



Ammerdown

HOSPITALITY • PEACE • RECONCILIATION

Quarterly Supplement

October - December 2021



Join us for Advent and Christmas at Ammerdown!

This quarter's supplement includes an Advent Retreat with John Bell, an Advent and Epiphany Bible Study, Christmas Baking with Nathan our Head Chef, Folksy Theatre with their version of 'A Little Match Girl' and much more!

We look forward to welcoming you to Ammerdown!

To Book...

Our new online Booking System is on its way!

Until then, please email

admin@ammerdown.org or call

01761 433 709 to book your place.



October

Spiritual Gifts and the Enneagram: Subtypes and Soul

Helen English

Friday 1 October - Sunday 3 October

Please arrive by 9.30am, course ends at 4pm.

Residential - £330 Non Residential £220

Residential Course R1821



Within each of the nine types are three subtypes: self preservation, social belonging, and one-to-one relationship. Our personality's most unconscious strategies are the greatest barrier to growth; and our subtype is the trigger for these. To understand the subtleties of our subtype is to confront what really holds us back from awareness of our Essence. We explore: How the Passion manifests in Subtypes; Holy Idea and Virtue as aspects of spiritual giftedness; The three centres of spiritual perception; and psychological and spiritual growth, and our type's unique gifts.

'Words of Witness'

In Conversation with Revd Dr Catherine Okoronkwo

Saturday 2 October

Please arrive by 10am, course ends at 4pm.

Donations

Day Course D2521

Includes morning coffee, lunch and afternoon tea.

Poetry and prose are creative vehicles in which to explore a person's lived experiences. Words record, bear witness, explore injustices and provoke social change. This day will be in two parts. First, Catherine Okoronkwo will read from her debut collection, *Blood and Water / o bara na mmiri* (Waterloo Press, 2020), sharing her testimony of witness: first-hand experience of societal injustices. There will be plenty of opportunity for conversation. Then, through writing exercises and prompts, there will be an opportunity to generate your own work. This workshop will encourage us to bear witness to our own experiences, confronting and exploring our humanity. No writing experience needed. Just an interest in and openness to using creative writing as a tool for giving voice to witness.



Singing for Health

Helena Softley

Every Thursday from 7 October until 9 December and also 16 December*

Please arrive by 7pm, course ends at 8:30pm.

£7.50 per person per session or £65 for all ten

Day Course D2721



Singing is scientifically proven to be good for our well-being! After the restrictions of COVID, come and enjoy the benefits of singing and companionship so that your heart literally sings! *We would love for you to join us for our Christmas Carol Concert on the 16th December and put all of your hard work into practice!

Painting with Barry

Barry Wills

Mondays: 25 October, 1, 15, 22 and 29 November

Please arrive by 10:30am, course ends at 12:30pm.

£60 for five sessions

Day Course D2821

Includes tea and coffee.

Five, two hour sessions with local artist Barry Wills. This course will focus on painting skills and techniques, with an emphasis on the use of acrylic paint on canvas, board or cartridge paper. The course is suitable for beginners but also experienced artists. We will take inspiration from the lovely buildings and gardens of Ammerdown and the surrounding natural environment. Individual tuition will be provided with an opportunity for an 'own pace' style to create art.



October



Calligraphy for All

Josie Brown

Monday 25 October – Friday 29 October

Please arrive by noon, course ends with lunch.

Residential - £520 Non Residential - £350

Residential Course R0521

This course will introduce beginners to the art of writing beautifully - covering the basics of using a broad-edge pen, using colour, principles of layout and design and also backgrounds. Those with previous experience may concentrate on a new script, refine or modifying one they have covered before or using applied techniques such as embossing, gilding and decorated letters and book binding. Everyone can enjoy the therapeutic qualities of writing and producing highly personalised gifts and pieces of work whether cards, folded boxes, little books, scrolls or hangings. There may be some themed content in which to participate if wished.



Protest, Witness and Poetry in an Age of a Pandemic

Ambrose Musiyiwa

Saturday 30 October

Please arrive by 10, course ends at 4pm.

Donations

Day Course D2621

Includes morning coffee, lunch and afternoon tea.

