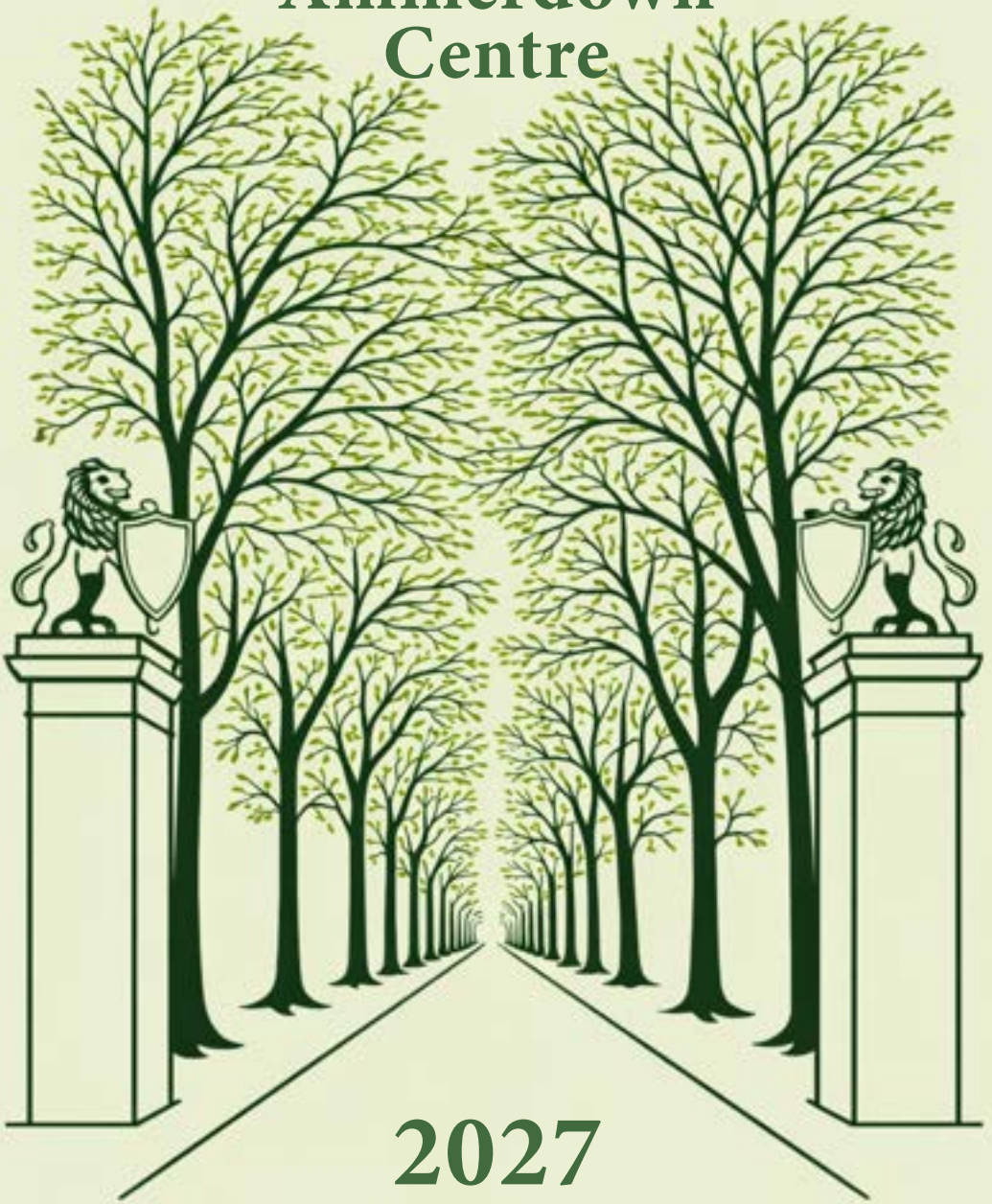
The Ammerdown Centre



2027

HOSPITALITY • PEACE • RECONCILIATION

"VERY impressed with the venue, accommodation, decor, cleanliness, gardens & especially the quality & choice of food. All excellent."

"Ammerdown is the perfect place for a time of reflection & worship."

"The beauty, the peace & quiet, the food & the spiritual experience. I am grateful God took us here."

WELCOME

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

The Ammerdown Centre,
Ammerdown Park,
Radstock, Somerset,
BA3 5SW

Offering our guests space & time away from the hustle & bustle of everyday life, our conference & retreat centre is nestled in the grounds of Ammerdown Park, where you can relax in our garden or wander further afield through woodland & open countryside. With high quality food, forty bedrooms & fully equipped meeting rooms, we are an ideal venue for people to meet together or to enjoy a holiday or retreat.

If you are looking for:
- courses to develop your understanding, skills or confidence in peace, justice or reconciliation;
- a guided retreat focusing on your life & faith;
- arts & crafts events & courses;
- a relaxed setting to hold a conference or business meeting;
- an away day for your group; or
- a memorable venue for your next special event.

Then Ammerdown is the place for you!

All are welcome at Ammerdown. Every year we welcome people of all faiths & beliefs & none, so whatever your reason for considering a visit, you can be sure of a warm Ammerdown welcome!

WAYS TO VISIT AMMERDOWN

Ammerdown Courses

Throughout the year we run a wide variety of courses; we hope there is something to suit everyone! Take a look from page ten onwards to discover upcoming courses throughout 2027.

Conferences & Retreats

We have five modern conference rooms (complete with AV equipment & hearing loops) available for private hire. The smallest is perfect for 15 people & the largest seats up to 80. See page five for more details.

Private Stays

Enjoy a warm welcome, our beautiful garden & grounds & the peace & tranquillity Ammerdown has to offer on a private stay. With three boarding options there is something to suit every budget. See page seven for more information.

Our Holiday Cottage

The stunning Aldrich Cottage is available for private hire through www.sykescottages.co.uk.
Sleeping up to 8 guests this self-catering holiday home is perfect for the whole family. More information available on the Sykes website.

N.B. We are now taking conference & retreat bookings up to 2030, so if you are planning an event please do get in touch to see what we can offer. Email bookings@ammerdown.org

OUR ROOMS

John Todd Room
Our largest conference room, seating up to 80 people. The doors open out onto our courtyard, making the room light & bright. The room is fully equipped with state-of-the-art AV equipment.

Trevett Room
Seating up to 60 people, the Trevett is full of character with the original stone wall & windows looking out into the back garden. The room is fully equipped with AV equipment.

Russell Room
The Russell room is perfect for workshops & craft sessions. It seats up to 55 people & includes AV equipment, a sink & is adjacent to our courtyard.

Upper Dovecote
Formerly the 'Dovecote' of Ammerdown House, this is a delightful, airy room, ideal for smaller gatherings.
Seats up to 15 people.

Harness Room
The smallest of our meeting rooms, seating up to 15 people, the Harness enjoys the seclusion of the garden.

Bedrooms
Our comfortable bedrooms, all en-suite, & a mixture of singles, doubles & twins, provide accommodation for up to 68 people.

The Sanctuary
The Sanctuary provides a relaxing & quiet space which is available for meditation, prayer & reflection.

HIGH QUALITY CATERING

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

Our Head Chef is passionate about providing delicious & locally sourced food that fits well with our ethos, meeting a range of dietary requirements while maintaining a varied menu throughout the week. Our chefs have their own on-site allotment to supplement the meals they provide daily.

Our suppliers are local wherever possible, & we use only the finest, ethically sourced ingredients.

OUR SUPPLIERS

Castle Mead Poultry
Local producer of free range eggs.

Arthur David
All of Arthur David's products are well considered & individually chosen to meet the needs of their customers. Their suppliers are based on quality, availability & location.

Beavan Butchers
A family-owned, independent butcher shop situated in the busy market town of Melksham, Wiltshire. The business is rooted in traditional butchery methods, complemented by a modern approach.

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

STAYING WITH US FOR A PRIVATE STAY

Enjoy a warm welcome, our beautiful garden & grounds & the peace & tranquillity. Extend your stay, come for a retreat, course, or just enjoy time in the heart of the Somerset countryside.

	Single		Double / Twin	
	Rate per 24hrs	*Promotional Rate	Rate per 24hrs	*Promotional Rate
B&B	£72	£67	£115	£108
Supper, B&B	£102	£97	£175	£168
Full Board	£123	£118	£217	£210

*Promotional course extension rates apply when arriving early or staying on after one of our Ammerdown courses.

