



Quarterly Programme

April - July 2023



Welcome to the Spring edition of our Quarterly Programme!

We have recently sent out a survey to find out what you think about our courses. Thank you to all those who have already filled out the survey. If you would like it re-sent or a printed copy posted out to you then please get in touch with us. We are in the process of reviewing the feedback received so far and we hope to refresh the Programme with new courses in the latter part of the year.

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

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!

D1523



The Joseph Story

John & Sally Sibley
Sunday 2 April
4pm - 5:30pm
£5

Includes tea and coffee

A warmly funny and gentle eighty minute one man play that lets Joseph, the forgotten man and displaced father, have his say. This is as much about Easter as it is about Christmas.

"I really do strongly recommend it... the variety of moods, moments of laughter, pain, the story telling - and an ending that leaves the audience pondering."

Easter Retreat

Bishop Peter Price & Dee Price
Thursday 6 - Sunday 9 April

Please arrive for afternoon tea at 4pm, course ends with lunch.

Residential £530 Non Residential £356

'We are living between Good Friday and Easter Day in our lives'.

Reflecting on the promise of God's kingdom 'come on earth' through the events of Holy Week and our present realities in a spirit of faith and hope.

Bishop Peter Price is a retired English Anglican bishop. He was the Bishop of Bath and Wells in the Church of England from 2001 to 30 June 2013. He sat in the House of Lords as one of the Lords Spiritual from 2008 until his retirement.

R1023



Taize Prayer Service

Wednesday 5 April
7pm

In the Ammerdown Chapel.

R1123



Silver Jewellery

Pauline Payne
Monday 10 - Wednesday 12 April
Please arrive by noon, course ends with lunch
R - £358 NR - £242

An opportunity to learn traditional silversmithing techniques in a small class so that you can develop your own ideas into beautiful pieces of jewellery. Suitable for complete beginners and a great opportunity for participants who wish to practise and extend any previously learnt skills, at their own pace. You will be surprised at the standard of work that can be achieved. There will be an additional fee for the silver used for example, earrings from £2.50 to twisted or plain bangles £10 - £25.

D1623



A Tibetan Buddhism Approach to Difficult Times

Alison Murdoch
Saturday 22 April
£60

Please arrive by 9:30am for 10am - 4pm
Includes morning coffee, lunch and afternoon tea.

Remember that sometimes not getting what you want is a wonderful stroke of luck – The Dalai Lama
We all face problems, big and small – it’s an inevitable part of human life. The question is: how do we choose to respond to them? The Tibetan Buddhist tradition of thought transformation proposes that through changing our attitude to the problems, difficulties and disappointments of daily life, they can gradually become sources of strength, insight and personal growth, leading to a happier and more peaceful life both for ourselves and for the people around us.

D1723

Refreshing Day for Carers

Tuesday 25 April
10am - 3pm
£17

Includes morning coffee, lunch and afternoon tea.

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.

This month we have Harp Meditation with Vicki, Craft with Tina and Sound Bath with Michele.



D1823



TLC Day for the Retired

Thursday 27 April
10am - 2pm
£17

Includes morning coffee, lunch and afternoon tea.

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.

Join us for a visit from the Guide Dogs for the blind association!

Stitched Textiles

Sian Martin

Friday 28 - Sunday 30 April

Residential - £350 Non Residential - £234

Please arrive by 6pm, course ends at 4pm

R1223

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.



May

R1323



Spring Break

Monday 1 - Friday 5 May

Residential - £698 Non Residential - £466

Please arrive by 12 noon, course ends with lunch

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. These breaks foster real community and many enjoy them so much they return regularly.



Taize Prayer Service

Wednesday 3 May

7pm

In the Ammerdown Chapel.

