justice that rolls down like waters, and righteousness like an ever-flowing stream.



# Myths, Music & Magic in Spring

Sunday 28 April

2pm - 4pm

£15

Includes afternoon tea and cake.

**What could be more magical than singing in nature? Join us for a magical musical experience in the beautiful Ammerdown grounds. You will be led on a leisurely**



**walk with Don Cox, the Park Warden, where you will learn some of the myths and magic connected to this wonderful estate. We will pause at a few points on the walk to be led in song. Then we will return to the Centre where we can relax over cake and a cuppa!**



## Cuppa and a Chat

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

**Mondays 2pm - 4pm**

April 29, May 20, June 24, July 15 (Cream Tea!)

No meeting in August - Return in September

September 30, October 28, November 25

The site is accessible to disabled people and we welcome all backgrounds.

Community transport can be used to get the Centre.

For more information please email [social.justice@ammerdown.org](mailto:social.justice@ammerdown.org) or call us on 01761 433709



## Refreshing Day for Carers 2024

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

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

£18 per person per session (unless otherwise stated)

### Tuesdays

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



## TLC Days for the Retired

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

Please arrive by 10am, day ends after lunch.

£18 per person per session (unless otherwise stated)

**Thursday 25th April**

Crafts

**Thursday 23rd May**

Flying the Pyrenees

**Thursday 20th June**

Meet the new Director

**Monday 18th July**

A Midwife in Zimbabwe

**Thursday 12th September**

A talk on Stourhead

**Thursday 24th October**

Piles the Golden Eagle

**Thursday 21st November**

The Joseph Story

**Thursday 12th December**

Christmas Meal



# Family Events

## Ammerdown Cream Teas 2024

Join us for a scrumptious cream tea in the beautiful Ammerdown garden this Summer. No need to book!



2pm-5pm

9th & 23rd June

7th & 14th July

Well behaved dogs on leads welcome.

## Ammerdown Family Fun Day

**FREE**

**Monday 26 August**

**1pm - 4pm**

A day of fun and entertainment for the whole family!

Face Painting Bouncy Castle Ice Cream and more!

## *Theatre at Ammerdown*



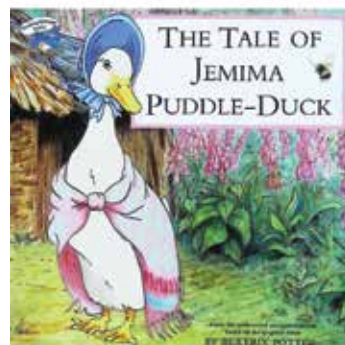
### **The Unusual Adventures of Robin Hood**

By Hobgoblin Theatre  
Sunday 21 July 3pm  
Adult - £12

Child & Concession - £10

This story tells the classic tale of Robin and his Merry Men outwitting the dastardly Sheriff of Nottingham with more than a little help from Maid Marian. But this time they are singing!

[www.hobgoblintheatrecompany.co.uk](http://www.hobgoblintheatrecompany.co.uk)



### **Jemima Puddleduck**

by Quantum Theatre  
Saturday 24 August  
Adult £14

Child (3-16) £10

Poor Jemima wants to hatch her own eggs, but when she meets a charming 'whiskered gentleman', will he turn out to be as nice as he seems?

Find out in our charming new adaptation of the much-loved Beatrix Potter Tale.

[www.quantumtheatre.co.uk](http://www.quantumtheatre.co.uk)

# Christmas at Ammerdown 2024

## Ammerdown Christmas Family Fun Day!

FREE

Saturday 7 December

1pm - 4pm

Email

[tina.patterson@ammerdown.org](mailto:tina.patterson@ammerdown.org)  
for information on having a stall.



## Carols by Candlelight

FREE

Wednesday 11 December

7pm - 8pm

A delightful evening of festive carols in our beautiful garden.

Join us after the service for delicious mulled wine

and mince pies!

No need to book!

## Ammerdown Christmas Meals

Lunchtime Meals from Wednesday  
11th to Saturday 14th December.

