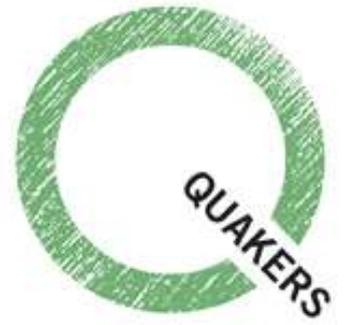


Glenthorne

Guest House and Conference Centre

2020



Programme of Special Interest Holidays & Courses

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

2020 PROGRAMME

2nd – 6th March	<i>An Astonishing Secret</i>	For Daniel O’Leary
16th – 20th March	<i>Patchwork for Fun</i>	Gillian Waddilove
30th March – 3rd April	<i>Creative Writing</i>	Tony Rossiter
20th – 24th April	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
27th April – 1st May	<i>Alexander Technique and Walking Holiday</i>	Hilary Cook
11th – 15th May	<i>Walking Holiday</i>	Robin Hargreave
18th – 22nd May	<i>Circle Dancing</i>	Anne-Lise Kryger
1st – 5th June	<i>Creative Textiles</i>	Jenni Simmons
5th – 7th June	<i>Guide to the Grateful Way of Life</i>	Adam Dacey
15th – 19th June	<i>Knitting to Soothe the Soul</i>	Hilary Grundy
19th – 21th June	<i>Tai Chi & Chi Kung Silk Reeling</i>	Kim Noy-Man Jackson
29th June – 3rd July	<i>Finding Peace through Yoga</i>	Leah Barnett
3rd – 5th July	<i>A Concise History of the Quaker Way</i>	Ben Pink Dandelion
27th – 31st July	<i>Painting & Sketching in the Lakes</i>	Sue Ford
14th – 16th August	<i>Exploring Quaker Botanists</i>	Letta Jones
17th – 21st August	<i>Yoga</i>	Julia Slater
24th – 28th August	<i>Painting & Sketching in the Lakes</i>	Sue Ford
31st Aug – 4th September	<i>Circle Dancing</i>	Anne-Lise Kryger
7th – 11th September	<i>Musical Encounters</i>	Jeff Dershin
11th – 13th September	<i>Harmony in Voice and Spirit</i>	Meri Goad
14th – 18th September	<i>Encountering the Divine in Nature</i>	T Winterton & M Calvert
18th – 20th September	<i>Not a Notion but a Way!</i>	Janet Scott
25th – 27th September	<i>Exploring our Individual Ministry</i>	Roswitha Jarman
2nd – 4th October	<i>Tai Chi & Chi Kung Silk Reeling</i>	Kim Noy-Man Jackson
5th – 9th October	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
9th – 11th October	<i>Transforming our Relationships</i>	Adam Dacey
12th - 16th October	<i>Spiritual Well-being in Later Life</i>	Rhonda Riachi
16th - 19th October	<i>Painting & Sketching in the Lakes</i>	Sue Ford
19th – 23rd October	<i>What has Wordsworth to Offer us Today?</i>	Barbara Windle
20th – 22nd November	<i>Transformative Adaptation and Deep Adaptation to the Climate and Extinction Emergencies - as a Spiritual Practice</i>	Rupert Read

An Astonishing Secret **25+ places** **£400**

Monday 2nd – Friday 6th March

Led by Margaret Siberry and the Begin with the Heart team, for Daniel O'Leary

The Love Story of Creation and the Wonder of You offers a unique opportunity to explore Daniel O'Leary's video course. Completed six months before he died, the ten episodes capture Daniels's passion for revealing that:-

There is a divine beauty in your human heart

Your human presence is where God's incarnate presence is disclosed

Creation is the beginning of God's love story

Evolution is the work of the Holy Spirit.

Together we will celebrate Daniel's wisdom, let it transform our lives and learn how we can contribute to the evolving love story of creation.

