

March



Stitched Textiles

Siân Martin

Friday 26 March - Sunday 28 March
R - £280 NR - £190
Residential Course R0221

Please arrive by 6pm, the course ends with lunch. This course is suitable for experienced textile artists and is part of a continuous series of 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.



Adapting to our Changing World

Sue Brayne

Saturday 27 March 9:30am for 10am - 4pm
£50 Includes morning coffee, lunch and afternoon tea.
Day Course D0721

One-day workshop providing a much-needed opportunity to come together to explore how the immense changes taking place are profoundly affecting us all on a personal and collective level. Even though things appear to be challenging, there are positive and creative ways in which we can become more conscious and wiser around how we react to what's happening. This helps us to build resilience and hope, and to find meaning and purpose as our future unfolds.

Walk with Our Neighbours

FREE - Donations welcome.
Sunday 28 March 2pm - 4pm
Day Course D0821



Welcoming all people of faith and none to join us for a walk and chat along the way in the surrounding area of Ammerdown. Returning to Ammerdown, over a cuppa with cake, we will hear stories of walking from our different faiths. This event is supported by the Bath Interfaith Group, West Wiltshire Multi-Faith Forum, the Voice and Influence Partnership and the Ammerdown Centre.

Please email admin@ammerdown.org to book your free place.

Future Events

We have lots of plans for Easter onwards and hope that they will come to fruition. In the New Year, we will begin to put more courses on our website and plan to publish the next Quarterly Ammerdown News, as soon as we can with confidence.

NEW for 2021

Soul of Leadership, 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. Led by Margaret Benefiel and Margie Buchanan-Smith. Further details available on the What's On Page on the Ammerdown Website.

Contact us
01761 433709
www.ammerdown.org
admin@ammerdown.org

The Ammerdown Centre
 [theammerdowncentre](https://www.instagram.com/theammerdowncentre)
 [ammerdowncentre](https://twitter.com/ammerdowncentre)



Ammerdown

HOSPITALITY • PEACE • RECONCILIATION

Quarterly News January - March 2021

Welcome to the Ammerdown Quarterly News for January – March, 2021! As we plan for 2021, we are treading carefully, offering a variety of Zoom and Day Courses, as well as opportunities for both Private Stays and Residential Courses. Via Zoom, we are delighted to welcome Poet and Theologian, Pádraig Ó Tuama and Poet-Priest, Malcolm Guite. We continue with our themes of reconciliation and interfaith, as we listen to holocaust survivor Steven Frank; watch and workshop the film: Keys to the Golden City; and Walk with our Neighbours. Our Zooms are expanding to include TLC, for our retired guests, and our Carers. We have missed meeting you at Ammerdown so here we offer you a Zoom alternative, until we can meet again. Perhaps those of you who live further afield may like to join us too. The Private Stays allow people to stay at Ammerdown and follow their own programme, with the opportunity for Spiritual Direction. Our day courses include time for reflection on our changing world, our spiritual journeys and the writings of Ety Hillesum and Mary Oliver. At the end of March, we begin to offer more residential courses, which will be advertised in the New Year. Please be assured that we are constantly following government guidelines and updating our procedures, to ensure that all our guests are safe and comfortable. We have really enjoyed welcoming people back to Ammerdown, as we have been able, for courses and stays over the last few months. One of our guests wrote to us saying, 'It's such a lovely place to be and I return home feeling fresher, brighter and happier'.

We hope that the same will be true for you.

To Book...

Call us
01761 433709
Email us at
admin@ammerdown.org

Ammerdown will be closed Friday 11
December to Monday 4 January.



January



Carers' Morning Zoom FREE

Angela Townshend, Christine Clinch
& Vicki Burke
Tuesday 19 January 10am - 12pm
Zoom Course Z0121

While we can't meet at Ammerdown, will you join us via Zoom for all or part of the morning? First a simple Chapel Service, followed by an informal chat with others. Then, allow yourself to be immersed and wrapped in the beautiful sounds of the harp. This meditation may calm the senses and bring you closer to a place of peace where you can truly rejuvenate your spirits and recalibrate your energy field.
Email: admin@ammerdown.org to register for the Zoom Link.



TLC Morning Zoom FREE

Angela Townshend, Christine Clinch
& Helena Softley
Thursday 21 January 10am - 12pm
Zoom Course Z0221

Join us for our first TLC Morning Zoom. While we can't meet at Ammerdown, will you join us via Zoom for all or part of the morning? First a simple Chapel Service, followed by an informal chat with others. Then, fun singing with Helena Softley. Singing lowers stress levels, improves mental alertness and posture, strengthens the immune system and - most of all - it's fun!
Email: admin@ammerdown.org to register for the Zoom Link.