'I always love coming here - its ethos & the beauty of the centre & gardens always make my time here special. thank you.'

- 2026 Ammerdown Guest

WELCOME TO THE 2027 COURSE PROGRAMME!

Dive into the courses & events we'll be holding in 2027. From one-off events lasting a few hours to five-day retreats, we have it all.

As usual you'll find local, national & international leaders & speakers. Some faces will be familiar to Ammerdown & others will be joining us for the first time. They will be covering everything from literature to crafts, to personal development & nonviolence.

Take advantage of our Early Bird prices by booking three months before the start date of a residential course or at least a month before our day courses.

Some of the things we offer:

- Opportunities for spiritual reflection
- Individually Guided Retreats
- Faith & Spirituality courses
- Peace & Justice Courses
- Personal Development
- Quiet Days
- Arts & Crafts
- Literature Studies
- Musical events
- Quizzes
- Community Events

Bursaries

At Ammerdown we'd like to ensure that everyone who wants to join our courses & retreats is able to. So, if you're experiencing financial challenges that are preventing you from coming to our courses you can apply for support from our bursary fund.

To find out more about the Bursary Fund please email us at centre@ammerdown.org

The School of Peace & Nonviolence

The Ammerdown Centre for Peace & Reconciliation is committed to Peace through Nonviolence & is excited to launch our new School of Peace & Nonviolence (SPAN) in 2027. The School is being established to help us address the profound questions of an age of increased violence, polarisation & fragility. The School will draw on a wide range of wisdom from different faiths, sectors & academia to provide courses, workshops, retreats & resources on general & specialist topics related to peace & nonviolence, all designed to bring age-old principles & practices to life for the current challenges of our time.

The 2027 SPAN programme involves offerings at introductory, going deeper, specialist & tailored levels, as well as four new series across the year, Shared Table, Faithful Conversations, Exploring Faith & Peace, & Living well with Conflict.

We are also thrilled that the School's foundation course, "The Hope of Nonviolence" will introduce the Blessing Tree framework of Nonviolence developed by Martina Hunt & Carolyn Merry to Ammerdown. This organic & comprehensive framework enables people from all backgrounds to explore nonviolence as a way of life, as well as providing the tools to bring about social change & break cycles of violence.

So if you want to learn & grow in your faith, live more peacefully & be able to transform conflict, justice & division, then the School of Peace & Nonviolence will have something for you.

If you would like to explore something more bespoke, then please contact Carolyn Merry directly at: carolyn.merry@ammerdown.org.

The Hope of Nonviolence Foundation Course

Online Introduction Sessions

6:30pm-8:30pm
28 January - pg13
29 April - pg25
30 June - pg30
18 November - pg48

Residential

Starts at 10am, ends at 4pm.
Friday - Sunday...
5 - 7 February - pg14
or
15-17 October - pg44

Exploring Faith & Peace

Islam & Peace - 23 January - pg13
Buddhism & Peace - 5 June - pg29
Judaism & Shalom - 9 December - pg51

Living Well with Conflict:

Dealing with conflict before it escalates
10 March - pg18
Challenging Conversations
9 June - pg30
Challenging Behaviours
8 September - pg39

The Shared Table Series

Wednesdays...

13 January - Lunch - pg12

17 March - Evening - pg19

12 May - Lunch - pg26

14 July - Evening - pg35

13 October - Lunch - pg43

15 December - Lunch - pg52

The Going Deeper Series

Gospel Nonviolence: Jesus' invitation to a radical way of life - 13 May - pg26
Sacred Walking for Peace - 15 May - pg27
Communicating Compassionately - 18 May - pg28
The Spirituality of Nonviolence - 3 July - pg32
Faithful Nonviolence: Journeys to Peace - 4 October - pg41
Nurturing Strong Communities - 3 November - pg45
Spirituality of Nonviolence Online Advent Retreat - December - pg49
Cultivating Peace - 3-5 December - pg50
Restorative & Healing Practices for Peacemaking - 7 December - pg50

Faithful Conversations

Caring for Creation - 17 February - pg16
Being Human in an Age of AI - 14 April - pg22
Community in an Age of Polarisation - 21 August - pg37
Inclusion: Limited or Generous - 11 November - pg46

Walk for Peace - 30 September - pg40

JANUARY

D0127

Shared Table
Wednesday 13 January
11:30am-1:30pm
FREE EVENT

An opportunity to meet with people of all faiths & beliefs & share a meal together - delicious food from many cultures & wonderful conversation.

TLC for the Retired
Thursday 21 January
10:00am-2:00pm
Full Price - £22

TLC0127

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

D0227

Islam & Peace
Norah El-Gohary
Saturday 23 January
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

In this first of our series 'Exploring Faith & Peace', Dr Norah El-Gohary will facilitate an interactive day looking at Islam & Peace. Join us in exploring how the Islamic faith sees peace & how its beliefs & practices help build inner, interpersonal & social peace. Through input, group discussions & reflective exercises, we can deepen our understanding of Islam & Peace across the ages & in our current world.

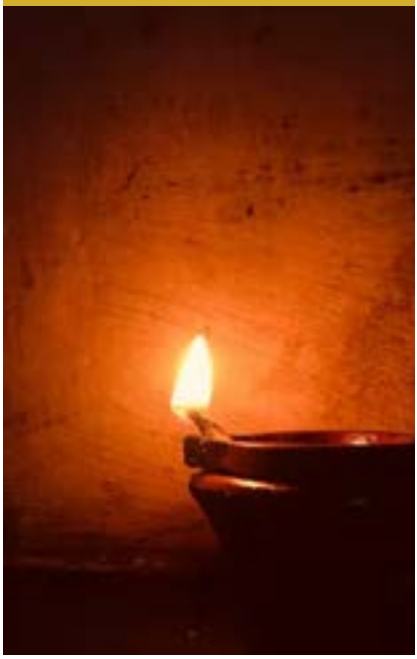
The Hope of Nonviolence Online Intro
Carolyn Merry & Martina Hunt
Thursday 28 January
6:30pm-8:30pm
Full Price - £15

In an age of increasing polarisation & violence in our world, many of us feel in despair about what we can do. This online introductory session invites you to explore the way of nonviolence - both as a spiritual practice which can provide the roots to nourish us in such times, but also as a way to help transform our world to be more just, peaceful & loving.

D0327

FEBRUARY

R0127



The Hope of Nonviolence Residential
Carolyn Merry & Martina Hunt
Friday 5 - Sunday 7 February
Starts at 10:00am & ends at 4:00pm
Residential - £465 Non-Residential - £313
Early Bird:
Residential - £441 Non-Residential - £297

In an age of increasing polarisation & violence in many forms in the world, many of us feel in despair about what we can do. The Hope of Nonviolence course offers an exploration of nonviolence as a spiritual practice & way of life, enabling us to transform our lives, relationships, & our world to be more just, peaceful & loving. This immersive residential course offers The Blessing Tree Framework of Nonviolence, which includes facilitated input, group activities, real-life scenarios, & personal reflection time.

Pre-Lent Quiet Day
Narinder Tegally
Monday 8 February
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

We gather together in the quiet space of Ammerdown to reflect on our lives & our spiritual journey, through readings, prayer, music & meditation. There will be plenty of time to walk the labyrinth & the grounds, as well as the opportunity to be creative through art & writing.

D0427

R0227

The Magnificent Beauty of Your Soul: The Spirituality of St Teresa of Avila
Ian & Gail Adams
Monday 15 - Wednesday 17 February
Starts at 6:00pm & ends with lunch
Residential - £414 Non-Residential - £262
Early Bird:
Residential - £393 Non-Residential - £249

An invitation to explore the wonderful gifts of 16th-century Carmelite saint Teresa of Avila. The title reflects her confidence in the loving presence of God & the wonder of the human soul. We sense that her prayerful experience & insights are gifts for each of us & for our times.

C0127

Refreshing Day for Carers
Tuesday 16 February
10:00am-3:00pm
Full Price - £24
Includes Morning Coffee, Lunch & Afternoon Tea

These days are specially designed for those caring for a loved one, offering a chance to relax & restore at Ammerdown. The day begins at 10am with tea or coffee on arrival, followed by a choice of activities at 11am. After a delicious home-cooked two-course lunch at 12:30pm, a second set of activities starts at 2pm. The day finishes at 3pm, with tea & a slice of cake before you leave.

Each Refreshing Day for Carers includes a choice of two optional activities, which may include Tai Chi, Yoga, Singing, Drumming or a craft workshop.