Northanger Abbey

Hazel Jones

Includes a trip to Bath

Monday 15 - Friday 19 May

Residential - £713 Non Residential - £481

Please arrive by 12 noon, course ends with lunch

R1423

Georgian readers were fascinated by dark tales of Gothic horror, populated by virtuous heroines and impossibly handsome heroes. Jane Austen was no exception – she read everything she could lay her hands on – but unlike many novel writers of the time, she chose not to conform to the conventions of this literary genre. The heroine of Northanger Abbey is neither accomplished nor beautiful, nor is the hero a paragon of chivalry or noble suffering. As an avid consumer of 'horrid' novels, Catherine Morland has to find out for herself that real life is often more disturbing than fiction.



D1923



TLC Day for the Retired

Thursday 25 May

10am - 2pm

£17

Includes morning coffee, lunch and afternoon tea.

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.

Join us for a crafting session with Tina!

To celebrate our 50th Anniversary we will be painting a ceramic tile with an image that represents Ammerdown to you. There will be some templates for those of you with less confidence. We hope to end up with a beautiful display in the dining room created by our amazing Ammerdown guests. For those of you who finish your tile there will also be some lovely silk paintings to complete and take home.

R1523

The Yoga of Vocal Sound

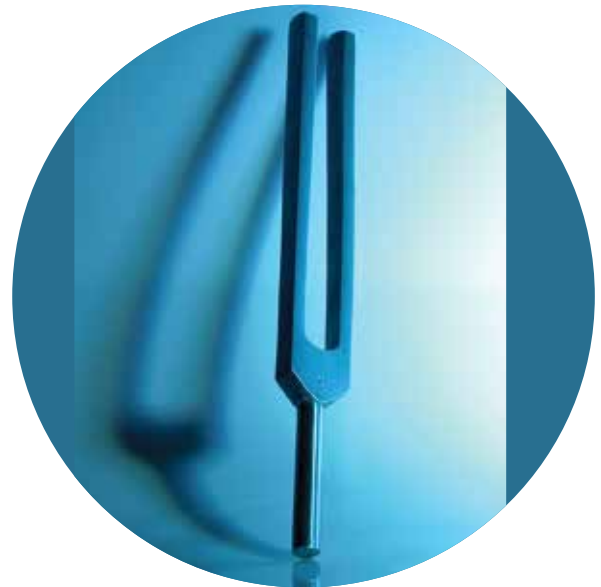
James D'Angelo

Friday 26 - Sunday 28

Residential - £340 Non Residential - £224

Please arrive by 6pm, course ends with lunch

Yoga is a union with our true Self. The voice has the capacity to resonate and correct our out of tune frequencies and restore harmony to mind, body and spirit. To this end James will guide you in various toning practices complemented by simply movements and explore particular sounds/movements for the organs. No experience necessary only a deep desire for self-transformation.



D3523

Myths, Music & Magic in Spring

Helena Softley and Don Cox

Sunday 21 May

2pm - 4pm

£15



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. Don Cox, who has worked on the estate for almost 40 years, will share his knowledge of this special place. 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!

D3623



A Day to Celebrate Women from Around the World

Narinder Tegally
Saturday 27 May
10am - 4pm
£55

Includes morning coffee, lunch and afternoon tea

Come and listen to the words of women from around the world and be enriched. Women including Rosa Parks, Mother Teresa and Maya Angelo who can shape and influence us along the way. Reflect on their wisdom in the context of your community and your personal journey. If you would like to, bring along a favourite piece of writing to share. There will be presentations and in between times for personal reflection. Open to all.

Refreshing Day for Carers

Tuesday 30 May
10am - 3pm
£17

Includes morning coffee, lunch and afternoon tea.

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.

This month we have drumming with Eliza, fun singing with Helena and craft with Tina.



D2023

D3723



Beehives in Stained Glass

Tracey Quinn
Wednesday 31 May
9:30am for 10am - 4pm
£95

Includes morning coffee, lunch and afternoon tea.

Create a light enhancing gift or decoration for the home or garden using the adaptable art of stained glass copper-foiling and soldering to join the glass together. You will use glass pre-cut shapes out of various amber and clear iridescent coloured, smoothed and textured glass. In addition, you may be using embellishments such as enamel bees & honeycomb shaped charms to enhance your work.

Come and relax and have fun while crafting!