Quiet Day The New Year



Angela Townshend & Christine Clinch
Thursday 28 January 9:30am for 10am - 4pm
£50 Includes morning coffee, lunch and afternoon tea.
Day Course D0121

The New Year - a time for reflection and new beginnings. We gather together, for the first Quiet Day of the year, 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.

March



TLC Morning Zoom FREE

Christine Clinch & Angela Townshend
Thursday 18 March 10am - 12pm
Zoom Course Z1021

Join us for a TLC Morning Zoom: Chapel Service, Cuppa and a Chat, followed by 'My Trip to Rwanda'. While we can't meet at Ammerdown, will you join us via Zoom for all or part of the morning? First a simple Chapel Service, followed by an informal chat with others. Then Christine will share the story and photos of her trip to Rwanda in February 2020.
Email: admin@ammerdown.org to register for the Zoom Link.



Private Stay £255 Full Board

Monday 22 - Thursday 25 March
Please arrive by 6pm, the stay ends with lunch.

Come and stay at Ammerdown for three relaxing days. A warm welcome awaits you. Enjoy the rhythm of Morning and Evening Prayers. Explore the woods and gardens; go further afield and discover Bath, Wells, Bristol or Cheddar; or simply take the time to be. Spiritual Guidance is available on request. There is also the opportunity to join the Quiet Day: Approaching Holy Week.

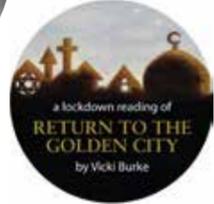
Quiet Day Approaching Holy Week



Angela Townshend & Christine Clinch
Wednesday 24 March 9:30am for 10am - 4pm
£50 Includes morning coffee, lunch and afternoon tea.
Day Course D0621

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.

March



Return to the Golden City Workshop

Vicki Burke & Jo Berry
 Wednesday 3 March 7pm - 9:30pm
 Donations Welcome.
Zoom Course Z0821

Following the showing of the film and discussion, this is a chance for an experiential workshop to explore conflicts you have whether they are within or without, whether it is a neighbour or a politician, a community, faith or a country. In a non-judgemental and emotionally safe place, you will, in small groups, look at your 'other' and see how you can have your 'cup of coffee'. We will all learn from each other and leave feeling empowered and more able to build bridges. Jo Berry, the founder of Building Bridges for Peace, promotes peace and conflict transformation around the world. Jo began this work when she started speaking publicly with the ex IRA combatant Patrick Magee who planted the bomb that killed her father.



Esther 'Etty' Hillesum

Sue Glanville
 Saturday 13 March 9:30am for 10am - 4pm
 £50 Includes morning coffee, lunch and afternoon tea.
Day Course D0521

'We went to the camp singing' (written on a postcard thrown by Etty from the train taking her to the concentration camp) Esther 'Etty' Hillesum was the Dutch author of a diary and letters described in the book 'An Interrupted Life'. The book describes her spiritual awakening and transformation, as well as her struggle with the persecution of the Jewish people and life in Amsterdam under the German occupation. Her refusal to hate, her appreciation of life in all its forms, her tenacity and faith - all give us much needed inspiration and encouragement in the challenging days in which we find ourselves.

Carers' Morning Zoom FREE

Christine Clinch, Angela Townshend & Helena Softley
 Tuesday 16 March 10am - 12pm
Zoom Course Z0921



Join us for our Carers' Day Morning Zoom. While we can't meet at Ammerdown, will you join us via Zoom for all or part of the morning? First a simple Chapel Service, followed by an informal chat with others and then singing with Helena. Singing lowers stress levels, improves mental alertness and posture, strengthens the immune system and - most of all - it's fun!
 Email: admin@ammerdown.org to register for the Zoom Link.

February



Holocaust Memorial Day 2021 Be the Light in the Darkness

Steven Frank BEM & Dame Helen Hyde
 Wednesday 3 February 3pm - 4:30pm
 Donations for the Rwandan Sisterhood.
Zoom Course Z0321

Steven Frank is a Holocaust Survivor. He was born in 1935, into a secular Jewish family in Amsterdam. With the outbreak of war, the family, despite having ample opportunity to flee to Britain, decided to remain in Holland. Steven shares his story... Dame Helen Hyde is a Holocaust Educator, Trustee of the Holocaust Education Trust, Chair of the Board of Trustees of the Foundation for Jewish Heritage and the National Holocaust Centre and Museum, as well as an active patron of the Rwandan Sisterhood. She was made Dame Commander of the British Empire (DBE) for services to Holocaust Education. Helen shares her passion for holocaust and genocide education and ways we can actively support work in Rwanda through the Rwandan Sisterhood.



Instructions for living a life. Pay attention. Be astonished. Tell about it.