D0527

Faithful Conversations:
Caring for Creation
Justine Huxley
Wednesday 17 February
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Faithful Conversations is a new space for people of all faiths & beliefs to gather & grapple with some of the most urgent issues of our day. With input from various guests with speciality in the particular topic, participants will have a chance to better understand the complexity of the subject & have opportunity for individual reflection & small group discussion, drawing on their own faith & belief traditions as well as life experience.

How can we deepen our lived commitment to care for creation? How might revolutionary findings in the science of animal & plant intelligence impact our understanding of that commitment? What can innovative new approaches to nature governance teach us about the possibility of including the more-than-human world in our decision-making & our approach to caring for Earth? What daily practices can help us deepen our relationship with the rest of nature as intelligent, sacred & capable of cocreating with us?

TLC for the Retired
Thursday 18 February
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

TLC0227

D0627

Extraordinary Women: Julian of Norwich, (1343-after 1416)
Sue Glanville
Saturday 27 February
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Continuing Sue's series of day courses on extraordinary women. Julian, a mystic & anchoress, who wrote 'Revelations of Divine Love', probably the earliest piece of literature written in English by a woman. Julian, an extraordinary woman, lived in a time of plague, religious intolerance, war & grief. She found extraordinary strength, faith & hope. As we gather to explore her story we will be surprised & inspired by the relevance of her writing & her example for our lives today. Presented in collaboration with Marian Judd, an avid fan of Julian of Norwich.

MARCH

A Swarming Compost of a Book
Dave Tomlinson
Monday 1 - Wednesday 3 March
Course starts at 6:00pm, ends after lunch.
Residential - £414 Non-Residential - £263
Early Bird:
Residential - £393 Non-Residential - £249

How to read the Old Testament without falling asleep or becoming incensed.
For good reasons many of us struggle with the Old Testament. It can seem full of violence, barbarism & misogyny — with a God who is vengeful, tribalistic & sometimes downright unpleasant. But what if the biggest problem is not the Old Testament itself, but the way we've been taught to read it? Discover how familiar stories can look very different when we change the lens through which we read them, & how the Old Testament continues to ferment in modern poetry, art & music.

R0327

D0727

Going Deeper:
Living Well with Conflict -
Dealing with conflict before it escalates
Carolyn Merry
Wednesday 10 March
10:00am-2:00pm
Full Price - £45
If you live under five miles - £40
Includes Morning Coffee & Lunch

Come & learn more about what leads to conflict & learn some simple tools to quickly notice when differences may lead to harmful outcomes. A practical & interactive workshop for all who are interested in improving their relationships, communities &/or workplaces.

Embroidery Fruits, Flowers & Insects
Annette Bolton
Monday 15 - Thursday 18 March
Course starts at 2:00pm, ends after lunch.
Residential - £620 Non-Residential - £393
Early Bird:
Residential - £589 Non-Residential - £373

Bring a refreshing burst of Spring sunshine to these designs of fruit & flowers to embroider & embellish.

Spring colours & delightful details together with a variety of designs, stitches & project ideas.

This course is suitable for all.

R0427

D0827

Shared Table
Wednesday 17 March
Evening
FREE EVENT

An opportunity to meet with people of all faiths & beliefs & share a meal together - delicious food from many cultures & wonderful conversation. As this Shared Table falls in both Ramadan & Lent - we will have a focus on fasting as a spiritual practice & the joy of breaking fast together with an Iftar meal.

D0927

Understanding Loss & Grief
Anne Montague (Dorothy House)
Wednesday 17 March
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Loss & bereavement affect us all, whether personally or when supporting others. This interactive one-day training from Dorothy House provides a safe, confidential space to explore grief & bereavement, understand key theories, & learn how individuals & families cope with an incurable diagnosis & loss. You'll gain confidence in having conversations about death & dying, supporting people through bereavement, & looking after your own wellbeing.

TLC0327

TLC for the Retired
Thursday 18 March
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

Easter Sunday:
Lunches & Optional Easter Egg Hunt
Sunday 28 March
12:00pm-2:30pm
Adult Two-Course - £30
Child Two-Course - £10

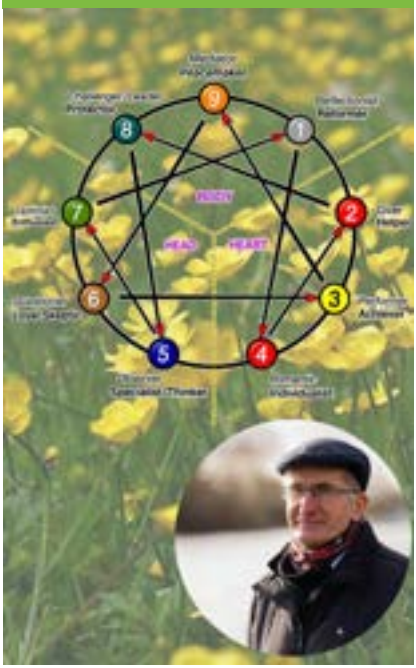
Join us on Easter Sunday for a delicious locally sourced two-course meal followed by a free optional Easter Egg hunt for the children in our stunning garden.

Each group will be given a timeslot on booking for when their food will be served.

Adults can choose two meats from lamb, beef, chicken or pork belly, or opt for a vegetarian nut roast, all served with seasonal vegetables followed by a choice of three desserts. Children can choose one meat.

Lunch27

R0527



Introduction to the Enneagram
Terry Wood
Tuesday 30 March - Thursday 1 April
Course starts at 6:00pm, ends at 3:00pm
Residential - £414 Non-Residential - £263
Early Bird:
Residential - £393 Non-Residential - £249

The Enneagram is a wonderful psychological tool with a surprising Christian heritage that can lead us all on a journey of self-awareness & personal growth. For those on the Christian path it offers the possibility of unmasking the ingrained habits of the false self & releasing the virtues of the true self we were always meant to be. The Enneagram can offer a road map for long-term discipleship, as well as a tool to help us understand our deeper motivations, why we get stressed & the moves we choose to make & avoid in daily life.

R0627

Misunderstandings, Mistakes, Music & Meaning in Jane Austen's 'Emma'
Danielle Grover
Tuesday 30 March - Friday 2 April
Course starts & ends with lunch
Residential - £645 Non-Residential - £417
Early Bird:
Residential - £612 Non-Residential - £396

As a key canonical novel, Jane Austen's Emma attracts controversy as much as wonder, not least because Jane Austen admits that Emma is a heroine 'whom no one but myself will much like'.

Delving into the misunderstandings & mistakes that create intrigue & meaning in Emma, as well as the novel's distinctive musical references, this discussion-based course unpicks characterisation, plot & themes in this intriguing novel.

APRIL

D1027

Faithful Conversations:
Being Human in an Age of AI
Carolyn Merry & Guests
Wednesday 14 April
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Faithful Conversations is a new space for people of all faiths & beliefs to gather & grapple with some of the most urgent issues of our day. With input from various guests with speciality in the particular topic, participants will have a chance to better understand the complexity of the subject & have opportunity for individual reflection & small group discussion, drawing on their own faith & belief traditions as well as life experience.

The world is rapidly becoming not only digitalised but embracing AI (artificial intelligence) in many aspects of our lives. In this context, what does it mean to be human & what are the implications of AI for the wellbeing & advancement of humans & the rest of the natural world? Come & explore these issues & through input from a specialist on AI, as well as discussions & reflective exercises - let us grapple together with what it means to be human in an age of AI.

TLC for the Retired
Thursday 15 April
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

TLC0427

D1127

Drumming & Voice
Jo Coomber
Friday 16 April
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

We'll enjoy uplifting drumming sessions, moments of stillness, & time to reflect quietly or simply be. There will be lovely food that Ammerdown is renowned for, & plenty of space in the day just for you to rest, recharge, or take in the peaceful surroundings.

Songs for Peace
Clara Atkins
Saturday 17 April
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Now, more than ever, we need to raise our voices for peace. Join experienced choir leader & workshop facilitator Clara Atkins for a singing workshop of easy-to-learn songs for peace, hope & love. No musical experience necessary as everything is taught by ear. Clara is skilled in teaching songs in a fun, relaxed & inclusive way.

"Let's sing together so we may send out a message of peace & reconciliation in a troubled world."

D1227

D1327

Spring, Flowers & Peace Retreat
Martina Hunt
Saturday 17 April
9:30am for 10:00am-4:00pm
Full Price - £92 **Early Bird - £88**
Includes Morning Coffee, Lunch & Afternoon Tea

The rhythm of the seasons & the beauty of flowers invite us to find peace in nature. Join us for a day of reflection & joyful activity through poetry, imagery, & forest walking. After foraging & lunch, be inspired to create your own small floral design to take home with you. Flower materials & sundries included.