Gather for our Candlelit Christmas Carol Service at 12 noon or enjoy a drink in the bar. Food will be served at 1pm.

Evening Meals on Friday  
13th and Saturday 14th December.

Gather for our Candlelit Christmas Carol Service at 6pm or enjoy a drink in the bar. Food served at 7pm.

Book for your group or family & friends.





# CHRISTMAS HOUSE PARTY 2024

## MONDAY 23 - FRIDAY 27 DECEMBER

Residential - £833 - **Early Bird Special - £749**  
Book by 30th June to get the early bird special rate!  
*Please arrive by 12 noon, course ends after Breakfast.*

You are invited to spend Christmas at Ammerdown where our hall will be decked and our tree will be dressed! Delicious traditional Yuletide food will be served. And there will be plenty of Christmassy activities for you to dip in and out of as you wish:

- Arts and crafts
- Jigsaws
- Board games
- Fun quizzes
- Carols and festive songs
- Seasonal poetry readings
- Christmas films
- Secret Santa
- Opportunities to enjoy the Ammerdown peace garden
- A guided walk through the woods and up to the Ammerdown Tower
- Morning and evening Christmas-themed prayers in the chapel
- Midnight (11.30pm-12.15am) ecumenical service and agape feast in the chapel on Christmas Eve
- Morning (10.15-11.00am) ecumenical service on Christmas Day
- King's Speech on a big screen TV on Christmas Day

As soon as you arrive you will be able to relax and enjoy our festive home-from-home hospitality. Just unwind and allow our friendly staff to take care of you. There will be fun and laughter, as well as opportunities to reflect on the true spiritual meaning of Christmas.

Imagine walking the Ammerdown labyrinth before breakfast ... a quiet morning of reading or journalling in the library ... an afternoon of arts and crafts, or taking a siesta in your room ... an evening watching a classic Christmas film or socialising with fellow guests in the comfortable lounge.

P.S. Don't worry, Santa knows the Ammerdown Centre's address!



## April

- 3 Taizé Prayer Service - pg 24
- 3 Caring for Creation Zoom - pg 23
- 5-7 Stitched Textiles - pg 18
- 9 Preparing for Pentecost - pg 24
- 14 Book Club - pg 20
- 19-21 Poems to Live By - pg 21
- 20 Love Leans over the table - pg 21
- 23 Refreshing Day for Carers - pg 26
- 24-26 Self-care for Eco Souls - pg 23
- 25 TLC for the Retired - pg 26
- 28 Myths, Music and Magic - pg 25
- 29 Cuppa and a Chat - pg 25

## May

- 1 Taizé Prayer Service - pg 24
- 1 Caring for Creation Zoom - pg 23
- 19 Book Club - pg 20
- 20 Cuppa and a Chat - pg 25
- 20-22 Lace Making - pg 19
- 21 Refreshing Day for Carers - pg 26
- 23 TLC for the Retired - pg 26
- 25 Exploring the Buddhism way - pg 22
- 27-30 Soul of Leadership - pg 14

## June

- 3-6 Jane Austen's Persuasion - pg 20
- 5 Taizé Prayer Service - pg 24
- 5 Caring for Creation Zoom - pg 23
- 6 Woman at the Well Quiet Day - pg 16
- 7-9 Drawing and Walking Labyrinths - pg 11
- 22 John Donahue - pg 13
- 20 TLC for the Retired - pg 26
- 24 Cuppa and a Chat - pg 25
- 25 Refreshing Day for Carers - pg 26

## July

- 3 Caring for Creation Zoom - pg 23
- 5-7 Ignation Spirituality - pg 12
- 7 Book Club - pg 20
- 8-10 The Search for Widsom - pg 10
- 15-18 Summer Embroidery - pg 19
- 24 Cuppa and a Chat - pg 25
- 15-19 Individually Guided Retreat - pg 11
- 15 Refreshing Day for Carers - pg 26
- 18 TLC for the Retired - pg 26
- 21 Unusual Adventures of Robin Hood - pg 27



