

Glenthorne

Guest House and Conference Centre

2017



Easedale Beck - Grasmere, The Lake District

Programme of Special Interest Holidays & Courses

Visit our website for additional information: www.glenthorne.org

2017 PROGRAMME

13 th – 17 th March	<i>Patchwork for All</i>	Gillian Waddilove
20 th – 24 th March	<i>What has Wordsworth to offer us today?</i>	Barbara Windle
3 rd – 7 th April	<i>Encounters with the Natural World</i>	T Winterton & M Calvert
24 th – 28 th April	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
28 th – 30 th April	<i>Mysticism and the Quaker Tradition</i>	J Arriens & M Taylor-Sanders
12 th – 14 th May	<i>Finding Out About Quakers</i>	Quaker Quest Team
22 nd – 26 th May	<i>Circle Dancing</i>	Anne-Lise Kryger
2 nd – 4 th June	<i>Allowing Forgiveness</i>	A Holmes & M Partington
5 th – 9 th June	<i>Awakenings of the Spirit</i>	Phil Petty
9 th – 11 th June	<i>Zen Mindfulness Retreat</i>	Adam Dacey
19 th – 23 rd June	<i>Knit Yourself Calm</i>	Hilary Grundy
30 th June – 2 nd July	<i>Letters from Paul</i>	Janet Scott
17 th – 21 st July	<i>Drawing and Sketching</i>	Keith Hall
28 th – 30 th July	<i>Singing & Silence for the Earth</i>	Meri Goad
31 st July – 4 th August	<i>Sketching & Painting the Cumbrian Landscape</i>	Sue Ford
7 th – 11 th August	<i>Yoga</i>	Julia Slater
11 th – 13 th August	<i>Inspired by The Lakes: Textile Workshop</i>	Helen Parrott
18 th – 20 th August	<i>Walking with Trees</i>	Letta Jones
21 st – 25 th August	<i>Sketching & Painting the Cumbrian Landscape</i>	Sue Ford
4 th – 8 th September	<i>Circle Dancing</i>	Anne-Lise Kryger
8 th – 10 th September	<i>Stillness, Faith & Action</i>	T Winterton & M Calvert
11 th – 15 th September	<i>The Divine Beauty of your Human Heart</i>	Daniel O'Leary
20 th – 22 nd September	<i>Experiment with Light</i>	Diana & John Lampen
22 nd – 24 th September	<i>Meister Eckhart & the Quaker Way</i>	Roswitha Jarman
29 th Sep – 1 st October	<i>In the World and Not of It</i>	Ben Pink Dandelion
2 nd – 6 th October	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
6 th – 8 th October	<i>Mindful Meditation Retreat</i>	Adam Dacey
13 th - 16 th October	<i>Sketching & Painting the Cumbrian Landscape</i>	Sue Ford
20 th – 22 nd October	<i>Makepeace Daly Turns the Tables</i>	Tony Biggin & Alec Davison
23 rd – 27 th October	<i>Unknowing: A Spiritual Path</i>	Jennifer Kavanagh
24 th – 26 th November	<i>The Pilgrimage of Life</i>	Alastair McIntosh

Patchwork for All **10 places** **£380.00**

Monday 13th – Friday 17th March

Led by Gillian Waddilove

Workshop format – the leader will suggest some projects, and participants may work on those or on their own project, with sewing machine or by hand. Gillian enjoys the maths of piecing quilts in various styles, and is able to help with most projects. In 2016 the group made several quilts to pass to a former workshop participant to distribute to hospice or hospital patients. We usually have a break for a walk or outing each afternoon, to enjoy our surroundings.

Course starts Monday 5.00 pm and finishes Thursday evening.

What has Wordsworth to offer us today? **15 places** **£375.00**

Monday 20th-Friday 24th March

Led by Barbara Windle

Wordsworth's poetry offers strong feeling and sensibility combined with rich meditative thought and spiritual awareness. His openness to mystical experience in its very broadest sense strikes a chord with us today as he moves beyond conventional labels to find the deep places within himself. Our sessions will include a fresh, in depth look at the Immortality Ode, Tintern Abbey, Michael, parts of The Prelude and The Excursion.

Course finishes Friday 12.00 pm.

Encounters with the Natural World **14 places** **£375.00**

Monday 3rd – Friday 7th April

Led by Terry Winterton & Margaret Calvert (Kindlers' team)

Join us in time set aside to "hear" and deepen our friendship with the natural world. Experience the awe and wonder of the natural world, noticing promptings to prayer, joy and thankfulness. There will be some gentle short walking each day: time to explore the spirit in poetry or prose together, and time for artwork, craft or journaling in the afternoons. There will also be opportunities for individual spiritual accompaniment each day.