C0227

Refreshing Day for Carers
Tuesday 20 April
10:00am-3:00pm
Full Price - £24
Includes Morning Coffee, Lunch & Afternoon Tea

These days are specially designed for those caring for a loved one, offering a chance to relax & restore at Ammerdown. The day begins at 10am with tea or coffee on arrival, followed by a choice of activities at 11am. After a delicious home-cooked two-course lunch at 12:30pm, a second set of activities starts at 2pm. The day finishes at 3pm, with tea & a slice of cake before you leave.

Each Refreshing Day for Carers includes a choice of two optional activities, which may include Tai Chi, Yoga, Singing, Drumming or a craft workshop.

D1427

The Hope of Nonviolence Online Intro
Carolyn Merry & Martina Hunt
Thursday 29 April
6:30pm-8:30pm
Full Price - £15

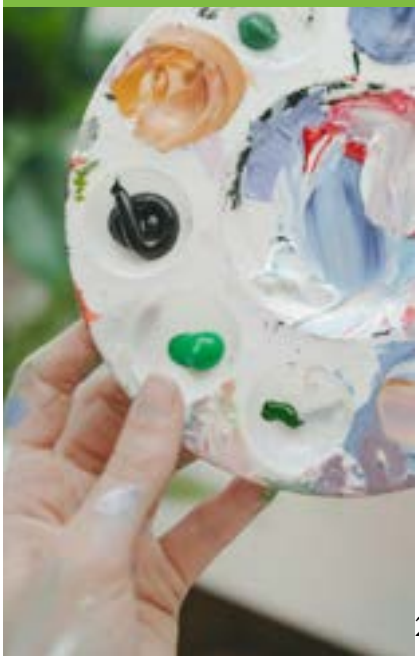
In an age of increasing polarisation & violence in our world, many of us feel in despair about what we can do. This online introductory session invites you to explore the way of nonviolence - both as a spiritual practice which can provide the roots to nourish us in such times, but also as a way to help transform our world to be more just, peaceful & loving.

MAY

Mixed Media to include Painting, Collage & More
Dawn Oliver & Lisa Harvey-Brand
Sunday 9 May - Thursday 13 May
Course starts with lunch, ends after breakfast
Residential - £805 Non-Residential - £549
Early Bird:
Residential - £764 Non-Residential - £521

On this course Lisa & Dawn will be showing a range of techniques in various mediums to create mixed media paintings, collage, montage etc.
Dawn has been leading courses in beautiful Ammerdown for 16 years. Lisa a very talented artist & has taught classes with Dawn in the past. Together they make a great team with so many ideas & lots of knowledge between them.

R0727



D1527

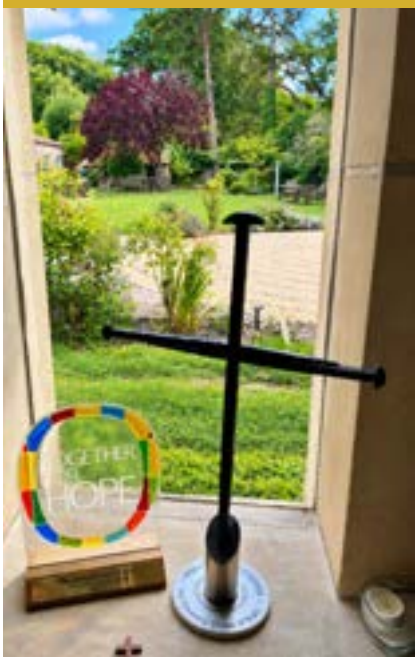
Shared Table
Wednesday 12 May
11:30am-1:30pm
FREE EVENT

An opportunity to meet with people of all faiths & beliefs & share a meal together - delicious food from many cultures & wonderful conversation.

Going Deeper:
Gospel Nonviolence: Jesus' invitation to a radical way of life
Carolyn Merry & Martina Hunt
Thursday 13 May
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Jesus as a radical nonviolent activist? His ministry, recorded in the gospels, points to numerous examples of Jesus choosing the nonviolent path, both in his teachings & his way of life. This one-day going deeper course will explore in detail how Jesus invites us to follow him on a nonviolent path, starting with everyday practices in what we think, say & do & how his invitation to you might bring out the radical in you too.

D1627



D1727

Going Deeper:
Sacred Walking for Peace
Carolyn Merry & Guests
Saturday 15 May
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

What does the practice of walking have to do with peace? Join Carolyn & guests in exploring how pilgrimages, labyrinths & nature walking can indeed restore inner peace & be practices for building peace in the world. This will not only be an interactive day, but a great opportunity to practice sacred walking for peace in & around Ammerdown!

Lace Making
Helen Lilley
Monday 17 - Wednesday 19 May
Course starts at 6:00pm, ends at 3:00pm
Residential - £414 Non-Residential - £263
Early Bird:
Residential - £393 Non-Residential - £249

This course is for all abilities.

Beginners will be introduced to setting up a lace pillow & starting a torchon lace pattern.

Bring any equipment you have or Helen can lend you what you need. Those with some experience come & be encouraged & helped with Beds, Bucks or Torchon Lace.

Helen Lilley has been a lace maker for over 40 years & loves passing on her skills.

R0827

D1827

Going Deeper:
Communicating Compassionately
Carolyn Merry & Martina Hunt
Tuesday 18 May
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Our communication habits may often fall short of how we would like them to be: leaving feelings of regret, what-ifs, even blame & shame, resulting sometimes in communication breakdown with family, friends & in the workplace. Communicating compassionately calls us to soften our gaze upon another, speaking from the heart with love, for ourselves, & others.
This course will provide participants with a deeper understanding of compassionate communication & opportunities for practice.

TLC0527

TLC for the Retired
Thursday 20 May
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

D1927

Kintsugi Day
Caroline Hudson
Saturday 29 May
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

The art of 'Kintsugi' is a metaphor for resilience, a process of healing & beauty in brokenness. The steps to complete the task of repair can be described as slow & methodical, perhaps even meditative. No matter how broken you may feel, God is eager to do his Kintsugi work in you. Let him bring you wholeness by turning to him in repentance & faith. His power is made in weakness (2 Corinthians 12:9) & the beauty of his work in you will make a difference to the lives of people around you. Materials provided but please feel free to bring something of sentiment that has been broken that could be given new life.

JUNE

Buddhism & Peace
Saturday 5 June
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

In this second session of our series 'Exploring Faith & Peace', we will facilitate an interactive day looking at Buddhism & Peace. Join us in exploring how Buddhism sees peace & how its beliefs & practices help build inner, interpersonal & social peace. Through input, group discussions & reflective exercises, we can deepen our understanding of Buddhism & Peace across the ages & in our current world.

D2027

D2127

Going Deeper:
Living Well with Conflict -
Challenging Conversations
Carolyn Merry
Wednesday 9 June
10:00am-2:00pm
Full Price - £45
If you live under five miles - £40
Includes Morning Coffee & Lunch

All of us can feel the stress of an upcoming conversation that we think will be difficult. Join us in learning some simple tools & tips for preparing & handling yourself for such conversations. This interactive workshop will give participants an opportunity to not only learn about such tips & tools but also an opportunity to practice & gain confidence in using them.

TLC0627

TLC for the Retired
Thursday 17 June
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

D4427

The Hope of Nonviolence Online Intro
Carolyn Merry & Martina Hunt
Wednesday 30 June
6:30pm-8:30pm
Full Price - £15

See page 13 for more information.

D2227

Quiet Day
Rev Narinder Tegally
Saturday 26 June
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

We gather together in the quiet space of Ammerdown to reflect on our lives & our spiritual journey, through readings, prayer, music & meditation. There will be plenty of time to walk the labyrinth & the grounds, as well as the opportunity to be creative through art & writing.

Cream Teas
Sunday 27 June
2:00pm-4:00pm
Cream Tea - £7 Cake & Drink - £5

Following the success of last year's Cream Teas with over 150 bookings, we're delighted to welcome you back for our famous Ammerdown Cream Teas on selected dates throughout Summer 2027.
Join us in the beautiful surroundings of Ammerdown for a traditional cream tea offering freshly baked scones, clotted cream, jam, & a refillable cup of tea or coffee. Whether you're catching up with friends or simply enjoying a relaxing afternoon, it's the perfect way to experience the beauty that Ammerdown has to offer during the summer.
Advance booking is recommended, as places are expected to fill quickly.

