

Glenthorne

Guest House and Conference Centre

2019



Programme of Special Interest Holidays & Courses

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

2019 PROGRAMME

11 th – 15 th March	<i>Patchwork for Fun</i>	Gillian Waddilove
25 th – 29 th March	<i>Musical Encounters</i>	Jeff Dershin
1 st – 5 th April	<i>Creative Writing</i>	Tony Rossiter
8 th – 12 th April	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
26 th – 28 th April	<i>Finding Out About Quakers</i>	Quaker Quest Team
29 April – 3 rd May	<i>Walking holiday</i>	A Robinson
6 th – 10 th May	<i>Creative Textiles</i>	Jenni Simmons
10 th – 12 th May	<i>Tai Chi & Chi Kung Silk Reeling</i>	Kim Noy-Man Jackson
17 th – 19 th May	<i>The Spirituality of Travel</i>	Ben Pink Dandelion
27 st – 31 st May	<i>Circle Dancing</i>	Anne-Lise Kryger
3 rd – 7 th June	<i>Alexander Technique and Walking holiday</i>	Hilary Cooke
7 th – 9 th June	<i>Guide to the Mindful way of life</i>	Adam Dacey
10 th – 14 th June	<i>Knitted shawls to Love and Treasure</i>	Hilary Grundy
24 th – 28 th June	<i>Finding peace through Yoga</i>	Leah Barnet
5 th – 7 nd July	<i>Jesus & Religion in Mark's Gospel</i>	Janet Scott
19 th – 21 nd July	<i>Allowing Forgiveness</i>	M Partington & B Davey
26 th – 28 th July	<i>Soul, Silence & Song</i>	Meri Goad
29 th July – 2 nd August	<i>Sketching & Painting the Cumbrian Landscape</i>	Sue Ford
2 nd – 4 th August	<i>A language for the Inner Landscape</i>	Brian Drayton
5 th – 11 th August	<i>Yoga</i>	Julia Slater
9 th – 10 th August	<i>Walking with Trees</i>	Letta Jones
26 th – 30 th August	<i>Sketching & Painting the Cumbrian Landscape</i>	Sue Ford
30 th Aug – 1 st September	<i>Exploring Waiting in the Light</i>	EWL team
2 nd – 6 th September	<i>Circle Dancing</i>	Anne-Lise Kryger
6 th – 8 th September	<i>Where Do We Come From?</i>	A. Wildwood & M. Goad
16 th – 20 st September	<i>Encountering the Divine in Nature</i>	T Winterton & M Calvert
27 th – 29 th September	<i>Awareness</i>	Roswitha Jarman
7 th – 11 th October	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
11 th – 13 th October	<i>Zen mindfulness Retreat</i>	Adam Dacey
14 th - 18 th October	<i>Spiritual Well-being in Later Life</i>	Rhonda Riachi
18 th - 21 st October	<i>Sketching & Painting the Cumbrian Landscape</i>	Sue Ford
21 st – 25 th October	<i>What has Wordsworth to offer us today?</i>	Barbara Windle
25 th – 27 th October888	<i>Tai Chi & Chi Kung Silk Reeling</i>	Kim Noy-Man Jackson
22 nd – 24 th November	<i>Mysticism and the Quaker Tradition</i>	J Arriens & C Bentley

Patchwork for Fun 9 places £370

Monday 11th – Friday 15th March

Led by Gillian Waddilove

Patchwork and quilting, by hand or machine, is a fun way of making useful or decorative items. The group works co-operatively, suggesting projects to share and bringing their own projects to 'show and tell' and perhaps get completed. There is plenty of experience to guide anyone who hasn't tried this before. Gillian is a Quaker and has sewed for many years: she enjoys the challenge of working out how to cut and piece fabric in effective ways. Course starts 5.00pm Monday and finishes 9.30pm Thursday evening.

Musical Encounters 18+ places £430

Monday 25th – Friday 29th March

Led by Jeff Dershin

Using familiar (and sometimes unfamiliar) folk songs, spirituals, and popular music of the 20th century, entertainer and educator Jeff Dershin will lead us on a fun filled encounter with music. Instrumentalists are encouraged to bring their instruments, singers their voices, and listeners their ears for an exploration of why music has the power to be simultaneously playful, happy, sad, angry and inspiring. Jeff signed his first recording contract with Mercury records at the age of 18 and was educated at Binghampton University and Julliard. He has spent 4 decades as an entertainer and teacher, toured Europe and the US and is delighted to be visiting England again! Course finishes 1.00pm Friday.