Sue Glanville
 Saturday 6 February 9:30am for 10am - 4pm
 £50 Includes morning coffee, lunch and afternoon tea.
Day Course D0221

A day to sample and savour the poetry of the late Mary Oliver, described by the New York Times as 'far and away this country's best selling poet'. Mary writes with wonder, grace and attention as she finds solace and peace in nature, whilst walking with her dog in New England and Florida. Sue says - 'I am delighted to be offering this course. Mary Oliver's poems have the ability to make me catch my breath, stop and ponder the essence of life and give food to my soul.'

Private Stay £340 Full Board

Monday 8 - Friday 12 February
 Please arrive by 6pm, the stay ends with lunch.



Come and stay at Ammerdown for four relaxing days. A warm welcome awaits you. Enjoy the rhythm of Morning and Evening Prayers. Explore the woods and gardens; go further afield and discover Bath, Wells, Bristol or Cheddar; or simply take the time to be. Spiritual Guidance is available on request. There is also the opportunity to join the Quiet Day: Exploring the Creative Process.

February



Quiet Day

Exploring the Creative Process

Barbara Mace

Tuesday 9 February 9:30am for 10am - 4pm
£50 Includes morning coffee, lunch and afternoon tea.

Day Course D0321

A day exploring the Creative Process in a practical, experiential way in which we can discover skills to help us grow and continue on our life journey. We find wisdom and creativity in many cultures and sources, from the cave painters up to the present time. We'll draw on some of these different (re)sources. We'll pay attention to having a body which lives in the worlds of nature, the spirit and the material and is also a source of wisdom and security. We'll be using meditation, story, reflection, arts, poetry, writing and talking with each other in a safe, confidential space.



Ash Wednesday:

Remembering well, with poetry and story.

Pádraig Ó Tuama

Wednesday 17 February 10am - 4pm
£20

Zoom Course Z0421

This retreat will offer poetry and story-prompts for reflection on the past — whether our personal past or our country's past — and will invite participants to share parts of their own lives, as well as their insights on the poetry and language used.

Poet and theologian, Pádraig Ó Tuama's work centres around themes of language, power, conflict and religion. Working fluently on the page and in public, Pádraig is a compelling poet and skilled speaker, teacher and group worker.
www.padraigotuama.com

TLC Morning Zoom Free

Christine Clinch, Angela Townshend & Vicki Burke
Thursday 18 February 10am - 12pm
Zoom Course Z0521



While we can't meet at Ammerdown, will you join us via Zoom for all or part of the morning? First a simple Chapel Service, followed by an informal chat with others. Then, allow yourself to be immersed and wrapped in the beautiful sounds of the harp. This meditation may calm the senses and bring you closer to a place of peace where you can truly rejuvenate your spirits and recalibrate your energy field.

Email: admin@ammerdown.org to register for the Zoom Link.

February



Poetry and Prayer

Malcolm Guite

Friday 19 - Sunday 21 February
R - £260 NR - £175 Z - £30

Residential Course R0121 or Zoom Z0621

Please arrive by 6pm, course ends with lunch.

Malcolm will deliver this course via Zoom. Come to stay at Ammerdown. We will take care of the technology and you will be able to participate in further facilitated discussion.

Alternatively you are welcome to zoom from home. Using George Herbert's rich sonnet 'Prayer' as a template and guide, Malcolm Guite will explore how the poetic imagination can help discern where we are on our spiritual journey, and give us new resources for this.

Poet-Priest Malcolm Guite currently teaches at the Faculty of Divinity at the University of Cambridge, lecturing widely in England and North America on Theology and Literature, publishing poetry, theology and literary criticism. Malcolm has a particular interest in the imagination as a truth-bearing faculty and continues to reflect deeply on how poetry can stimulate and re-awaken our prayer life.



Quiet Day

A Lenten Journey

Rev Narinder Tegally & Christine Clinch
Saturday 27 February
9:30am for 10am - 4pm

£50 Includes morning coffee, lunch and afternoon tea.

Day Course D0421

A Lenten Journey – reflecting on Prayer, Fasting and Giving

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.

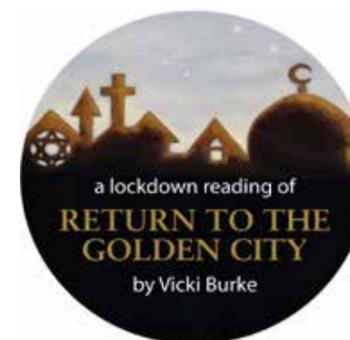
Return to the Golden City

Film and Discussion

Vicki Burke

Sunday 28 February 2:30pm - 5pm
Donations Welcome.

Zoom Course Z0721



In this recent production of an online play reading set in a reconciliation centre in Israel, we meet two couples, one Israeli, one Palestinian. Experience how reconciliation may be found by the offering and accepting of three cups of coffee. Hear how Vicki came to write the play when, as a Jew, she felt inspired to join the Frome Friends of Palestine. After the film showing there will be a chance for group discussion and Q&A with the playwright.

Email: admin@ammerdown.org to register for the Zoom Link.