D2327

C0327

Refreshing Day for Carers
Tuesday 29 June
10:00am-3:00pm
Full Price - £24
Includes Morning Coffee, Lunch & Afternoon Tea

These days are specially designed for those caring for a loved one, offering a chance to relax & restore at Ammerdown. The day begins at 10am with tea or coffee on arrival, followed by a choice of activities at 11am. After a delicious home-cooked two-course lunch at 12:30pm, a second set of activities starts at 2pm. The day finishes at 3pm, with tea & a slice of cake before you leave.

Each Refreshing Day for Carers includes a choice of two optional activities, which may include Tai Chi, Yoga, Singing, Drumming or a craft workshop.

JULY

D2427

Going Deeper:
The Spirituality of Nonviolence
Carolyn Merry & Martina Hunt
Saturday 3 July
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

The daily practice of living nonviolently calls us to examine our hearts & minds. If we are to choose nonviolence as a way of life, taking time out to reflect in a peaceful environment combined with gentle, personal questioning of the heart & mind may draw us deeper into a spiritual way of seeing. This retreat offers a welcoming & inclusive space, open to all faiths & beliefs, to rest, examine & explore nonviolence as a way of being.

D2527

Cream Teas
Sunday 4 July
2:00pm-4:00pm
Cream Tea - £7 Cake & Drink - £5

Following the success of last year's Cream Teas with over 150 bookings, we're delighted to welcome you back for our famous Ammerdown Cream Teas on selected dates throughout Summer 2027.
Join us in the beautiful surroundings of Ammerdown for a traditional cream tea offering freshly baked scones, clotted cream, jam, & a refillable cup of tea or coffee. Whether you're catching up with friends or simply enjoying a relaxing afternoon, it's the perfect way to experience the beauty that Ammerdown has to offer during the summer.
Advance booking is recommended, as places are expected to fill quickly.

Redwork Embroidery
Annette Bolton
Monday 5 - Thursday 8 July
Course starts at 2:00pm, ends after lunch
Residential - £620 Non-Residential - £393
Early Bird:
Residential - £589 Non-Residential - £373

New ideas & designs for Redwork Embroidery, combining it with other techniques such as needlelace, printing & appliqué. A 19th-century needlework style that used simple stitches & a single thread colour (traditionally red) on a natural background.

This course is suitable for all.

R0927

R1027

Individually Guided Retreat
Martina Hunt
Monday 5 - Friday 9 July
Course starts with & ends after lunch
Full Price - £852 **Early Bird - £809**
Includes Morning Coffee, Lunch & Afternoon Tea

Are you seeking some quiet time of silence, stillness & solitude? The Ammerdown Centre, Individually Guided Silent Retreat offers a welcoming space & an opportunity to come away for a while from pressures of daily life & sink into a quieter time for refreshment & renewal towards a deepening relationship with God. Whether you have a desire to follow a period of silence for the first time or are more familiar with times of silence, this retreat is suitable for both. Each retreatant will have the support of Martina Hunt as a Spiritual Companion & Prayer Guide.

Sew & Sewcialise
Sharon Wilkinson
Thursday 8 - Sunday 11 July
Course starts at 6:00pm, ends after lunch
Residential - £620 Non-Residential - £393
Early Bird:
Residential - £589 Non-Residential - £373

Come & join a friendly group for stitching for all abilities. Relax & unwind with like-minded stitchers.

Bring along your own projects new or old such as crewelwork, cross stitch, whitework, blackwork, goldwork, ribbon work or other embroidery. Perhaps take the opportunity to complete some UFOs.

A wealth of knowledge is available to help & assist you with your work.

R1127

D2627

Shared Table
Wednesday 14 July
Evening
FREE EVENT

An opportunity to meet with people of all faiths & beliefs & share a meal together - delicious food from many cultures & wonderful conversation.

TLC0727

TLC for the Retired
Thursday 15 July
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

Keep an eye on our social media & website for details of our Charity Quiz nights!

For only £10 per person you get a delicious two course meal & entry to the quiz, all while supporting amazing local charities!

AUGUST

D2727 & D2827

Cream Teas
Sunday 8 & 15 August
2:00pm-4:00pm
Cream Tea - £7 Cake & Drink - £5

Following the success of last year's Cream Teas with over 150 bookings, we're delighted to welcome you back for our famous Ammerdown Cream Teas on selected dates throughout Summer 2027.
Join us in the beautiful surroundings of Ammerdown for a traditional cream tea offering freshly baked scones, clotted cream, jam, & a refillable cup of tea or coffee. Whether you're catching up with friends or simply enjoying a relaxing afternoon, it's the perfect way to experience the beauty that Ammerdown has to offer during the summer.
Advance booking is recommended, as places are expected to fill quickly.

Water-Soluble Oil Paints
Dawn Oliver
Thursday 19 - Monday 23 August
Course starts with lunch, ends after breakfast
Residential - £805 Non-Residential - £549
Early Bird:
Residential - £764 Non-Residential - £521

On this course you will learn different techniques in this very versatile medium of water-soluble oil paints covering a variety of subjects in a friendly relaxed atmosphere.

R1227

D2927

Faithful Conversations:
Community in an Age of Polarisation
Hosted by Carolyn Merry & Guests
Saturday 21 August
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Faithful Conversations is a new space for people of all faiths & beliefs to gather & grapple with some of the most urgent issues of our day. With input from various guests with speciality in the particular topic, participants will have a chance to better understand the complexity of the subject & have opportunity for individual reflection & small group discussion, drawing on their own faith & belief traditions as well as life experience.

With increasing polarisation, including toxic polarisation around the world, the need for community has become critical. Join us in this third of our Faithful Conversations series as we explore how polarisation & its toxic effects can divide weak communities but also how genuine community can overcome polarisation & enable individuals & groups to hold space for conversations on polarising topics.

Family Fun Day
Monday 30 August
1:00pm-4:00pm
FREE

Join us for an afternoon of Ammerdown fun!
- Bouncy Castle
- Games
- Tombola
- Baking Competition
- Face painting
- Ice cream
- Delicious cakes & drinks

... & much, much more

If you would like more information or would like to have a stall please email tina.patterson@ammerdown.org.

STALL27

SEPTEMBER

R1327

We Need to Talk About Jesus
Dave Tomlinson
Monday 6 - Wednesday 8 September
Course starts at 6:00pm, ends after lunch
Residential - £414 Non-Residential - £263
Early Bird:
Residential - £393 Non-Residential - £249

Who he was, how we came to understand him, & who he is for us today.

Jesus is the central figure of Christianity. But what does that actually mean—for our theology, our faith, & our day-to-day lives? In the early centuries of the church, Jesus was represented visually as the simple shepherd carrying a sheep, without pomp or ceremony. By the sixth century, this was overtaken by the image of Christ Pantocrator, the enthroned Christ who rules over all.

C0427

Refreshing Day for Carers
Tuesday 7 September
10:00am-3:00pm
Full Price - £24
Includes Morning Coffee, Lunch & Afternoon Tea

These days are specially designed for those caring for a loved one, offering a chance to relax & restore at Ammerdown. The day begins at 10am with tea or coffee on arrival, followed by a choice of activities at 11am. After a delicious home-cooked two-course lunch at 12:30pm, a second set of activities starts at 2pm. The day finishes at 3pm, with tea & a slice of cake before you leave.

Each Refreshing Day for Carers includes a choice of two optional activities, which may include Tai Chi, Yoga, Singing, Drumming or a craft workshop.

D3027

Living Well with Conflict: Challenging Behaviours
Carolyn Merry
Wednesday 8 September
9:30am for 10:00am - 2:00pm
Full Price - £45
If you live under five miles - £40
Includes Morning Coffee & Lunch

All of us can feel the stress of conflict, but we know that this can be exacerbated when we are in conflict & challenging behaviours are part of the mix. Join us in exploring how such behaviours may impact dealing with conflict & learn some simple tools & tips for preparing & handling yourself for such situations. This interactive workshop will give participants an opportunity to not only learn about such tips & tools but also an opportunity to practice & gain confidence in using them.