Creative Writing 12 places £420

Monday 1st - Friday 5th April

Led by Tony Rossiter

Whether you are a beginner or a more experienced writer, this course will inspire you. We'll look at the styles, techniques and writing routines of some well-known authors (of both fiction and non-fiction) and see what we can learn. There will be tips on effective writing and the opportunity to put these into practice. With discussion, syndicate workshops and individual writing exercises you'll be able to ask questions, share experience and develop your own specific writing interests. Tony is a member of the Society of Authors, a long-standing contributor to *Writing magazine* and *The Dalesman* and has written seven non-fiction books. Course begins 5.00pm Monday and finishes 12.30pm Friday.

Boot, Boat and Goat 14 places £445

Monday 8th - Friday 12th April & Monday 7th – Friday 11th 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. We visit a Quaker Meeting House and old churches along the way. Stout footwear and suitable clothing will be required. All excursion costs included. Course finishes Friday with breakfast.

Finding out about Quakers: A Weekend for Newcomers 18 places £205

Friday 26th – Sunday 28th April

Led by the Quaker Quest team

This is the ideal weekend for people who know little or nothing about Quakers, or those who have been around Quakers for a while and want to explore further. Come and find out more about core Quaker beliefs and discover Quaker worship. 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 – all in the tranquil surroundings of the Lake District countryside.

Course finishes Sunday 12.30 pm.

Walking holiday 12 places £420

Monday 29th April - Friday 3rd May

Led by Alan Robinson

A walking holiday aimed at people who 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. Robin is a Glenthorne Trustee and has led many walks in the area.

Creative Textiles – Fun With Fabric **10 places** **£430**

Monday 6th – Friday 10th May

Led Jenni Simmons

A practical course of informal workshops sharing traditional handicrafts using recycled/vintage fabrics and natural fibres – wool, silks, linen – to make new, unique textiles. Jenni is a Quaker and a textile worker and teaches handicrafts. Course starts 5.30pm Monday and finishes 12.45pm Friday.

Tai-Chi & Chi Kung Silk Reeling **15 places** **£235**

Friday 10th - Sunday 12th May & Friday 25th - Sunday 27th October

Led by Kim Noy-Man Jackson

We will introduce the practice through exercise, meditations and the teaching of the theoretical and philosophical aspects of Tai-Chi and Chi Kung. Most of the sessions are practical, with body and mind exercises, indoors and outdoors in beautiful surroundings. Please bring suitable clothing and shoes for indoors and outdoors. The retreat will be suited to novice and skilled students from all disciplines and most backgrounds and ability. Kim he is a Quaker and has had a passion for practising and teaching the art of Tai Chi and Silk Reeling for 30 years.

The Spirituality of Travel **14 places** **£225**

Friday 17th - Sunday 19th May

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* and has written widely on the spirituality of travel. Course finishes Sunday 1.00 pm.

Circle Dancing **19 places** **£390**

Monday 27th – Friday 31st May & Monday 2nd – Friday 6th 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 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.

Alexander Technique & Walking holiday **12 places** **£440**

Monday 3rd – Friday 7th June

Led by Hilary Cooke

Join Hilary in the beautiful 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. This will help you improve your posture, de-stress, ease back ache as well as move with less effort and tension. We will also apply the Alexander Technique to walking in the lovely gardens locally, so bring your walking shoes and poles if you have them. Course finishes 12.30 pm Friday.

Guide to the Mindful Way of Life **15 places** **£225**

Friday 7th – Sunday 9th June

Led by Adam Dacey

A perfect opportunity to deepen your experience of Mindful Meditation over this weekend retreat. These practises are suitable for all practitioners of all abilities, especially beginners. Adam has a twenty year full time, international experience of practicing and teaching mindful meditation. Adam is a former Buddhist monk and the founder of Mindspace. He has been teaching Mindfulness since 1994, beginning at a Tibetan monastery in the Himalayas.