Boot, Boat and Goat **14 places** **£430.00**

Monday 24th - Friday 28th April & Monday 2nd – Friday 6th October

Led by Terry Winterton and Grace Ogilvie

Visiting various parts of the Lake District by minibus, this holiday is suitable for those, both able and less able, who would welcome the companionship of a small group. There will be short, gentle walks and a cruise on the lake every day. Stout footwear and suitable clothing will be required. Single rooms are available. All excursion costs included.

Mysticism and the Quaker Tradition **12 places** **£190.00**

Friday 28th – Sunday 30th April

Led by Jan Arriens and Maggie Taylor-Sanders

The place of mysticism in the Quaker tradition, focusing in particular on the work of Rufus Jones and the subsequent rise of liberal Quakerism. Have we lost our mystical roots? Are we reluctant to share deep personal experiences? Consciousness, individuality and spirituality. Implications for us as Friends: approaching the world and the way we lead our lives as an intimately interrelated whole in a rational and scientific age.

Course finishes 12.30 pm Sunday.

Finding out about Quakers: A Weekend for Newcomers **18 places** **£200.00**

Friday 12th – Sunday 14th May

Led by Quaker Quest team

This weekend is for people who know little or nothing about Quakers, and for those who have been around Quakers a while and want to explore further. Come and find out more about core Quaker beliefs, discover Quaker worship and hear how Quakers live their lives. You will be guided by experienced facilitators from the Quaker Quest team. They will encourage you to reflect, ask questions and share your thoughts with others – all in the tranquil surroundings of the Lake District countryside.

Course finishes Sunday 12.30 pm.

Circle Dancing **19 places** **£375.00**

Monday 22nd – Friday 26th May & Monday 4th – Friday 8th September

Led by Anne-Lise Kryger

This course welcomes people with experience as well as newcomers to circle dancing. It is an inclusive form of community dancing where no partners are required.

The dances we do are drawn from many countries and cultures. They are always walked through before dancing. We dance for our pleasure and enjoyment in a supportive group with no pressure to 'get every step right'. The pace of the dances varies from lively to meditative and often leaves participants with a sense of belonging, joy and inner peace. The afternoons will be free to explore the delights of our surroundings. Finishes 12.30 pm Friday.

Allowing Forgiveness and Healing Through the Spirit **12 places** **£200.00**

Friday 2nd – Sunday 4th June

Led by Marian Partington & Allan Holmes

Carrying anger and hatred around damages both one's own life and that of those around one. Forgiveness through the spirit provides healing and enables one to move out of the past and into the present. Marian and Allan will work together to encourage and enable this experience.

Course starts Friday 6.00 pm and finishes Sunday 12.30 pm

Awakenings of the Spirit: The early Quaker Experience **14 places** **£375.00**

Monday 5th – Friday 9th June

Led by Phil Petty

This is a residential guided retreat for anyone who wants to learn about early Friends' spirituality and history. We will together travel the old county of Westmoreland and visit the places of importance to the emerging Quaker movement. This will be a time to reflect, seeking insight and inspiration by drawing on the experience and writings of early Friends. A minibus will be used to travel to the different sites.

Course starts after dinner on Monday and finishes Friday noon.

Zen Mindfulness Retreat **15 places** **£215.00**

Friday 9th – Sunday 11th June

Led by Adam Dacey

A unique opportunity to experience the heart of a mindfulness practice. Learn essential Zen Mindfulness meditations that can help you to live a more awakened life. Simple guided sessions, suitable for all levels where you will experience stillness, balance and serenity.

Course finishes Sunday 1.00pm

Knit Yourself Calm **7 places** **£420.00**

Monday 19th – Friday 23rd June

Led by Hilary Grundy

After the success of last year's course, we are going to do it all again! This is the week we make the invisible, visible. Through the harmony of marrying wool with needles, hooks and spindles, we reveal our creative selves. Our heads, hands and hearts work in unity. We learn new techniques which enrich our experience of knitting. The applied arts

of spinning, knitting and crochet with wool are awarded their true value in a world where cheap knitted garments are made by machine and acrylic yarn. Once again, a key aspect of the course is combining knitting with mindfulness. Course starts Monday 4.30 pm and finishes Friday 12.00 pm.

Letters from Paul **12 places** **£190.00**

Friday 30th June – Sunday 2nd July

Led by Janet Scott

After a brief introduction to Paul and to letter writing in the ancient world we look at some examples of how Paul addressed problems and challenges in churches, and see how through this he developed theology.

The letters examined will probably be, Philemon, Galatians, and 1Corinthians.

Course finishes Sunday 1.00 pm.

