



# Ammerdown

HOSPITALITY • PEACE • RECONCILIATION

## Quarterly Supplement January - April 2022



We welcome you back to Ammerdown in the brand new year of 2022.

This quarter we have some well known courses such as 'The Ammerdown Spring Break' and 'Silver Jewellery', as well as Malcolm Guite taking us on a journey through the Psalms and Dave Tomlinson leading this year's Easter Retreat. We also offer plenty of opportunities to meet with others. As always, we hope there is something for everyone! Please check out our website's 'What's On' page for courses beyond March.

### *To Book...*

Our new online Booking System is on its way! Until then, please email [admin@ammerdown.org](mailto:admin@ammerdown.org) or call 01761 433709 to book your place.

### **Courses before Easter ...**

**Stitched Textiles**  
with Sian Martin  
1-3 April

**Silver Jewellery**  
with Pauline Payne  
4-6 April

**Awakening our Natural  
Compassion & Wisdom**  
- An Introduction to  
Tibetan Buddhism  
with Alison Murdoch  
9 April

**Stumpwork**  
with Annette Bolton  
11-14 April

# January



## SARI Empowerment Session

Natalia & Martha  
Wednesday 12 January  
3.30pm - 5pm  
FREE

Please book through EventBrite with the link below

<https://www.eventbrite.co.uk/e/stand-against-racism-and-inequality-empowerment-session-tickets-217888639787>

Includes tea and coffee.

WHAT is HATE CRIME?  
HOW do you report a HATE CRIME?  
WHO will support you?

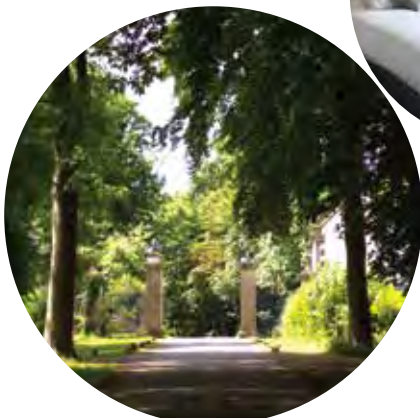
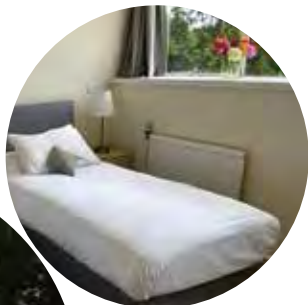
## Soul of Leadership

Margaret Benefiel and Margie Buchanan-Smith  
Monday 10 - Thursday 13 January  
Please arrive for 10am, course finishes after lunch.  
£3800 over 18 Months

The 6 R's of Sanctuary (Year 1)

The second residential focuses on how leadership efficacy is enhanced as leaders intentionally take time apart from their leadership context to engage in spiritual practices. This residential will share learning gained from leadership, theology, and spirituality studies as a means to teach participants a spiritually-connected and grounded way of leadership.

There will be a second Soul of Leadership Course at Ammerdown in the future.  
Please contact the office for details.



## Private Stay Weekend

Friday 14 - Sunday 16 January  
Please arrive for 6pm, stay ends after lunch.  
R - £188

Residential Course - PStayJan

Come and stay at Ammerdown for a relaxing weekend. A warm welcome awaits you. Explore the woods and gardens; go further afield and discover Bath, Wells, Bristol or Cheddar; or simply take the time to be.

# January

## Loving Life with the Enneagram

Helen English

Friday 21 - Sunday 23 January

Please arrive for 10:30am, course ends at 4pm.

R - £365 NR - £265

Residential Course - R0122

Meet the Enneagram and its life-affirming resources.  
Our foundation-level (Part 1) workshop.

Decide or re-confirm your own Type (Base/Point). Get to know all 9 world-views shown in the Enneagram's map of human experience where action, psychology and spirit are clearly drawn, yet inseparable. Discover how this extraordinary map can help you on your path.



## Holocaust Memorial Week Zoom

**Connecting with the people of Rwanda**

Souvenir Mutesi & Christine Clinch

Monday 24 January

3pm – 4.30pm

Donations to the Rwandan Sisterhood.

Zoom Course - Z0122

Meet some inspiring Rwandan women – joining us from Kigali and London – hear their stories and find out about their amazing work.

Holocaust Memorial Day is the day for everyone to remember the millions of people murdered in the Holocaust, under Nazi Persecution, and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur.