Knitting shawls to Love and Treasure **10 places** **£445**

Monday 10th – Friday 14th June

Led by Hilary Grundy

This is a knitting holiday/retreat in the Lake District open to all knitters with some degree of competence. There is some downtime too for rest, relaxation and exploring the beautiful surroundings of Glenthorne. Hilary is a Quaker who promotes knitting as therapy.

Course starts Monday 4.30 pm and finishes Friday 12.00 pm.

Finding peace through Yoga **13 places** **£440**

Monday 24th – Friday 28th June

Led by Leah Barnet

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. All practices are optional and each student is encouraged to work at their own pace. Leah has been teaching for over 15 years. 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.

Overturing the Tables - Jesus and Religion in Mark **12 places** **£200**

Friday 5th – Sunday 7nd July

Led by Janet Scott

Jesus appears to be in conflict with the religion of his time. He breaks the law, cleanses the temple, criticises the scribes and pharisees. But he also commends faith and demonstrates a life of prayer. By looking at how Mark presents these aspects of Jesus' life and teaching we consider what we can learn for our own religious and spiritual practice. 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*.

Allowing Forgiveness & Healing through the Spirit **12 places** **£260**

Friday 19th – Sunday 21st July

Led by Marian Partington & Barbara Davey

Carrying anger and hatred around damages both one's own life and that of those around one. Becoming forgiving through the spirit, provides healing and enables one to move out of the past and into the present. Marian's inner journey, writing, speaking, prison work (www.theforgivenessproject) is in response to the murder of her sister Lucy. She and Barbara will offer a safe space in which to explore and encourage the vital, freeing experience of becoming forgiving in everyday life. Marian and Barbara will work together to encourage and enable this experience. Course starts Friday 6.00pm, finishes Sunday 12.30 pm.

Soul, Silence and Song **12 places** **£220**

Friday 26th – Sunday 28th July

Led by Meri Goad

Once again, there is an opportunity to join with others in song! This light-hearted weekend welcomes all voices that love to sing! Express the essence of your being and join in easy harmony for an uplifting time. Interspersed among these sessions, you may feel the peace of your soul through guided meditations that complement the singing perfectly. No need to be able to read music or have any previous experience of singing. Songs will include unaccompanied rounds and very simple part songs from a range of traditions and cultures. Meri has been leading two small community choirs for 8 years. She is a vibrant and energetic teacher who can help anyone who thinks they can't sing to find their voice. Course starts Friday 5.30 pm and finishes Sunday 12.30 pm.

Sketching & Painting the Cumbrian Landscape **12 places** **£425**

Monday 29th July – Friday 2rd 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. Indoors, you will work from sketches and notes to create beautiful and exciting paintings. Course starts on arrival day with a demonstration at 5.00 pm.

A Language for the Inner Landscape 12 places £250

Friday 2th – Sunday 4th August

Led by Brian Drayton

From the beginning, Quakerism developed ways to describe the fresh, often subtle spiritual experiences of individuals and of meetings: the words they used gives an insight to traditional Quaker spirituality and into the Spirit's motions in our own day. It can also help us better understand the rich store of Quaker literature and past lives. We will use reading, discussion, worship and art to delve into this language and our own spiritual lives and Meetings. Brian and Darcy have travelled extensively among Friends. Brian has published *A language for the Inner Landscape* and Pendle Hill booklets *Getting Rooted* and *James Naylor Speaking*.

Yoga 12 places £430

Monday 5th – Friday 9th 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.

Walking with Trees 12 places £225

Friday 9th – Sunday 11th 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. Letta is a lecturer in horticulture and garden history. Course finishes Sunday 12.30 pm.

Sketching & Painting the Cumbrian Landscape 12 places £430

Monday 26th – Friday 30th August

Led by Sue Ford

Details as Monday 29th July – Friday 2nd August

Exploring the Practice of Waiting in the Light 15 places £220

Friday 30th August – Sunday 1st September

Led by the Experiment with Light Team

Quaker faith and life are based on experience. Fox said: "This I knew experimentally". We will look at the writings of early Friends, put their words to the test and see if the practice of waiting in the Light they describe can be a reality for us. The experience can be searching, powerful and transformative. We will reflect on what part this Quaker discipline can play in our lives. This course is suitable for who are new or familiar with the Experiment with Light practice. We will be able to do the meditation twice during our time.