Covid has made us more aware of the injustices in our world. In these times of racial unrest and Black Lives Matter protests, poetry offers a resource to explore the relationship between activism and connection. Join poet and editor, Ambrose Musiyiwa, for a protest poetry workshop, followed by readings. Participants will have the opportunity to explore poetry as a form of protest, through a series of reflections, exercises and writing prompts. In addition, participants will have the opportunity to be in conversation with the poetry and poets from the Black Lives Matter: Poems for a New World anthology (2020). No writing experience needed. All you need is a passion for injustice and an interest in sharing your views through creativity.



Printing for Christmas

Barbara Butler

Saturday 30 October

Please arrive by 10am, course ends at 4pm.

£50

Day Course D2421

Includes morning coffee, lunch and afternoon tea.

Art tutor Barbara Butler plans to get you into the Christmas spirit through this fun one-day workshop.

Barbara will show you how to create hand-made decorations, gift labels, cards, wrapping paper and wrapping fabrics, using simple kitchen table top methods of printing. These can be easily replicated at home so you can carry on creating and making.

October

Book Club - I Know Why The Caged Bird Sings

Narinder Tegally

Sunday 31 October

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

Donations

Day Course D2921

Includes tea and coffee.



I read this book when I was in a dark place – trying to find my place in society, community and in my 'family'. I found it challenging, shocking and healing. Since then, I have been addicted to Maya Angelo's writing as she speaks deep from her soul. In 'I Know Why the Caged Bird Sings' Maya Angelo speaks from the heart as she recounts her childhood. She writes from a child's point of view and from her perspective as an adult. The themes and the lived experiences that emerge are of racism, segregation, slavery, sexual and emotional abuse, displacement, separation and resistance.

I look forward to sharing this book with you.



October Private Stay

Monday 25 October – Friday 29 October

Please arrive by noon, stay ends after breakfast.

R - £340

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.

November



Baking Bread with Nathan

Nathan Davis

Tuesday 2 November

Arrive by 10am, course ends at 4pm.

£60

Day Course D3021

Course includes morning coffee, lunch and afternoon tea.

Come and learn how to make focaccia, Christmas cinnamon rolls and nibbles. Take them home afterwards to enjoy.



Stitched Textiles

Sian Martin

Friday 5 - Sunday 7 November

Please arrive by 6pm, course ends at 4pm.

Residential - £280 Non Residential - £190

Residential Course R0421

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.

November



The Power of Rhythm!

Eliza Wylie

Saturday 6 November

Please arrive by 2pm, course ends at 5pm.

£20

Day Course D3121

Includes tea and coffee.

This workshop will offer participants an opportunity to make music together. We will work with our voices and bodies using drums to include some movement work.

We will explore some traditional West African rhythms together and improvise some of our own rhythms as well as enjoy some singing in harmony. Eliza's aim is for people to feel replenished through the experience of drumming and singing together.



Silver Jewellery

Pauline Payne

Monday 8 – Wednesday 10 November

Please arrive by noon, course ends with lunch.

Residential - £275 Non Residential - £185

Residential Course R2321

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 and extend any previously learnt skills, 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.



Solace for the Soul

Sue Glanville

Friday 12 - Sunday 14 November

Please arrive by 6pm, course ends with lunch.

Residential £260 Non Residential - £175

Residential Course R3421

We come together this weekend to talk about and reflect upon the uncertainty, fear and grief that has affected us during the pandemic and to find hope, encouragement and healing.

We will look at uplifting poetry, scripture and writings. We'll share our stories, maybe our tears, and find tools for recovery through meditation, mindfulness and other spiritual practices.

Some of the time we may be outside forest bathing or walking mindfully. Sometimes we will sit in silence together.

We may sing and/or paint. It will be a time to nurture your spirit and care for yourself.

Book Club - Beauty in the Beast

Vicki Burke

Sunday 28 November

Please arrive by 3:00pm, course ends at 4:30pm.

Donations

Day Course D3221

Includes tea and coffee.



Vicki speaks about her new book 'Beauty In The Beast - Facing our Collective Shadow' and shares the songs that accompany the journey with her harp.

This is a pilgrimage into the ancient Greek labyrinth, which was originally built to imprison the Minotaur. Once the beast had been slain, the early Christians turned this into a walking meditation. Vicki Burke uses this device to reflect on our departure from the Garden of Eden and the conflicts that have shaped our society today. Narrating her story, as a Jew and a creative, she uncovers the collective trauma which leads her on a journey of reconciliation.