## Quiet Day

Rev Narinder Tegally & Christine Clinch

Saturday 29 January

9:30am for 10am - 4pm

£55

Day Course - D0222

Includes morning coffee, lunch and afternoon tea.

Begin the year reflecting on God's presence in our lives and being present in the moment. 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.



# January



## The Power of Rhythm

Eliza Wylie

Monday 31 January

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

£15

Course Code - D0322

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.

No musicality necessary!

# February

## A Poetic Journey through the Psalms

Malcolm Guite

Friday 18 - Sunday 20 February

Please arrive by 6pm, course ends with lunch.

R - £290 NR - £190

Course Code - R0222

Poet-Priest Malcom Guite will take us on a poetic journey through the book of psalms, exploring how these Scriptures both prophesy the coming of Christ and his kingdom and also give voice to our own inner life of prayer and longing for God.

Poet-Priest Malcolm Guite was Chaplain for 20 years at Girton College, Cambridge and remains a Supernumerary Fellow.



## Visit to Bath Mosque

Sunday 20 February

Meet at Ammerdown for 2pm, return at 5pm.

£10 Including Transport

Day Course - D0522

Join us for a visit to the Mosque in Bath.  
Meet our Muslim neighbours and learn about Islam.

# February

## Silver Jewellery

Pauline Payne

Monday 21 - Wednesday 23 February

Please arrive by noon, course ends with lunch.

R - £320 NR - £220

Maximum of 8 places

Course Code - R0322



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.

## Midweek Private Stay

Monday 21 - Friday 25 February

Please arrive for 6pm, stay ends after lunch.

R - £376

Residential Course - PStayFeb



Come and stay at Ammerdown for four relaxing nights. 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.

## Refreshing Day for Carers

Tuesday 22 February

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

£15

Residential Course - D0622

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.



## Book Club

Rev Narinder Tegally

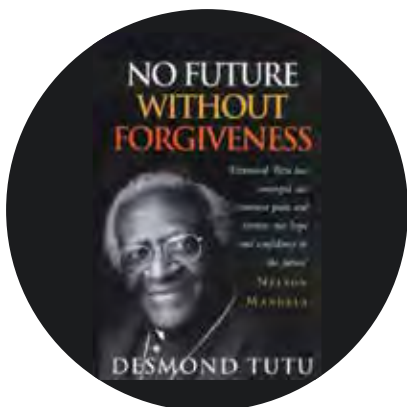
Sunday 27 February

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

Suggested Donation £5

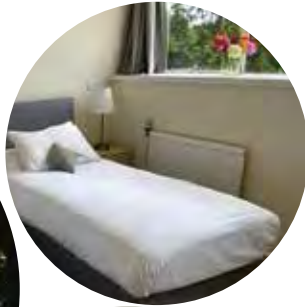
Day Course - D0822

Includes tea and coffee.



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

# March



## Midweek Private Stay

Tuesday 8 - Thursday 10 March  
Please arrive for 6pm, stay ends after lunch.  
R - £188

Residential Course - PStayMar

Come and stay at Ammerdown for two relaxing nights. 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.

## Visit to the Hindu Temple in Bath

Sunday 20 March  
Meet at Ammerdown for 2pm, return at 5pm.  
£10 Including Transport  
Day Course - D1022

Join us for a visit to the Hindu Temple in Bath.  
Meet our Hindu Neighbours and observe or join in the celebration of Holi, the Spring Festival.



## Poetry, Protest and Witness in uncertain times

Ambrose Musiyiwa  
Saturday 26 March  
Please arrive by 10am, course ends at 4pm.  
Suggested Donation £25  
Day Course - D1222

Includes morning coffee, lunch and afternoon tea.

Covid has made us more aware of the injustices in our world. In these times of social 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 poetry workshop (in the morning), followed by readings (in the afternoon).

Participants will have the opportunity to explore poetry capable of influencing social change, through a series of reflections, exercises and writing prompts. In addition, participants will have the opportunity to be in conversation with poets from the Black Lives Matter: Poems for a New World anthology (2020).

This workshop is free and for all levels and abilities – absolutely no writing experience required. All you need is a passion for justice and an interest in sharing your views through creativity. Black Lives Matter: Poems for a New World, published in November 2020, presents poems and short prose from around the world responding to Black Lives Matter.