50th Anniversary Art Exhibition On Hospitality, Peace & Reconciliation

Thursday 1 June 7pm - 9pm
See details on page 11.



R1623



God in Jewish Tradition

Rabbi Howard Cooper

Friday 2 - Sunday 4 June

Residential - £340 Non Residential - £224

Please arrive by 6pm, course ends with lunch

What images of God can one find in Jewish tradition? During this weekend participants will have an opportunity to explore how God is portrayed and 'imagined' within Jewish texts spanning more than 2500 years. Through discussion and personal reflection we will consider how such images of divinity resonate with participants' own spiritual journeys.

Extraordinary Women Part 2: Mary Oliver

Sue Glanville
Saturday 3 June
£60

9.30am for 10am - 4pm

Includes morning coffee, lunch and afternoon tea.

Our series of day courses on three extraordinary women: Julian of Norwich, Etty Hillesum and Mary Oliver.

Mary Oliver (1935-2019) was an American poet, renowned for her nature poetry. (Saturday 3rd June)

These are women who found the positivity, strength and hope to not just survive, but to grow in times of pandemic, trauma and abuse, religious and racial intolerance and grief. As we gather to explore their stories we will be inspired and surprised by the relevance of their writings and their examples for our lives today.

D2123



Taize Prayer Service

Wednesday 7 June

7pm

In the Ammerdown Chapel.



Soul Of Leadership

Margaret Benefiel and Margie Buchanan-Smith

Monday 12 June - Thursday 15 June

£4,500 over 18 Months

Contemplative Leadership for Change

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. Financial assistance is available for the programme. If you would like to participate in this programme and have concerns about covering the fee, then do consider applying for assistance.

D2223



TLC Day for the Retired

Thursday 15 June
10am - 2pm
£17

Includes morning coffee, lunch and afternoon tea.

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.

Join us for a talk with Olly the Ammerdown Gardener.

Living Theology 2023

Tuesday 16 - Thursday 18 May
Please arrive by 5pm, course ends after lunch

The theme for the weekend will be: 'The Future of the People of God - The Synodal Church & Ecclesial Ethics' Dr. Liam Hayes, Director, Centre for Ecclesial Ethics, Margaret Beaufort, Institute of Theology Cambridge & priest of Brentwood Diocese, Dr. Anna Abram, Co-Principal, Margaret Beaufort Institute of Theology Cambridge. The residential cost covers bed and full board plus all lectures and plenaries, with access to Ammerdown's extensive facilities. Cost: £330 single occupancy, £290 p.p for two people sharing. Non-residential: Covers lectures, plenaries, liturgies, communal living during the day, lunch and evening meal, but does not include bed or breakfast. Cost: £190.

Please email ltammerdown@gmail.com or phone 07751 670211 with any enquiries or to book.



R1723

Enneagram Part 2

Helen English
Monday 19 - Wednesday 21 June
Residential - £508 Non Residential - £392
Please arrive by 10am, course ends at 4pm



This is a Part 2 Workshop so you will have already done one or more Enneagram foundation workshops.

This workshop is about The Enneagram as a living, moving map and the power of human instinct. A powerful and primary urge for survival drives each and every one of us moment by moment, day by day, year on year. For the most part, it is unconscious, yet it constantly determines where our energy and attention goes. Have you wondered why despite good intentions you never quite focus on what really matters? Why your vital energy for life and the things you most value, seems constantly to drain away? Enneagram wisdom suggests instinct-driven patterns of thinking, feeling, sensing and being. When out of awareness, this seriously limits our potential. But awareness can change everything.

Don't forget Jamal! – Zoom

Tuesday 20 June
2pm - 3pm
Donations for Jamal

Jamal, a refugee from Afghanistan, took a perilous journey from Iran in 2013 and arrived safely in Indonesia. He had hoped to go onto Australia but the boats had been stopped. Jamal was given refugee status in 2014 and since then he has been waiting to be accepted by a country who will offer him sanctuary. Indonesia is not signed up to the UN convention for refugees, so Jamal cannot study, work or own property. Refugees are expected to wait until they are relocated. Jamal has been waiting for 10 years.