Course starts 5.30pm Monday and finishes 12.00pm Friday

Patchwork for Fun **9 places** **£375**

Monday 16th – Friday 20th 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. This course is for people who like to sew, piecing fabrics and making quilts, bags or clothes in a friendly atmosphere, sharing expertise and fellowship.

Course starts 5.00pm Monday and finishes after breakfast on Friday

Creative Writing **12 places** **£445**

Monday 30th March - Friday 3rd April

Led by Tony Rossiter

Whether you are a beginner or a more experienced writer, this flexible course will inspire you. With discussion, syndicate workshops and individual writing, you'll be able to ask questions, share experience and explore and develop your own specific writing interests. There will be tips on effective writing and the opportunity to put these into practice, for example in writing magazine articles. We'll also look at what we can learn from the styles and techniques of some well-known authors. 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** **£460**

Monday 20th - Friday 24th April & Monday 5th – Friday 9th 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.

Alexander Technique & Walking Holiday **12 places** **£450**

Monday 27th April - Friday 1st May

Led by Hilary Cook

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 at Glenthorne as well as short low-level walks in the local area (weather dependent). Afternoons are free for you to explore the surrounding area (possibly putting into practice what you have learned). Course finishes 12.30 pm Friday.

Walking Holiday **12 places** **£435**

Monday 11th - Friday 15th May

Led by Robin Hargreave

A holiday of walks local to Glenthorne. We will include Easedale Tarn, Alcock Tarn, Elterwater and Rydal Water. A good level of fitness is required as occasionally some of the sections will be steep and fairly strenuous. We will not be doing any high-level walking but we will be rewarded with climbs that give stunning views across the lakes and surrounding mountains. Please bring wet weather footwear and waterproof clothing. We hope for good weather but plan for the worst! Course finishes Friday with breakfast.

Circle Dancing **15 places** **£410**

Monday 18th – Friday 22nd May & Monday 31st August to Friday 4th 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.

Creative Textiles – Fun with Fabric **10 places** **£440**

Monday 1st – Friday 5th June

Led by Jenni Simmons

A practical course of informal workshops which will include rug making, hand spinning, weaving on a peg loom and quilting with recycled fabrics. Materials and equipment are provided. Jenni is a textile worker and teaches handcrafts. Course starts 5.30pm Monday and finishes 1.00pm Friday.

Guide to the Grateful Way of Life **15 places** **£245**

Friday 5th – Sunday 7th June

Led by Adam Dacey

If you are looking to uplift your mind in a peaceful, stable manner, then look no further! Spend the weekend mixing your mind with the precious, positive mind of gratitude. We will discover how reflecting on gratitude is the foundation for a happy life; working our way through the meditations in Adam's recently released second book Guide to the Grateful Way of Life. 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 Soothes the Soul **8 places** **£455**

Monday 15th – Friday 19th June

Led by Hilary Grundy

Wearing knitting that fits and flatters is every knitters dream. We will spend time accurately recording critical dimensions and understanding how to adapt patterns to suit our silhouettes. Some attention will be given to identifying which colours and styles best suit us. The second part of the course will be devoted to the techniques of knitting ganseys, the traditional fisherman's jumper. An outline programme and a list of what is required will be sent to you six weeks before the course commences. Hilary is a Friend who promotes knitting as therapy. Her approach is both analytical and innovative. Course starts Monday 5.00 pm and finishes Thursday 5.00pm.

Tai-Chi & Chi Kung Silk Reeling **15 places** **£240**

Friday 19th - Sunday 21th June & Friday 2nd - Sunday 4th 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 Silk Reeling. 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 abilities. Kim is a Quaker and has had a passion for practising and teaching the art of Tai-Chi and Chi Kung Silk Reeling for 30 years.

Finding Peace through Yoga **13 places** **£455**

Monday 29th June – Friday 3rd July

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. 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.