# March

## Book Club

Rev Narinder Tegally

Sunday 27 March

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

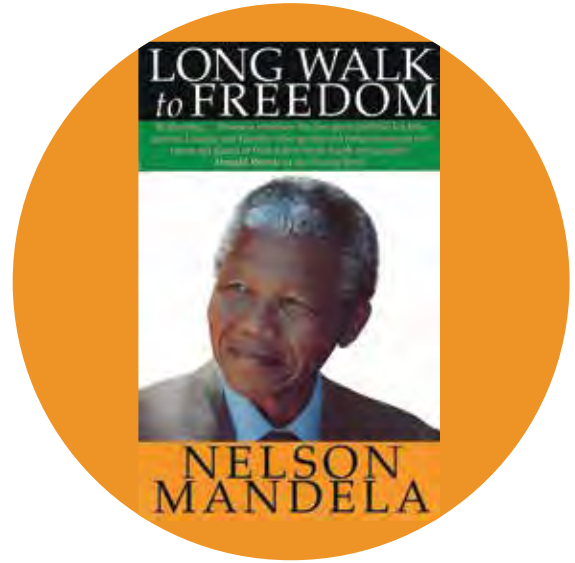
Suggested Donation £5

Day Course - D1322

Includes tea and coffee.

We continue exploring South African writings with Nelson Mandela's: 'The Long Walk to Freedom'. Nelson Mandela is one of the great moral and political leaders of our time: an international hero whose lifelong dedication to the fight against racial oppression in South Africa won him the Nobel Peace Prize and the presidency of his country.

We reflect on his story and our own understanding of racial justice.



## Spring Break

Gwyneth Evans and Lynn Douglas

Monday 28 March - Friday 1 April

Please arrive by noon, course ends with lunch.

R - £575

Residential Course - R0422



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

Regulations willing, there will be trips out to local places of interest.



## CUPPA AND A CHAT

Monday 31 January, Monday 28 February, Monday 28 March

2pm - 4pm

FREE

Day Course - D0922

According to Age UK, more than 2 million people in England over the age of 75 live alone, and more than a million older people say they go for over a month without speaking to a friend, neighbour or family member. It's shockingly easy to be left feeling alone and vulnerable, which can lead to depression and a serious decline in physical health and wellbeing.

The team here at Ammerdown care greatly about tackling loneliness in the local area. We have set up a monthly support group in an attempt to form a safe and welcoming environment for individuals to come and talk to others and enjoy afternoon tea and cake in our beautiful facility.



## 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 27 January - £15

Day Course D0122

Helena Softley's Fun Singing. Helena will lead us, with voice and guitar, in popular songs from the past.

### Thursday 24 February - £15

Day Course D0722

Josh Harris from the Beaver Trust will talk about beavers and why reintroducing them to the UK can help us to address environmental problems.

### Thursday 24 March - £15

Day Course D1122

Judy Duffus will talk about keeping bees throughout the year and the honey harvest.



## Caring for Creation

Wednesday 26 January **Zoom Course - Z0222**

Wednesday 23 February **Zoom Course - Z0322**

Wednesday 23 March **Zoom Course - Z0422**

10am - 11am

Suggested Donation £5

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 grassroot level. **Email [admin@ammerdown.org](mailto:admin@ammerdown.org) for the Zoom link.**

## Caring for Creation Residential Course with Sue Glanville

Sunday 24 - Tuesday 26 April **Residential Course - R0922**

Please arrive for 6pm, Course ends after lunch.

R - £190 NR - £115

Sharing and learning from each other – grassroot ideas that work. Speakers will also inspire us to continue working in new ways with our local communities.



## Easter Retreat

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

Dave Tomlinson

Thursday 14 April - Sunday 17 April

Please arrive for noon, retreat ends after lunch.

R - £390 NR - £240

Course Code - R0822

Against a background of events like the pandemic, the refugee crisis, and the climate emergency, this retreat asks what the Holy Week and Easter story means for us today – personally and collectively. Can we re-imagine its significance, discover fresh possibilities for a new context?

Using art, multimedia presentations and stimulating talks and group discussions, we will explore what it might mean to live Easter, to practise resurrection – to unleash fresh hope and joy on ourselves and our world.

## Contact us

01761 433709

[www.ammerdown.org](http://www.ammerdown.org)  
[centre@ammerdown.org](mailto:centre@ammerdown.org)



The Ammerdown Centre



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