

Glenthorne

Guest House and Conference Centre

2018



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Programme of Special Interest Holidays & Courses

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

2018 PROGRAMME

2 nd – 4 th Feb	<i>The Spirituality of Travel</i>	Ben Pink Dandelion
5 th – 9 th March	<i>Finding Peace through Yoga</i>	Leah Barnett
12 th – 16 th March	<i>Patchwork for Fun</i>	Gillian Waddilove
6 th – 8 th April	<i>Renewing ourselves in Sound and Silence</i>	Meri Goad
13 th – 15 th April	<i>Finding Out About Quakers</i>	Quaker Quest Team
16 th – 20 th April	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
30 th April– 4 th May	<i>Walking Holiday</i>	A Robinson & R Hargreaves
21 st – 25 th May	<i>Circle Dancing</i>	Anne-Lise Kryger
28 th May – 1 st June	<i>Alexander Technique and Walking course</i>	Hilary Cook
8 th – 10 th June	<i>Happiness Weekend Retreat</i>	Adam Dacey
11 th – 15 th June	<i>Knitted Shawls to Love and Treasure</i>	Hilary Grundy
15 th – 17 rd June	<i>Quakers Sharing Experience</i>	Geoffrey Durham
6 th – 8 nd July	<i>The Friends of Jesus</i>	Janet Scott
30 st July – 3 rd August	<i>Sketching & Painting the Cumbrian Landscape</i>	Sue Ford
6 th – 10 th August	<i>Yoga</i>	Julia Slater
10 th – 12 th August	<i>Flowers of the Quaker Tapestry</i>	Letta Jones
17 th – 19 th August	<i>Mysticism and the Quaker Tradition</i>	J Arriens & C Bentley
27 rd – 31 st August	<i>Sketching & Painting the Cumbrian Landscape</i>	Sue Ford
3 rd – 7 th September	<i>Circle Dancing</i>	Anne-Lise Kryger
17 th – 21 st September	<i>Encountering the Divine in Nature</i>	T Winterton & M Calvert
21 st – 23 rd September	<i>Experiment with Light</i>	TBC
28 th – 30 th September	<i>Awareness and Enlightenment</i>	Roswitha & Peter Jarman
1 st – 5 th October	<i>What has Wordsworth to offer us Today?</i>	Barbara Windle
5 th – 7 th October	<i>Mindfulness and Resilience</i>	Adam Dacey
8 th – 12 th October	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
12 th - 15 th October	<i>Sketching & Painting the Cumbrian Landscape</i>	Sue Ford
15 th - 19 th October	<i>Spiritual Well-being in Later Life</i>	Rhonda Riachi
22 nd – 24 th October	<i>Flower Arranging – Autumn into Christmas</i>	Jan Faulkner
12 th – 16 th November	<i>Memories, Dreams and the Present Moment</i>	Daniel O’Leary
16 th – 18 th November	<i>William Penn Speaks Today</i>	Rex Ambler

The Spirituality of Travel**25 places****£220.00****Friday 2nd - Sunday 4th February****Led by Ben Pink Dandelion**

As Quakers, we often speak of being on a spiritual journey. But how far are our real-life journeys spiritual? This course is about reviewing the way travel has become an everyday commodity and often something to be endured rather than enjoyed. We look at how our everyday travelling fits with our spirituality and how we might better nurture our spiritual life in relation to the way we journey. Ben is a Quaker author and academic. He gave the Swarthmore lecture *Open to Transformation* in 2014 and has written widely on the spirituality of travel. Course finishes Sunday 1.00 pm.