Ammerdown first zoomed Jamal in 2021.

Join us as we hear about Jamal's story.



D3823

A Day for the Exhausted

Saturday 24 June
£60

9:30am for 10am - 5pm

Includes morning coffee, lunch and afternoon tea.



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 £82 per night and relax in front of a film with a drink from our bar.

Sinnobar

Sunday 25th June
3pm - 5pm

Adults - £10 *includes afternoon tea*

Children 6-12 years - £5

Children 5 years and under - free

All proceeds to DEC, supporting the displaced people in Turkey and Syria

On the last Sunday of Refugee Week, join us in the Ammerdown Garden to listen to the beautiful sound of Sinnobar!

"Subtle, seductive & sophisticated roots-informed music" -
The Weekend Australian

"It is a stunning collection of songs, sensitively arranged, beautifully played and produced and faultlessly recorded...Projection is an exceptional album." - Folk Radio UK

Sinnobar is the mercurial creation of multi-instrumentalist song writers Sebastian & Natalie Brice. Their music has elements of folk, jazz, country and rock.



D3923

R1823

Individually Guided Retreat

Sr Felicity Young

Monday 3 - Friday 7 July

Residential - £698

Please arrive by 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.

R1923

Summer Meadow Embroidery

Annette Bolton

Monday 10 - Thursday 13 July

Residential - £510 Non Residential - £336

Please arrive by 6pm, course ends with lunch

A lovely project for the middle of summer, Poppies, Cow Parsley, Thistles, Cornflowers and grasses. Easy hand stitches as well as Stumpwork (raised embroidery) and Needlelace, if you wish.

Suitable for all abilities.



D2423



Refreshing Day for Carers, TLC Day for the Retired & Cuppa and a Chat

Monday 31 July

2:30pm - 5pm

£5

Includes a Cream Tea

Join us for a delicious homemade cream tea with the participants of Cuppa and a Chat and TLC day for the Retired.



50th Anniversary Art Exhibition On Hospitality, Peace and Reconciliation

Open 1 June – 31 July
(at certain times)

I asked a question... It's lovely to see exhibitions at Ammerdown, but what about an exhibition reflecting Ammerdown's Core Values?

So as a volunteer, I found myself curating one...

HOSPITALITY, PEACE, RECONCILIATION

Ammerdown believes in a shared world, where diversity and different identities are cherished, where all can live free from the fear of violence and abuse, with dignity and respect, and where differences and conflicts are transformed peacefully.

This is what a group of local artists have come to reflect on, following a call-out to Frome and other artists via social media and Make Art. Including painting, collage, and 3D work, from 'nest boxes' to ceramics, you will also find digital art and music.

The individual artists share a wish to communicate about the plight of creation and refugees, and the desire to build peace and communication within an increasingly fractured world. This exhibition seeks to reflect Ammerdown's values and to communicate this in a host of different ways, approaches and media.