Introduction to Drawing & Sketching **10 places** **£370.00**

Monday 17th – Friday 21st July

Led by Keith Hall

Painting well can be attributed to the ability to draw well and this course will concentrate on that aspect. All media will be explored with Plein Air (outdoors) sketching a priority (weather permitting) This sharpens the observation skills and leads to far better understanding of how to tackle that landscape you have always wanted to paint.

Course finishes Thursday evening.

Singing & Silence for the Earth **12 places** **£210.00**

Friday 28th – Sunday 30th July

Led by Meri Goad

Cast off your cares and sing! An invigorating weekend welcomes all voices that love to sing: singing enables us to express the essence of our being and joins us in harmony with others. Weather permitting; we will take full advantage of the beautiful environment around Glenthorne as well as the ideal facilities of the Centre. There will also be periods for quiet reflection or meditation. No need to be able to read music or have any previous experience of singing (beyond the shower!) Songs will include unaccompanied rounds and very simple part songs from a range of traditions and cultures. Course starts Friday 5.30 pm and finishes Sunday 12.30 pm

Sketching & Painting the Cumbrian Landscape **12 places** **£410.00**

Monday 31st July – Friday 4th August

Led by Sue Ford

This course is a superb opportunity for all artists of different levels and ability. In pastel, watercolour, acrylic and mixed media techniques.

During your holiday, Sue has organised an itinerary to enjoy the experience of outdoor locations within the beautiful Cumbrian landscape. In the studio, you will work out from sketches and notes to create beautiful and exciting paintings. Courses start on arrival day with a demonstration at 5.00 pm.

Yoga **12 places** **£415.00**

Monday 7th – Friday 11th August

Led by Julia Slater

Yoga tailored to your needs. Postures, flowing sequences, breath work and relaxation.

A fun way to better health. Course finishes Thursday evening.

Inspired by the Lakes: Hand Stitching & Mark Making **10 places** **£215.00**

Friday 11th - Sunday 13th August

Led by Helen Parrott

Taking Lake District landscapes as our inspiration, this textile workshop aims to inspire you to develop your personal ideas and creativity using mark making and hand stitch. Working at a relaxed and enjoyable pace, we will make marks and develop them into hand stitch, creating samples to inspire you and sharing our ideas and knowledge along the way. My aim is that our time and work together nurtures and sustains you creatively well beyond the weekend. The workshop is intended for those with some experience of textiles (embroidery/quilting/mixed media). Course finishes Sunday 12.45 pm.

Walking with Trees **12 places** **£220.00**

Friday 18th – Sunday 20th August

Led by Letta Jones

An exploration of the local area and its magnificent trees and landscapes, with gentle walking, standing and pausing to appreciate and better understand the plants and their setting. A visit to Rydal Hall's trees and gardens is included.

Course finishes Sunday 12.30 pm.

Sketching & Painting the Cumbrian Landscape **12 places** **£410.00**

Monday 21st – 25th August

Led by Sue Ford

Details as Monday 31st July – Friday 4th August

Circle Dancing **19 places** **£375.00**

Monday 4th – Friday 8th September

Led by Anne-Lise Kryger

Details as Monday 22nd – Friday 26th May

Stillness, Faith & Action **12 places** **£190.00**

Friday 8th September – Sunday 10th September

Led by Terry Winterton & Margaret Calvert (Kindlers' team)

How do you live from the "deep place" all day, every day?

We will be sharing our experiences of living an active spirit led life, with examples from the past and present.

It may not be what you think!

There will be time for reflection within the group and personally in the company of fellow travellers immersed in the beautiful and atmospheric setting at Glenthorne.

Course finishes Sunday 12.30 pm.

The Divine Beauty of your human Heart **25+ places** **£365.00**

Monday 11th - Friday 15th September

Led by Daniel O'Leary

Too often we forget that we are made in God's image. And that we are loved unconditionally into our beauty. These days of blessings, in a place of renowned beauty, will set us free to live our lives, from now on, in a more grateful, gracious, free and confident way.

Course finishes Friday 12.30 pm.

Experiment with Light **12 places** **£220.00**

Wednesday 20th – Friday 22nd September

Led by Diana & John Lampen

Quaker faith and life are based on experience. "This I knew experimentally," said Fox. But what is this experience? In this course, we will look at what that experience was at the beginning of the Quaker movement. We will undertake an experiment to see whether the experience is still available to us. Part of this will be a meditation in which we experience "the Light" as early Friends understood it. This can be searching and powerful. We will also reflect on the significance of the light for our lives today.

Meister Eckhart & the Quaker Way **12 places** **£180.00**

Friday 22nd – Sunday 24th September

Led by Roswitha Jarman

We will explore the relationship of the teachings of Meister Eckhart, the 14th Century Dominican Monk, and compare it to the teachings of our Quaker way. George Fox may not have known the writings of Eckhart, but the spirit of the teachings speak the same language. There will also be time for silent reflection.