TLC0827

TLC for the Retired
Thursday 9 September
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

R1427

Memoir Writing
Rosie Jackson
Monday 27 - Wednesday 29 September
Course starts & ends with lunch
Residential - £438 Non-Residential - £287
Early Bird:
Residential - £416 Non-Residential - £272
Writing a memoir of your life can be a wonderfully fulfilling & healing process. Whether you aim for publication, write it for your offspring or yourself, shaping your story helps make sense of things & offers an opportunity to reflect on the deeper meaning of your life. This workshop will encourage special reflection on exploring spiritual meaning, but will also provide a safe, supportive, confidential space where you will find a voice, purpose, confidence & inspiration; tackle form, structure, storytelling; practise dialogue (& humour!); consider ethical issues; & review your experiences in a new & uplifting way.

D3227

Walk for Peace
Carolyn Merry
Thursday 30 September
All Day

The Walk for Peace was started in 2026 with a walk in Bradford, Yorkshire on the International Day of Peace (21st September) & another in Somerset on the International Day of Nonviolence (2nd October). This public act of witness for peace is for all who are concerned about the state of the world but don't know what to do to show your concern. Join us on one of the planned walks across the country (Somerset Walk will be on the 30th September) - details to follow, or contact us & plan your own Walk for Peace in your local area.

We hope that these walks will create opportunities for connection, reflection & dialogue. Central to the ethos of the Walk for Peace are the values of welcome, hospitality, compassion, & encounter. We believe that meeting the stranger, listening deeply to one another & walking together are simple but powerful acts that can build a more peaceful & just society.

The world urgently needs us to Walk for Peace. Come join us…

OCTOBER

Going Deeper:
Faithful Nonviolence: Journeys to Peace
Carolyn Merry & Martina Hunt
Monday 4 October
9:30am for 10:00am - 4:00pm
Full Price - £70 **Early Bird - £66**

Includes Morning Coffee, Lunch & Afternoon Tea

Join Carolyn Merry & several guest speakers of different faiths & beliefs for a reflective Retreat Day, as they share their journeys to peace through nonviolence & facilitate opportunities for discussion & personal reflection on where each of us may be on this journey ourselves. Whether you are new to nonviolence or a lifelong practitioner, this day is designed as a time of encouragement, hope & joy as we explore our shared peace journeys.

D3127

R1527

Embroidery & Appliqué
Annette Bolton
Monday 4 - Thursday 7 October
Course starts at 2:00pm, ends after lunch
Residential - £620 Non-Residential - £393
Early Bird:
Residential - £589 Non-Residential - £373

These are distinct textile decoration techniques, when combined together are highly decorative. There will be a variety of project ideas for you to work on or bring your own designs if you wish.

This course is suitable for all.

R1627

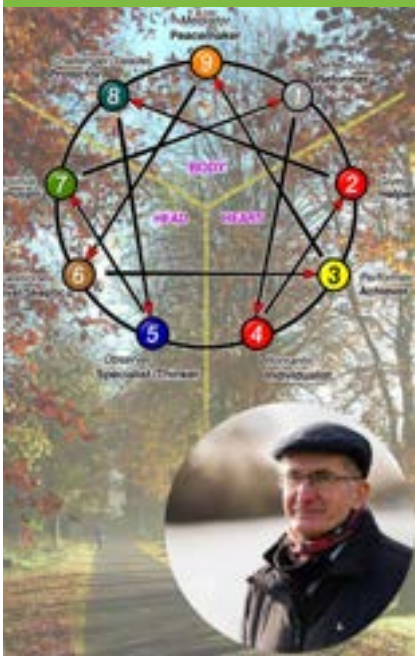
Calligraphy
Josie Brown
Sunday 10 - Thursday 14 October
Course starts & ends with lunch
Residential - £805 Non-Residential - £549
Early Bird:
Residential - £764 Non-Residential - £521

This will be a week in which to explore a favourite text that is meaningful to you – how to express the meanings & feelings that it conjures up by using an appropriate script, atmospheric colours, & a layout that fits with what the text is about. You might produce a tiny scroll, a concertina story, or little sayings on cards in a box ... it's all about how you want to interpret the words.

Going Further with the Enneagram
Terry Wood
Monday 11 - Wednesday 13 October
Course starts at 6:00pm, ends at 3:00pm
Residential - £414 Non-Residential - £263
Early Bird:
Residential - £393 Non-Residential - £249

This course is for those that are already Enneagram-aware but want to go deeper. Exploring the three behavioural styles that turn the nine Enneagram Types into 27 Subtypes this is a deeper dive into where our energy is focused that then develops our behaviour. We will also work to unmask our defence mechanisms, allowing personal transformation to reveal our essential self.

R1727



D3327

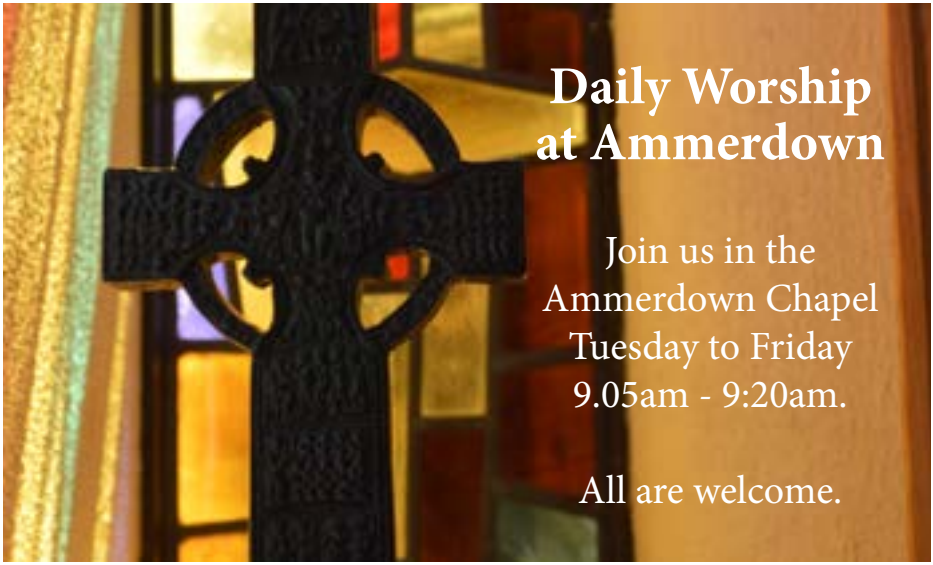
Shared Table
Wednesday 13 October
11.30am-1.30pm
FREE EVENT

An opportunity to meet with people of all faiths & beliefs & share a meal together - delicious food from many cultures & wonderful conversation.

TLC for the Retired
Thursday 14 October
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

TLC0927



R1827

The Hope of Nonviolence Residential
Carolyn Merry & Martina Hunt
Friday 15 - Sunday 17 October
Starts at 10:00am, ends at 4:00pm
Residential - £465 Non-Residential - £313
Early Bird:
Residential - £441 Non-Residential - £297

In an age of increasing polarisation & violence in many forms in the world, many of us feel in despair about what we can do. The Hope of Nonviolence course offers an exploration of nonviolence as a spiritual practice & way of life, enabling us to transform our lives, relationships, & our world to be more just, peaceful & loving.

Quiet Day
Rev Narinder Tegally
Saturday 16 October
9:30am for 10:00am - 4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

We gather together in the quiet space of Ammerdown to reflect on our lives & our spiritual journey, through readings, prayer, music & meditation. There will be plenty of time to walk the labyrinth & the grounds, as well as the opportunity to be creative through art & writing.

D3427

C0527

Refreshing Day for Carers
Tuesday 19 October
10:00am-3:00pm
Full Price - £24
Includes Morning Coffee, Lunch & Afternoon Tea

These days are specially designed for those caring for a loved one, offering a chance to relax & restore at Ammerdown. The day begins at 10am with tea or coffee on arrival, followed by a choice of activities at 11am. After a delicious home-cooked two-course lunch at 12:30pm, a second set of activities starts at 2pm. The day finishes at 3pm, with tea & a slice of cake before you leave.

Each Refreshing Day for Carers includes a choice of two optional activities, which may include Tai Chi, Yoga, Singing, Drumming or a craft workshop.