 QR code



## August

- 7 Taizé Prayer Service - pg 24
- 7 Summer Quiet Day - pg 16
- 7-11 Watercolour & Soft Pastels - pg 17
- 9-11 Mindfulness for Doctors - pg 22
- 24 Jemima Puddleduck - pg 27
- 26 Ammerdown Family Fun Day - pg 27

## September

- 3-5 Enneagram - pg 15
- 4 Taizé Prayer Service - pg 24
- 4 Caring for Creation Zoom - pg 23
- 6-8 How to read the Bible  
and still be a Christian - pg 10
- 10 Refreshing Day for Carers - pg 26
- 12 TLC for the Retired - pg 26
- 30 Cuppa and a Chat - pg 25

## October

- 2 Caring for Creation Zoom - pg 23
- 6 Book Club - pg 20
- 10 Bereavement Course - pg 16
- 11-13 Yoga & Mindfulness for Doctors - pg 22
- 21-24 Schwalm Embroidery - pg 19
- 22 Refreshing Day for Carers - pg 26
- 24 TLC for the Retired - pg 26
- 25-27 Write Your Own Memoir - pg 21

28 Cuppa and a Chat - pg 25

28-1 Calligraphy - pg 17

## November

- 1-3 Stitched Textiles - pg 4
- 2 Forest Bathing - pg 13
- 4-8 Chinese Brush Painting - pg 18
- 4-7 Ancient Paths, New Horizons. - pg 9
- 6 Caring for Creation Zoom - pg 23
- 8-10 Christian Influencers - pg 12
- 19 Refreshing Day for Carers - pg 26
- 21 TLC for the Retired - pg 26
- 22-24 Enneagram - pg 15
- 24 Book Club - pg 20
- 25 Cuppa and a Chat - pg 25
- 26 Advent Bible Study - pg 24

## December

- 2-5 Advent - for adults only - pg 9
- 4 Caring for Creation Zoom - pg 23
- 5 Blue Quiet Day - pg 16
- 7 Christmas Family Fun Day! - pg 28
- 8 Christian Influencers - pg 12
- 11 Ammerdown Christmas Meals - pg 28
- 11 Carols by Candlelight - pg 28
- 12 Refreshing Day for Carers - pg 26
- 12 TLC Day for the Retired - pg 26
- 23-27 Christmas House Party - pg 29

# How might you be able to help us?

## Feedback

We hope that you have a positive experience of your time at Ammerdown. If you have, please tell us! Equally, if you feel you would like to make suggestions on ways we could improve what we do, we would really appreciate that feedback! Is there a course you'd like to suggest? Or a speaker you'd like us to invite?

## Becoming a Friend of Ammerdown

**The aim of the Friends is to support the Centre in its work spiritually, financially and practically.**

### Spiritual Support

Friends may support us through regular prayer for all who work at Ammerdown and for all who come through our doors.

### Financial Support

In the past, the Friends of Ammerdown have contributed to the physical development of the Centre. This has allowed us to improve the Centre greatly: improving accessibility for our disabled users by installing ramps; providing up to date IT equipment; creating a tranquil peace garden for our visitors to enjoy; and funding additional ongoing projects in line with our ethos.

### Donations

These can be 'one off' or on a regular basis and don't forget to add gift aid if you can!

### Legacies

Without legacies and donations Ammerdown wouldn't be able to continue its mission of promoting peace, justice and reconciliation in a safe place.

## In Memoriam Gifts

Inviting friends and family to make a donation in memory of a loved one is a way to make a lasting difference.

## Volunteer

The Friends of Ammerdown may also offer support in a variety of practical ways:

- providing assistance at special events
- helping in the gardens and grounds
- keeping the Ammerdown Library in order

## Publicity and Social Media

There's nothing better than a personal recommendation! If you've enjoyed and benefited from Ammerdown's hospitality please tell your friends and colleagues and post on social media.

 The Ammerdown Centre

 theammerdowncentre

 The Ammerdown Centre

 ammerdowncentre

## Join our



Enter our monthly draw for the chance to win £50 from just £1 a month!

**For more information on any of the above please contact us**

01761 433709

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

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