December



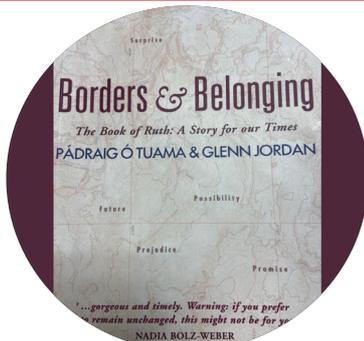
December Private Stay One

Friday 3 December – Sunday 5 December

Please arrive by 6pm, stay ends after lunch.

R - £170

Come and stay at Ammerdown for a 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.



Advent & Epiphany Bible Study

Rev Narinder Tegally and Christine Clinch

2 and 9 December, 6 and 13 January

Starts at 7pm course ends at 8:30pm.

Donations

Zoom Course Z2021

When Mary and Joseph arrived at the Inn, there was no room. People are on the move today and the response remains the same – there is no room. Join us as we study over four weeks Padraig O Tuama and Glenn Jordan's book: Borders and Belonging – The Book of Ruth: A Story for our Times – in the light of the coming of the Christ.



Interfaith Lunch

Sunday 5 December

Please arrive by 12:30pm, ends at 3pm.

Suggested donation £15

Day Course D3321

Inviting people of different faiths and none to share in conversation and delicious food together, as the year draws to a close. We will also talk about different ways we can continue to learn about each other's faiths and work together.



December Private Stay Two

Monday 6 December – Friday 10 December

Please arrive by noon, stay ends after breakfast.

R - £340

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.

December



Advent Retreat

John Bell

Friday 10 December – Sunday 12 December
Please arrive by 6pm, course ends with lunch.
Residential - £270 Non Residential - £185
Residential Course R3221

The notion that 'Christmas is a time for the kids' has helped to turn the Advent and Christmas seasons into a babyfest. It also eclipses the significance of incarnation, the importance of adults and even the connection to a woman who murdered a man in a campsite. This short retreat will pull back the curtain on the bigger picture.

John Bell lectures and leads seminars in the areas of scripture, liturgy, spirituality and music on all continents. He is a Member of The Iona Community and founding member of the Wild Goose Resource Group.



Ammerdown Christmas Lunches

Monday 13 - Friday 17 December
Christmas Readings and Carols 12:15 - 12:45pm.
Lunch is served at 1pm. Bar will be open.
£29.95

Ammerdown welcomes you to join us for this year's Christmas meals. As always we start with our delightful optional Christmas carol service in our chapel or if that's not for you then the bar will be open for a festive cocktail or two. We will then have our new caterers The French Kitchen ready and waiting to serve you a delicious three course meal freshly and lovingly prepared that morning. For a menu, more information or to book for your group email admin@ammerdown.org or ring 01761 433709 during office hours.



The Little Match Girl

Folksy Theatre

Wednesday 15 December
Show starts at 7pm.

Please book tickets at www.folksytheatre.co.uk

The Little Match Girl wanders the street on New Year's Eve, trying to sell her matchsticks. Everyone is busy celebrating with fires, Christmas trees and delicious food but outside the girl is cold, sad and alone, that is until she lights one of her matches to keep warm and visions come to life before her very eyes! Join the Little Match Girl on a magical journey, filled with live music, puppetry and multimedia. This is a family Christmas show not to be missed!



Ammerdown Candlelit Christmas Carols

Thursday 16 December
Please arrive by 7pm.

Donations

We would like to invite you to join us for this year's Candlelit Christmas Carol Service at Ammerdown.

A wonderful evening of traditional carols in our beautiful gardens. After the service we will be serving delicious mulled wine and mince pies. Its set to be a delightful Christmassy evening!

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.



21 October - £12

Day Course D3421

Printing for Pleasure with Barbara Butler and
Creative Cards with Tina Patterson

11 November - £12

Day Course D3521

“Where am I and what am I looking at?” – an interesting and sometimes humorous photographic tour of the local area with Rod Bruce

16 December - £20

Day Course D3621

Christmas Carols and Two Course Christmas Lunch.
An optional carol service followed by a delicious lunch and festive quiz.

Caring for Creation

27 October

24 November

15 December

10:00am - 11:00am

Donations

Zoom

Join us for our Caring for Creation Zoom, the last Wednesday of the month, sharing ideas with people who are working individually and with their local communities at grassroots level.
Email admin@ammerdown.org for the Zoom link.



Refreshing Day for Carers

23 November

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

£15

Day Course D3721



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.

Contact us

01761 433709

www.ammerdown.org

centre@ammerdown.org



The Ammerdown Centre



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