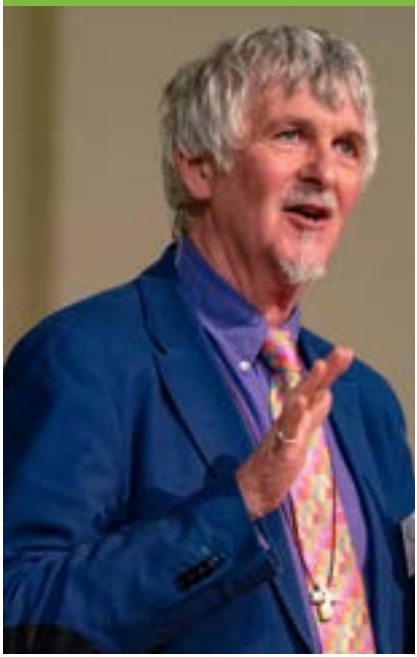
NOVEMBER

D3527

Going Deeper:
Nurturing Strong Communities
Carolyn Merry & Martina Hunt
Wednesday 3 November
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Strong & generous local communities are central in sustaining us during the turbulent times in which we live, but also are a critical element for peace - from the personal to the global level. Join us in exploring what makes communities strong & generous... & how we can all help nurture such communities in our workplaces, local areas & other groups to which we may belong. This interactive day will involve input, discussions, personal reflection time & practical tools for understanding & nurturing strong communities for the future.

R1927



Eden & After
Rev John Bell
Monday 8 - Thursday 11 November
Course starts & ends with lunch
Residential - £645 Non-Residential - £417
Early Bird:
Residential - £612 Non-Residential - £396

The Bible opens with some of the most disputed chapters in which a woman talks to a snake, God deems a shepherd's work less important than that of a market gardener, an elderly carpenter with no history of navigation builds a huge boat, & people involved in a harmonious national project are expatriated.

John Bell believes that these odd stories speak poignantly into the delight, trouble & trauma of the world as we experience it today. Blessed be Genesis.

D3627

Faithful Conversations:
Inclusion: Limited or Generous?
Carolyn Merry & Guests
Thursday 11 November
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Faithful Conversations is a new space for people of all faiths & beliefs to gather & grapple with some of the most urgent issues of our day. With input from various guests with speciality in the particular topic, participants will have a chance to better understand the complexity of the subject & have opportunity for individual reflection & small group discussion, drawing on their own faith & belief traditions as well as life experience. Inclusion has become a common word to mean all manner of things. In this final Faithful Conversations session of 2027, we will look at inclusion from many different perspectives & grapple with how inclusion can be used to exclude as well as include. Through input, discussions & reflective exercises, we will explore what inclusion can be at its best & how it can build & sustain more peaceful, loving & generous communities.

D3727

Extraordinary Women: Teresa of Avila
Sue Glanville
Saturday 13 November
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

Teresa of Avila was the Spanish founder of the Discalced Carmelites movement, devoted to intercession for the world & the pursuit of relationship with God.
She was a radical woman in an age dominated by established male power; she stuck to her principles & followed her simple ideas, despite many serious & debilitating illnesses.
Her simple books such as the "Interior Castle" chronicle the often complex & confusing spiritual life in a clear, inspiring way that still resonates today.

C0627

Refreshing Day for Carers
Tuesday 16 November
10:00am-3:00pm
Full Price - £24
Includes Morning Coffee, Lunch & Afternoon Tea

These days are specially designed for those caring for a loved one, offering a chance to relax & restore at Ammerdown. The day begins at 10am with tea or coffee on arrival, followed by a choice of activities at 11am. After a delicious home-cooked two-course lunch at 12:30pm, a second set of activities starts at 2pm. The day finishes at 3pm, with tea & a slice of cake before you leave.

Each Refreshing Day for Carers includes a choice of two optional activities, which may include Tai Chi, Yoga, Singing, Drumming or a craft workshop.

TLC1027

TLC for the Retired
Thursday 18 November
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

The Hope of Nonviolence Online Intro
Carolyn Merry & Martina Hunt
Thursday 18 November
6:30pm-8:30pm
Full Price - £15

See page 13 for more information.

D4427

D3827

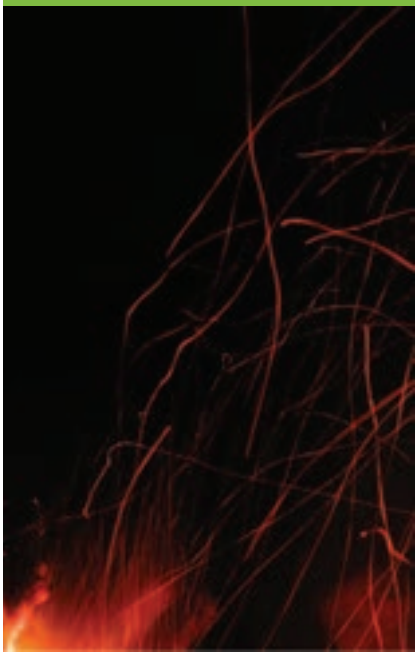
Joyful Orchestra
Jo Coomber
Friday 19 November
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

An uplifting retreat day of drumming, sound & voice.

Come & discover that there is already a place for you in The Joyful Orchestra. You don't need to be musical, tuneful or confident, & no previous experience is necessary. This isn't about performance or learning to sing – it's about finding your groove & experiencing the joy of creating something together.

Find your groove. Discover your voice. Belong.

R2027



Living Flame: The Spirituality of St John of the Cross
Ian & Gail Adams
Monday 29 November - Wednesday 1 December
Starts at 6:00pm & ends with lunch
Residential - £414 Non-Residential - £262
Early Bird:
Residential - £393 Non-Residential - £249

An invitation to explore the wisdom of 16th-century Carmelite saint John of the Cross. The title reflects his experience of the intimate & transforming presence of God. We sense that his prayerful insights are gifts for each of us & for our times.

DECEMBER

Going Deeper:
Spirituality of Nonviolence
Online Advent Retreat Series
Carolyn Merry & Martina Hunt
Wednesdays 1, 8, 15 & 22 December
6:30pm-8:30pm
Full Price for series- £40

The daily practice of living nonviolently calls us to examine our hearts & minds. If we are to choose nonviolence as a way of life, taking time out to reflect in a peaceful environment combined with gentle, personal questioning of the heart & mind may draw us deeper into a spiritual way of seeing.
This retreat offers a welcoming & inclusive space, open to all faiths & beliefs, to rest, examine & explore nonviolence as a way of being. This retreat is offered as a one-day in-person (July) or online advent series over four evenings (December).

D3927

R2127

Cultivating Peace: Christian-Buddhist Wisdom for a Troubled World
Chris Whittington
Friday 3 - Sunday 5 December
Starts at 4:00pm & ends at 3pm
Residential - £414
Early Bird: Residential - £393

Both Christian & Buddhist contemplative traditions share a simple but radical insight: peace in the world depends on cultivating greater peace in ourselves. Both illuminate a pathway to the peace which gives birth to universal love & compassion.
This experiential Advent retreat, with a focus on silent meditation practice, will bring the Christian Desert Father Evagrius & the Zen Buddhist teacher Thich Nhat Hanh into conversation, exploring how we can learn to recognise & water the seeds of peace & compassion within us, while recognising & taking care of the seeds of fear, anger & conflict.

Going Deeper: Restorative & Healing Practices for Peacemaking
Carolyn Merry & Guests
Tuesday 7 December
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

D4027

Harmful conflict & violence often arise from places of shame, trauma & unmet needs. As a result, it is vital for peacemakers to understand these roots of violence & make use of restorative practices to help transform these roots & so break cycles of violence. Join Carolyn Merry & guests who will help us explore restorative principles & different practices including deep listening, restorative circles, restorative justice, as well as particular healing practices that can help us build, maintain & heal relationships (including with ourselves) that have been broken in families, workplaces, schools, communities, prisons & the justice system.

D4127

Judaism & Shalom
Thursday 9 December
9:30am for 10:00am-4:00pm
Full Price - £70 **Early Bird - £66**
Includes Morning Coffee, Lunch & Afternoon Tea

In this final session of our 2027 series 'Exploring Faith & Peace', we will facilitate an interactive day looking at Judaism & Peace. Join us in exploring how the Jewish faith sees peace & how its beliefs & practices help build inner, interpersonal & social peace. Through input, group discussions & reflective exercises, we can deepen our understanding of Judaism & Peace across the ages & in our current world.

Christmas Fun Day & Market
Sunday 12 December
1:00pm-4:00pm
FREE

Join us for our annual Christmas Fun Day & Market. Book in with Father Christmas or get started on your Christmas shopping!

- Festive Food
- Santa's Grotto
- Christmas Crafts
- Small Business Stalls

... and much more!

XMASSTALL27

D4227

Shared Table - Christmas Meal
Wednesday 15 December
11:30am-1:30pm
Price to be confirmed

An opportunity to meet with people of all faiths & beliefs & share a meal together - delicious food from many cultures & wonderful conversation. This last Shared Table of the year will be an Ammerdown Christmas Meal - To be booked as a Christmas Meal - Shared Table group.