Course starts Friday 6.00 pm and finishes Sunday 12.45 pm.

In the World and Not of It **25+ places** **£215.00**

Friday 29th September - Sunday 1st October

Led by Ben Pink Dandelion

Quakers have maintained a distinctive counter-cultural identity throughout our history, yet have also embedded ourselves in wider society almost as much as have been allowed. We have wanted to regularly criticise government and wider cultural preferences but have enjoyed the ability to act as citizens of the state. We have broken the law and also upheld it. This course explores this fascinating pattern of inter-relationship and uses Quaker history to inform our present-day choices: how as Quakers today are we to negotiate and live out our faith in the world?

Course finishes Sunday 12.15 pm.

Boot, Boat and Goat **14 places** **£430.00**

Monday 2nd – Friday 6th October

Led by Terry Winterton and Grace Ogilvie

Details as Monday 24th - Friday 28th April

Mindful Meditation **15 places** **£215.00**

Friday 6th – Sunday 8th October

Led by Adam Dacey

Over the weekend, you will learn a series of mindful meditation practices that can help naturally bring you into the present moment, thereby experiencing a reduction in stress, worry and anxiety. You will leave the retreat with a confidence in your practice and be able to integrate and apply what you have learned into your daily life.

Course finishes Sunday 1.00 pm.

Sketching & Painting the Cumbrian Landscape **12 places** **£330.00**

Friday 13th – Monday 16th October

Led by Sue Ford

Details as Monday 31st July – Friday 4th August

Makepeace Daly Turns the Tables **15 places** **£190.00**

Friday 20th – Sunday 22nd October

Led by Tony Biggin & Alec Davison

A fresh way of reflecting on alternatives to some of our current social discontents: homelessness, power, corruption, greed, inequality. Through participatory workshops in singing, for some, and word-mongering, for others, the weekend will finish in a final enactive sharing that could be a model for local Area or Regional Gatherings. Tony and Alec are renowned for their Quaker musicals, revues, cantatas and oratorios. Their aim is celebration and provocation, strengthening communities and engaging in new spiritual practices, that will also be fun and enjoyable.

Course finishes Sunday 1.00 pm.

Unknowing: A Spiritual Path**12 places****£360.00****Monday 23rd - Friday 27th October****Led by Jennifer Kavanagh**

Unknowing is at the centre of spiritual life. It is only by creating a space in which anything can happen that we allow God to speak; only by stepping back that we allow space for that unpredictable Spirit which brings us gifts beyond our imaginings.

Accepting that there is much that we do not know and cannot control frees us to walk the path of faith. We will use this weekend to explore alone and together how we can let go of what blocks us and be more open to the guidance of the Spirit. Course finishes Friday 1.00 pm.

Glenthorne Conference: The Pilgrimage of Life**25+ places****£225.00****Friday 24th - Sunday 26th November****Led by Alastair McIntosh**

This weekend retreat will be an exploration of some meanings of pilgrimage. It will be an opportunity to explore a deepening sense of meaning and direction in our lives, especially for those who are committed to such Quaker concerns as social, environmental and/or spiritual transformation. However, the course is by no means limited to Quakers and it would be good to have a mix of many different backgrounds and interests. Participants coming to this course might want to read in advance Alastair's book, *Poacher's Pilgrimage: an Island Journey* (Birlinn).

Course finishes on Sunday 1.00 pm with a cooked lunch.

BOOKINGS

Making a booking

To make a booking please fill in the online form found in the Contact Us section of our website www.glenthorne.org, send us an email to info@glenthorne.org, give us a call on 01539435389 or send us a letter.

Start and finish times

Courses begin with dinner at 7.00 pm and finish with breakfast on departure day unless otherwise stated under the individual course details.

Board

All the courses are based on full board (packed lunch), starting with dinner on arrival day and finishing with breakfast on departure day. Packed lunches for departure day are available for an extra £6.00.

Accommodation

Most of our rooms are ensuite. There are a few non-ensuite rooms available at a discount of £5.00 per night.

Special offer

Extend your visit staying with us the Sunday before or after the course:

B&B £45.00 per person Dinner, B&B £60.00 per person

Financial help

Quakers should apply for financial support to their meeting in the first instance. Glenthorne's bursary scheme is also available. For more information on how to apply call 015394 35389 or visit

www.glenthorne.org

Glenthorne Guest House and Conference Centre

Easedale Road, Grasmere LA22 9QH, Cumbria

Registered Charity No 232575

Tel/Fax : 015394 35389

Email : info@glenthorne.org

Web site : www.glenthorne.org