A Concise History of the Quaker Way **14 places** **£245**

Friday 3rd - Sunday 5th July

Led by Ben Pink Dandelion

This course offers an overview of the history of the Quaker way, from its dramatic beginnings to its current place in the spectrum of spiritual options. We will cover four centuries of Quaker adaptation and change in order to better understand our tradition and the choices we have made as Friends along the way. The weekend is based on a series of talks but with plenty of time for questions and discussion, all in the beautiful Lake District setting. Ben is a well-known Quaker writer and teacher. He has worked at Woodbrooke for 25 years and gave the Swarthmoor lecture *Open to Transformation*.

Course finishes Sunday 1.00 pm.

Painting & Sketching in the Lakes **12 places** **£440**

Monday 27th – Friday 31st July

Led by Sue Ford

An exciting week painting and sketching in the Lakes using mixed media, pen and wash, acrylic and pastel. Depending on the weather we will be working on local sights. There will be daily demonstrations and exercises. Sue has 17 teaching experience, exhibiting at many exhibitions in the UK and at the Mall galleries in London. Sue runs weekly classes near her home in North Yorkshire and has guided popular courses at Glenthorne for many years. Course starts on Monday with a demonstration at 4.00 pm and finished at 10.00am Friday.

Exploring Quaker Botanists **12 places** **£240**

Friday 14th – Sunday 16th August

Led by Letta Jones

The Botanists Panel displayed at the Quaker Tapestry Museum in Kendal highlights key people and plants in the story of Quaker Botanists from the 17th to 20th centuries. By exploring the life and times of some of these botanists and nurserymen, we will assess their contribution and legacy to the wider world of garden and horticultural history. A closer look at the plants reveals their connections with this fascinating aspect of Quaker tradition. If you are interested in plants and people, and how to grow the plants of the Tapestry panel, then this is a weekend for you.

Course finishes Sunday 12.30 pm.

Dru Yoga – Stillness in Motion **12 places** **£445**

Monday 17th – Friday 21th August

Led by Julia Slater

A graceful style of yoga for all shoe sizes! There will be strengthening exercises for postural muscles, helping to stabilise and balance the spine. There will also be free time for walking, socialising and peace and quiet. Julia is a qualified yoga teacher, aromatherapist and reflexologist. Treatments will be on offer for an additional cost. We will gather together before the evening meal on Monday to meet and greet. There will be yoga sessions on Tuesday, Wednesday and Thursday. Course finishes Thursday evening.

Painting & Sketching in the Lakes **12 places** **£440**

Monday 24th – Friday 28th August

Led by Sue Ford

Details as Monday 27th – Friday 31st July

Circle Dancing **15 places** **£410**

Monday 31st August – Friday 4th September

Led by Anne-Lise Kryger

Details as Monday 18th – Friday 22nd May

Musical Encounters

18+ places

£460

Monday 7th – Friday 11th September

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.

Harmony in Voice and Spirit

12 places

£225

Friday 11th – Sunday 13th September

Led by Meri Goad

Join with others in the freedom to sing simple rounds, harmonies and melodies for all from a wide range of traditions and cultures. Interspersed amongst the songs will be periods of guided meditation or time for reflection in the beautiful grounds and setting of Glenthorne. All welcome, whether or not able to read music. No previous experience of singing or meditation necessary. Meri has been leading two small community choirs for 9 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.

Encountering the Divine in Nature

14 places

£410

Monday 14th – Friday 18th 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 minibus), 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

Not a Notion but a Way! Quakers Interpretation of Christianity

12 places

£205

18th – 20th September

Led by Janet Scott

Quakerism was born into Christianity. As both Quakerism and Christianity have developed and changed over time, Quakers have sometimes been at ease with the relationship and at other times have struggled with it. This course looks at some of the depth and variety of Christianity and at some of the ways in which Quakers have interpreted it. Janet taught religious studies in the University of Cambridge. She is a trustee of Churches Together in England and gave the Swarthmoor Lecture *What Canst Thou Say*.

, Margaret is Quaker and an experienced facilitator with many years' experience accompanying people dealing with change. Course finishes Friday 12.00 pm.