Candlelight Christmas Carols
Thursday 16 December
7:00pm-8:00pm
FREE EVENT

Get in the Christmas spirit & join us for our annual candlelight carol service. It is a delightfully festive evening in our beautiful Sanctuary & garden ending in the Centre for complimentary mulled wine & mince pies.

Donations welcome for our chosen Christmas charity.

D4327

XMASMEALS27

Christmas Meals
Wednesday 15 December
Thursday 16 December
Friday 17 December
Arrive from 12:00pm

You are invited to enjoy our famous warm Ammerdown welcome at our 2027 Christmas meals. Come with family, friends or for your work Christmas do & enjoy a two- or three-course sit-down meal.

There will be an optional carol service at 12pm, the bar will be open, & food will be served at 1pm. Come along & enjoy some good food & festive cheer with us.

TLC1127

TLC Christmas Meals
Thursday 16 December
Arrive from 11:00am
Price to be confirmed

We invite our TLC for the Retired group to enjoy our famous warm Ammerdown welcome at our 2027 TLC Christmas meals.

There will be an optional carol service at 12pm, the bar will be open, & food will be served at 1pm. Come along & enjoy some good food & festive cheer with us.

TLC for the Retired
10:00am-2:00pm
Full Price - £22

These days invite those who are retired to enjoy a talk or activity, two-course cooked lunch, an optional chapel service & time to chat & enjoy each other's company.

Thursday 21 January
Lavender, the forgotten herb
with Baz

Thursday 18 February
Fun Craft Session
with Tina

Thursday 18 March
Growing up in Apartheid South Africa
with Dawn

Thursday 15 April
Fun Singing Session
with The Golden Oldies

Thursday 20 May
All About Dogs
with David

Thursday 17 June
Sister Sunshine
with Jane

Thursday 15 July
Fun Craft Session
with Tina

Thursday 9 September
Fun Drumming Session
with Jo

Thursday 14 October
Cam Valley Wildlife
with Helena

Thursday 18 November
Working on the Ammerdown Estate
with Steve

Thursday 16 December
Christmas Meal

(Please note that we reserve the right to make changes as necessary, although we will always do our best to avoid doing so)

Refreshing Day for Carers
10:00am-3:00pm
Full Price - £24

These days are specially designed for those caring for a loved one, offering a chance to relax & restore at Ammerdown. The day begins at 10am with tea or coffee on arrival, followed by a choice of activities at 11am. After a delicious home-cooked two-course lunch at 12:30pm, a second set of activities starts at 2pm. The day finishes at 3pm, with tea & a slice of cake before you leave.

Each Refreshing Day for Carers includes a choice of two optional activities, which may include Tai Chi, Yoga, Singing, Drumming or a craft workshop.

Tuesday 16 February, 20 April, 29 June, 7 September, 19 October, 16 November

Local Events for your Diary...

Sunday Lunch & Easter Egg Hunt
Sunday 28 March

Cream Teas
Sundays: 27 June, 4 July, 8 August, 15 August.

Family Summer Fun Day
Monday 30 August

Christmas Market & Fun Day
Sunday 12 December

Christmas Meals
15, 16 & 17 December

Candlelight Christmas Carols
Thursday 16 December

Keep an eye on our website for our Quarterly Charity Quiz Nights!

INDEX

Course Name	Date	Page Number
January		
Shared Table	13 Jan	12
TLC for the Retired	21 Jan	12
Islam & Peace	23 Jan	13
The Hope of Nonviolence Online Intro	28 Jan	13
February		
The Hope of Nonviolence Residential Course	5-7 Feb	14
Pre-Lent Quiet Day	8 Feb	14
The Spirituality of Teresa of Avila	15-17 Feb	15
Refreshing Day for Carers	16 Feb	15
Caring for Creation	17 Feb	16
TLC for the Retired	18 Feb	16
Extraordinary Women: Julian of Norwich	27 Feb	17
March		
A Swarming Compost of a Book	1-3 Mar	17
Dealing with Conflict Before it Escalates	10 Mar	18
Embroidery Fruits, Flowers & Insects	15-18 Mar	18
Shared Table	17 Mar	19
Understanding Loss & Grief	17 Mar	19
TLC for the Retired	18 Mar	20
Sunday Lunches & Easter Egg Hunt	28 Mar	20
Introduction to the Enneagram	30 Mar-1 Apr	21
Misunderstandings in Jane Austen's Emma	30 Mar-2 Apr	21

April

Being Human in an Age of AI	14 Apr	22
TLC for the Retired	15 Apr	22
Drumming & Voice	16 Apr	23
Songs for Peace	17 Apr	23
Spring, Flowers & Peace Retreat	17 Apr	24
Refreshing Day for Carers	20 Apr	24
The Hope of Nonviolence Online Intro	29 Apr	25

May

Mixed Media	9-13 May	25
Shared Table	12 May	26
Jesus' invitation to a radical way of life	13 May	26
Sacred Walking for Peace	15 May	27
Lace Making	17-19 May	27
Communicating Compassionately	18 May	28
TLC for the Retired	20 May	28
Kintsugi Day	29 May	29

June

Buddhism & Peace	5 Jun	29
Challenging Conversations	9 Jun	30
TLC for the Retired	17 Jun	30
The Hope of Nonviolence Online Intro	30 Jun	30
Quiet Day	26 Jun	31
Cream Teas	27 Jun	31
Refreshing Day for Carers	29 Jun	32

July

The Spirituality of Nonviolence	3 Jul	32
Cream Teas	4 Jul	33
Redwork Embroidery	5-8 Jul	33
Individually Guided Retreat	5-9 Jul	34
Sew & Sewcialise	8-11 Jul	34
Shared Table	14 Jul	35
TLC for the Retired	15 Jul	35

August

Cream Teas	8 & 15 Aug	36
Water-Soluble Oil Paints	19-23 Aug	36
Community in an Age of Polarisation	21 Aug	37
Family Fun Day	30 Aug	37

September

We Need to Talk about Jesus	6-8 Sep	38
Refreshing Day for Carers	7 Sep	38
Challenging Behaviours	8 Sep	39
TLC for the Retired	9 Sep	39
Memoir Writing	27-29 Sep	40
Walk for Peace	30 Sep	40

October

Faithful Nonviolence: Journeys to Peace	4 Oct	41
Embroidery & Appliqué	4-7 Oct	41
Calligraphy	10-14 Oct	42
Going Further with the Enneagram	11-14 Oct	42

Shared Table	13 Oct	43
TLC for the Retired	14 Oct	43
The Hope of Nonviolence Residential	15-17 Oct	44
Quiet Day	16 Oct	44
Refreshing Day for Carers	19 Oct	45
November		
Nurturing Strong Communities	3 Nov	45
Eden & After	8-11 Nov	46
Inclusion: Limited or Generous	11 Nov	46
Extraordinary Women: Teresa of Avila	13 Nov	47
Refreshing Day for Carers	16 Nov	47
TLC for the Retired	18 Nov	48
The Hope of Nonviolence Online Intro	18 Nov	48
Joyful Orchestra	19 Nov	48
The Spirituality of St John of the Cross	29 Nov-1 Dec	49
December		
The Spirituality of Nonviolence Online Advent	1, 8, 15 & 22 Dec	49
Cultivating Peace	3-5 Dec	50
Restorative & Healing Practices for Peacemaking	7 Dec	50
Judaism & Shalom	9 Dec	51
Christmas Fun Day & Market	12 Dec	51
Shared Table Christmas Meal	15 Dec	52
Candlelight Christmas Carols	16 Dec	52
Christmas Meals	15, 16 & 17 Dec	53
TLC Christmas Meal	16 Dec	53

BECOMING A FRIEND OF AMMERDOWN

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

Spiritual Support

Friends may support us through regular prayer for all who work at Ammerdown & 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 users with disabilities by installing ramps; providing up-to-date IT equipment; creating a tranquil peace garden for our visitors to enjoy; & funding additional ongoing projects in line with our ethos.

Donations

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

Legacies

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

In Memoriam Gifts

Inviting friends & 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 & grounds
- keeping the Ammerdown Library in order

WE LOVE HEARING YOUR FEEDBACK

We hope that you have an excellent visit at Ammerdown. If you have, please tell us! Equally, if you feel you would like to make suggestions on ways we can improve what we do, we would really appreciate that feedback. We'd also be glad to hear if you have any speakers or courses to suggest for the future.

CONTACT US

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