Finding Peace through Yoga**12 places****£430.00****Monday 5th – Friday 9th March****Led by Leah Barnett**

The course will aim to show participants how yoga practices can be used to connect with and dwell in the inner realm of peacefulness. We will use a combination of movements with breath practices, chanting (singing Sanskrit words), deep relaxation and meditation to access this space and take time to really savour how it feels. Leah has been teaching yoga for over 15 years since leaving the law profession. Her focus is on allowing space for students to feel into their bodies so they can fully experience each practice from the inside. Her influences include: BKS Iyengar, Vanda Scaraveli, Donna Farhi, Adhyashanti, Eckhart Tolle, Penne Chodron and Tara Brach. Course starts Friday 6.00 pm and finishes Sunday 12.30 pm

Patchwork for Fun**9 places****£390.00****Monday 12th – Friday 16th March****Led by Gillian Waddilove**

Workshop format – the leader will suggest some projects, and participants may work on those or on their own projects, 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.

Renewing ourselves in Sound and Silence**12 places****£220.00****Friday 6th – Sunday 8th April****Led by Meri Goad**

Step into spring with song and meditation in a spirit of renewal. All who love to sing are welcome! No need for previous singing experience or ability to read music. Songs will include unaccompanied rounds and very simple part songs from a range of traditions and cultures. The sessions are combined with guided meditations. Meri has been leading a small community choir for 7 years. She is a vibrant and energetic teacher and can help anyone who thinks they can't sing, find their voice.

Course starts Friday 5.30 pm and finishes Sunday 12.30 pm

Finding out about Quakers: A Weekend for Newcomers**18 places****£200.00****Friday 13th – Sunday 15th April****Led by Quaker Quest team**

This is the ideal weekend for people who know little or nothing about Quakers, or 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 in a friendly, relaxed environment. 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.

Boot, Boat and Goat **14 places** **£440.00**

Monday 16th - Friday 20th April & Monday 8th – Friday 12th 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.

Walking holiday **12 places** **£390.00**

Monday 30th April – Friday 4th May

Led by Alan Robinson and Robin Hargreaves

A walking holiday aimed at people who enjoy walking but are new to the Lake District. Participants will need to have a good level of fitness, some of the walks will involve steep and strenuous sections. We intend to start with a gentle walk and end with a strenuous all day walk, depending on weather conditions and capabilities of participants. Alan and Robin are Glenthorne Trustees and have led many walks in the area.

Circle Dancing **19 places** **£390.00**

Monday 21st – Friday 25th May & Monday 3rd – Friday 7th 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. The course finishes 12.30 pm Friday.

Alexander Technique and Walking Course **12 places** **£430.00**

Monday 28th May – Friday 1th June

Led by Hilary Cook

Join Hilary in the stunning scenery of the Lake District to explore the Alexander Technique and walking. We will look at our skeleton through anatomy and movement, discovering a more accurate map of ourselves. In addition, we will look at the principles of the Alexander technique in a practical, fun and experiential way, helping you improve your posture, de-stress and ease back ache, as well as moving with less effort and tension. We will also apply the Alexander when we go for gentle walks in the countryside. Bring your walking boots and poles if you have any. Hilary is a fully qualified and experienced Alexander Technique teacher and a professional teaching member of the Society of Teachers of the Alexander Technique. Course starts Monday 5.30 pm and finishes Friday 1.00 pm

Happiness Weekend Retreat **15 places** **£220.00**

Friday 8th – Sunday 10th June

Led by Adam Dacey

You will definitely leave with a peaceful smile on your face! We will explore mindful meditations to uplift the mind. These will include reflections on living in the moment, gratitude and joy. Adam is the founder of Mindspace and has a twenty-year full time, international experience of practicing and teaching mindful meditation. A former Buddhist monk, he will deliver the retreat in a clear, compassionate and engaging manner. Course finishes Sunday 1.00pm

Knitting Shawls to Love and Treasure **7 places** **£440.00**

Monday 11th – Friday 15th 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 noon.

Quakers Sharing Experience **15 places** **£190.00**

Friday 15th - Sunday 17th June

Led by Geoffrey Durham

Personal experience is at the heart of the Quaker faith – so it's surprising how seldom we share our experiences with each other. This weekend offers the chance to explore stories of spiritual encounter and development, and examine their unique power to enrich our religious lives. First programmed here in 2016 as Living Experience, the course has proved exceptionally successful in helping participants to become deeply engaged with their own spiritual growth and that of others. Geoffrey is an experienced speaker and facilitator and has twice appeared on BBC Radio's Thought for the Day and has published two books for enquirers.