Viv Meadows

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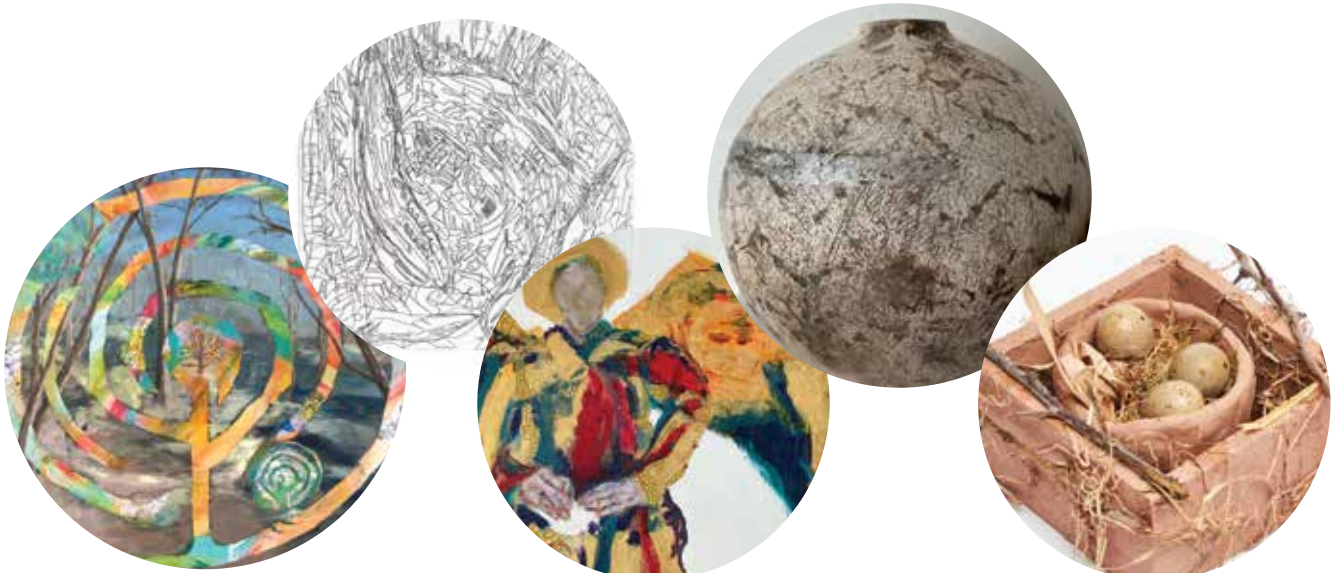


Opening of the Art Exhibition
with the Artists
Thursday 1 June
7pm - 9pm

Entrance *with Cheese and Wine* - £5 (payable on the door)

Art Exhibition: Hospitality, Peace and Reconciliation in
celebration of our 50th Anniversary

An open evening to meet the artists and view their work.





The Ammerdown team deeply cares about connecting with the community. Our monthly Cuppa and a Chat provides a safe space to meet new people and enjoy friendly conversation over a hot drink and a slice of homemade cake all for free!

We aim to offer an inclusive and enjoyable afternoon in good company in our comfortably relaxed setting. Sometimes we introduce a group quiz, or a game or short activity. If you feel your month would be brightened by a social outing in a friendly group, please get in touch 01761 433 709 and come along. If you would like to find out more or book on to this event, please contact social.justice@ammerdown.org.

If you live in the local area and are unable to get to The Ammerdown Centre, we can provide transport at no cost.

Mondays... 24th April, 22nd May, 26th June, 31st July, 25th September, 30th October & 27th November.

The rest of the year includes...



August

Wind in the Willows - *Quantum Theatre*
Watercolour Painting - *Dawn Oliver*
Cheeseboard stained Glass - *Tracey Quinn*
The Future of the Celtic Past - *John Bell*
King David - *Rabbi Rachel Montagu & Sister Anne Lee*

September

50th Anniversary Weekend
Embodied Prayer - *Jackie Evans*
Interfaith Youth Weekend
Autumn Break
Chinese Brush Painting - Pagodas and Temples - *Julia Martin*
Tall Arched Mixed Media - *Tracey Quinn*



October

Bobbin Lace - *Pompi Parry*
Mindfulness and Yoga for Doctors - *Emma Went & Thuli Whitehouse*
Extraordinary Women Part 3: Julian of Norwich - *Sue Glanville*
Hospitality and Sanctuary for all - *Inderjit Bhogal*
Illumination Calligraphy - *Josie Brown*
Reading Through the New Testament Together - *Rupert Kaye*



November

Just Passing Through - *Sue Brayne*
Stitched Textiles - *Sian Martin*
70's Evening
Enneagram Foundation Workshop - *Helen English*
Autumn Delights Stumpwork Embroidery - *Annette Bolton*
Stained Glass Christmas Decorations - *Tracey Quinn*
Advent Retreat - *Narinder Tegally*



December

Christmas Meals
Candlelit Christmas Carols
Christmas House Party



More details available on our website www.ammerdown.org

Contact us

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The Ammerdown Centre



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