Exploring our Individual Ministry - What Gets in the Way?

12 places

£225

Friday 25th – Sunday 27th September

Led by Roswitha Jarman

A retreat-like time exploring our personal journey and ministry, a personal look at hopes and hurdles that get in the way. We are living in testing times. How can we maintain a smile and remain positive? What place have forgiveness and reconciliation in our lives? This is a time for each participant to focus on themselves and to nurture awareness and mindfulness. There will be time for exploring on your own as well as the option to share in pairs or with the whole group. We will be accompanied by the writings of Thich Nhat Hanh and by the wisdom of the mystics.

Roswitha joined the Society of Friends nearly 60 years ago and has lived in many different countries as part of the Quaker family. Much of her work has been in person-centred activities as a teacher, a counsellor, a workshop leader and as a peace activist.

Tai-Chi & Chi Kung Silk Reeling 15 places £240

Friday 2nd - Sunday 4th October

Led by Kim Noy-Man Jackson

Details as Friday 19th – 21st June

Boot, Boat and Goat 14 places £460

Monday 5th – Friday 9th October

Led by Terry Winterton and Grace Ogilvie

Details as Monday 20th - Friday 24th April

Transforming our Relationships with Compassion 15 places £245

Friday 9th – Sunday 11th October

Led by Adam Dacey

Through opening our heart in meditation, we can experience peace, bliss and happiness, while also radically improving all the relationships in our life – starting with ourselves and gradually working outwards. This retreat will offer a step-by-step instruction on how to develop the mind of compassion using mindful meditation practices. 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 Life 12 places £430

Monday 12th – Friday 16th October

Led by Rhonda Riachi

Real well-being in later life is unlikely to arise from simply exercising more, eating well and avoiding bad habits. Our priorities change as we get older and our spiritual practices may need to change to satisfy our personal search for meaning. We may feel we need more help but fear losing our independence. Living longer presents many challenges but potentially many rewards. 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 begins at 5.30pm Monday and finishes 11.00am Friday.

Sketching & Painting in the Lakes 12 places £365

Friday 16th – Monday 19th October

Led by Sue Ford

Details as Monday 27th – Friday 31st July

What has Wordsworth to Offer us Today? 15 places £400

Monday 19th- Friday 23rd 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.

Barbara is a Quaker and an inspirational English teacher.

Course finishes Friday 12.00 pm.

Transformative Adaptation and Deep Adaptation to the Climate and Extinction

Emergencies - as a Spiritual Practice 25+ places £210

Friday 20th – Sunday 22nd November

Led by Rupert Read

The sixth mass extinction and the climate crisis are too far advanced for us to be able to prevent or entirely mitigate them. We need now to accept that our way of life will be changed forever. We need to adapt to the new brutal reality of the changed Earth. Such adaptation is partly material, partly spiritual. It includes grief-work, a major change in values

and what we hope for. It includes a new humility. This course focuses uncompromisingly on spiritual adaptation to the reality of our present and future.

Rupert Read works closely with environmental scientists, in eco-philosophy, at University of East Anglia. His publications include his popular book, *Philosophy for Life: Applying Philosophy in Politics and Culture*. He features in the new Green House think-tank book: *Facing up to Climate Reality*. In June 2018, he triggered a BBC policy shift which ended the presenting of climate change deniers' views as a counterbalance to scientific standpoints. He is also a spokesperson for Extinction Rebellion and has been a Quaker for many years.

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 to the address below.

Start and finish times

Tea and cake is available from 4.30pm, which is complimentary with your stay. 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 which include a packed lunch. Packed lunches for departure days are available on the Sunday for weekend courses. This does not apply for the weekday courses (on Friday's) and can be ordered at reception for an extra £6.50.

Accommodation

Most of our rooms are ensuite. There are a few non ensuite rooms available at a discount of £10.00 per night.

Special offer

Extend your visit staying with us the Sunday before or after the course:
B&B £50.00 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

Glenthorne Guest House and Conference Centre

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