Course finishes Sunday 12.45 pm.

The Friends of Jesus **12 places** **£190.00**

Friday 6th – Sunday 8th July

Led by Janet Scott

We shall look at the stories of those close to Jesus, for example, Peter, Thomas, Martha and her family and Mary of Magdala, to see what we might learn about being a Friend today.

Janet taught religious studies in the University of Cambridge. She is a Trustee of Churches Together in England and gave the Swarthmore Lecture *What canst thou say*. Course finishes Sunday 1.00 pm.

Sketching & Painting the Cumbrian Landscape **12 places** **£420.00**

Monday 30th July – Friday 3rd August

Led by Sue Ford

This course is a superb opportunity for all artists of different levels and ability, working 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** **£420.00**

Monday 6th – Friday 10th August

Led by Julia Slater

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

This is a fun way to better health.

Course finishes Thursday evening.

Flowers of the Quaker Tapestry **12 places** **£220.00**

Friday 10th – Sunday 12th August

Led by Letta Jones

Discover more about the plants of the Quaker Tapestry, their stories of discovery, cultivation, introduction and botanical secrets. There is a glimpse into links between Philadelphia and London Quaker botanists of the 18th century and their contribution to gardens today. There are tips on how to "grow your own" Quaker tapestry. Letta is a lecturer in horticulture and garden history.

Course finishes Sunday 12.30 pm.

Mysticism in the Quaker Tradition **12 places** **£200.00**
Friday 17th – Sunday 19th August
Led by Jan Arriens and Christiana Bentley

Have we lost touch with our mystical roots? This weekend will be an opportunity to explore and share our personal experiences of mysticism and its relevance for Quakers today in the rational and scientific world. We shall also be looking back at the role of mystical awareness in Quaker history, with special emphasis on the life and writings of the American Quaker Rufus Jones. Course finishes 12.30 pm Sunday.

Sketching & Painting the Cumbrian Landscape **12 places** **£420.00**
Monday 27th – Friday 31st August
Led by Sue Ford
Details as Monday 30th July – Friday 3rd August

Circle Dancing **19 places** **£390.00**
Monday 3rd – Friday 7th September
Led by Anne-Lise Kryger

Details as Monday 21st – Friday 25th May

Encountering the Divine in Nature **14 places** **£390.00**
Monday 17th – Friday 21st September
Led by Terry Winterton & Margaret Calvert (Kindlers' team)

The course is open to anyone with a love for nature. Set time aside and join us as we deepen our awareness of ourselves and connect with awe and wonder through the natural world. In the mornings there will be mindful short walks in atmospheric and beautiful parts of the Lake District, meditations and time for reflection and also fun! There will be opportunities for individual spiritual accompaniment and free time for artwork, craft or journaling in the afternoons each day. Treat yourself to a few days away in retreat from the busyness of life in this special place. Terry is the Quaker Friend in Residence and a registered counsellor and Margaret is a popular facilitator. Course finishes Sunday 12.30 pm.

Experiment with Light **12 places** **£225.00**
Friday 21st – Sunday 23rd September
Led by TBC

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.
Course finishes Sunday 12.30 pm.

Awareness and Enlightenment **12 places** **£200.00**
Friday 28th – Sunday 30th September
Led by Roswitha and Peter Jarman

Drawing on Quaker practice, the eightfold way of Buddhists and current awareness of the beauty and majesty of the physical universe, its particles, quanta and energy, participants will share perceptions of the ways out of ignorance, greed and delusion, through being grounded by contemplation, awareness and enlightenment. Roswitha is a Quaker mystic and painter. Peter is a Buddhist Quaker and physicist. Both have worked in regions of conflict, partly as Quaker representatives based in Russia.
Course finishes Sunday 1.00 pm.