Circle Dancing 19 places £390

Monday 2nd – Friday 6th September

Led by Anne-Lise Kryger

Details as Monday 27nd – Friday 31th May

Where Do We Come From? 15 places £250

Monday 6th – Friday 8th September

Led by Alex Wildwood & Meri Goad

Where do we come from? Who are we? Where are we going? The title of Gauguin's painting invites consideration of essential questions of religious life. We will immerse ourselves in a spiritual understanding of the new universe story being revealed by contemporary science. In experiencing our long evolutionary journey, we can discover a spirituality born of this age. Alex is a Quaker author/educator and gave the Swarthmore Lecture *A Faith to Call Our Own* and co-authored *Universe as Revelation*. Meri is a vibrant energetic teacher who leads weekends on song and silence to her express her spirituality.

Encountering the Divine in Nature 14 places £400

Monday 16th – Friday 20th September

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

We will share our experience of stillness and nature, exploring ways of going deeper together. In the mornings there will be mindful short walks in atmospheric and beautiful parts of the Lake District (via mini bus), 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. Terry is the Quaker Friend in Residence at Glenthorne and a registered counsellor, Margaret is Quaker and an experienced facilitator with many years' experience accompanying people dealing with change. Course finishes Friday 12.30 pm.

The Joy of being Present to the Now **12 places** **£220**

Friday 27th – Sunday 29th September

Led by Roswitha Jarman

We will focus on awareness: an awareness that will deepen our understanding of ourselves and of the way we relate to others. We aim to give ourselves greater clarity in the way we deal with the issues with which we are faced. Our guidance, inspiration and encouragement will come from our interactions with each other and from wisdom teachers old and new. We will uphold the guiding spirit within. We may use simple art materials as an aid to deepen awareness. Roswitha's Quaker path started some 60 years ago and she is inspired by early Friends and the mystics of all faiths and times. Her work has been in teaching, counselling and peace building. She has worked in many different countries including Bosnia, Sweden, Serbia, Russia, Germany and the UK.

Boot, Boat and Goat **14 places** **£445**

Monday 7nd – Friday 11th October

Led by Terry Winterton and Grace Ogilvie

Details as Monday 8th - Friday 12th April

Zen Mindfulness Retreat. **15 places** **£225**

Friday 11th – Sunday 13th October

Led by Adam Dacey

Zen practice takes us to the very heart of mindfulness practice. We will gain the opportunity to be fully in the present moment and be able to take home an experience of peace to integrate into our daily life. Adam has a twenty year full time, international experience of practicing and teaching mindful meditation. Adam is a former Buddhist monk and the founder of Mindspace. He has been teaching Mindfulness since 1994, beginning at a Tibetan monastery in the Himalayas.

Spiritual Well-being in Later Lfe **12 places** **£415**

Monday 14th – Friday 18th 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 well-being, 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 Friday.

Sketching & Painting the Cumbrian Landscape **12 places** **£355**

Friday 18th – Monday 21st October

Led by Sue Ford

Details as Monday 29th July – Friday 2nd August

What has Wordsworth to offer us today? **15 places** **£390**

Monday 21st - Friday 25th 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 include an opportunity to explore 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.

Tai-Chi & Chi Kung Silk Reeling **15 places** **£235**

Friday 25th - Sunday 27th October

Led by Kim Noy-Man Jackson

Details as Friday 10th – 12th May

Mysticism, the Golden Thread of Quakerism **25+ places** **£190**

Friday 22nd – Sunday 24th November

Led by Jan Arriens and Christiana Bentley

An exploration of the place of mysticism in the Quaker tradition, from its beginning to the present time. A particular focus will be the life and work of the American Quaker, Rufus Jones and the subsequent rise of liberal Quakerism. The weekend will also be an opportunity to explore and share our personal experiences of mysticism and its relevance for us today. Jan has had a lifelong interest in mysticism and founded the charity Lifelines, whose members correspond with prisoners on death row in the US. Christiana was brought up in a Quaker family. She is a counsellor and her career interest has been in facilitating emotional growth in others. 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 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). Packed lunches for departure day are available for an extra £6.50.

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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