What has Wordsworth to offer us today? **15 places** **£390.00**

Monday 1st - Friday 5th October

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.

Mindfulness and Resilience **15 places** **£220.00**

Friday 5th – Sunday 7th October

Led by Adam Dacey

Spend the weekend engaging in a series of meditations, contemplations and discussions helping you to deepen your experience of mindfulness and resilience. This is an essential retreat for anyone looking to get in mental shape for the challenges of modern life. Adam is the founder of Mindspace and has a twenty-year full time, international experience of practicing and teaching mindful meditation. A former Buddhist monk, he will deliver the retreat in a clear, compassionate and engaging manner.

Course finishes Sunday 1.00 pm.

Boot, Boat and Goat **14 places** **£440.00**

Monday 8th – Friday 12th October

Led by Terry Winterton and Grace Ogilvie

Details as Monday 24th - Friday 28th April

Sketching & Painting the Cumbrian Landscape **12 places** **£350.00**

Friday 12th – Monday 15th October

Led by Sue Ford

Details as Monday 31st July – Friday 4th August

Spiritual Well-being in later life **12 places** **£410.00**

Monday 15th – Friday 19th October

Led by Rhonda Riachi

Keeping well in later life is about more than exercise, eating and entertainment. Things once meaningful may no longer inspire us. We may feel lonely or want more time for ourselves. Old friends may drift away, die or simply not be able to meet us. How can we make living longer feel like the achievement it ought to be? By exploring philosophy, literature, music, science, art and film this course will share potential inspirations for later life and draw on the rich Quaker sources and other books by those who have walked this path before us. Rhonda works in education for wellbeing, older people and end of life care. She wrote her masters dissertation on communication for dementia carers and is a member of the Quaker Fellowship for Afterlife Studies.

Course finishes 12.30 pm Sunday.

Flower arranging – Autumn into Christmas **15 places** **£420.00**

Friday 22nd – Sunday 26th October

Led by Jan Faulkner

The course is suitable for beginners, intermediate and advanced students. We will learn some popular plant manipulation techniques, some gift ideas for friends and family and flowers for your home at Christmas. We shall move from autumn designs into Christmas – getting you ahead for the festive season. Jan has been teaching flower arranging for 30 years and is a member of the National Association of Flower Arrangement Societies, demonstrator and teacher.

Course finishes Sunday 1.00 pm.

Memories, Dreams and the Present Moment

25+ places

£375.00

Monday 12th - Friday 16th November

Led by Daniel O'Leary

So much of our happiness depends on how we think about the past, the present and the future of our lives. These special and silent days of grace provide a safe and beautiful environment for deep reflection on these mysteries. The poet William Wordsworth, whose spirit fills the land and skies of Grasmere, wrote of 'a motion, and a spirit, that impels all thinking things, all objects of all thoughts, and rolls through all things'.

Daniel is a priest, writer and learner. He has worked a Parish Priest in Leeds and taught in St Mary's College London. Some of Daniel's 15 books include *Travelling Light* and most recently *Treasured and Transformed*. Course finishes Friday 12.30 pm.

Glenthorne Conference: William Penn Speaks today

25+ places

£190.00

Friday 16th - Sunday 18th November

Led by Rex Ambler

William Penn was a leading Quaker in the early movement in England and one of the founders of three of the thirteen original States of the USA. We will look at Penn's life and work in England and America in the 17th century, to understand the impact he had. We shall then look at what his life and witness has to say to us today.

Rex was a lecturer in theology at Birmingham University for over thirty years. He now works mostly with Quakers, giving talks and workshops on Quaker faith and practice, travelling to many parts of the world. He is and author of many books including: *The Quaker Way*, *Light to Live By & Truth of the Heart*. His latest work is *Living in Dark Times*, a Pendle Hill booklet.

Course finishes on Sunday 1.00pm 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 015394 35389 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; this is included with weekend courses.

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 £65.00 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

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