

George Fox - his life and message

Friday 17 - Sunday 19 February

George Fox was a controversial character who stirred the passions of a great many people - either for or against him. His message resonated with many people, but upset many others, especially clergymen and 'professors' of Christianity whom he accused of being hypocrites. His own writings and the writings of other early Quakers will serve as source materials for discussion of his life and message and their significance for us as Quakers in today's world.

book via Woodbrooke | £238 ensuite | £218 standard

Tutor: Gordon Matthews



Swarthmoor Hall Women's Conference:

Margaret Fell - how did she do it?

Friday 10 - Sunday 12 March

Women are invited to join to reflect on Margaret Fell, the woman who coordinated the upheld the early Quaker movement. Our objectives are to inspire Quaker women to build community, to find their own voices in leadership, to work out how they themselves can be as courageous and certain as Margaret Fell.

book via Swarthmoor office

Spiritual Gifts

Friday 24 - Sunday 26 March

Friends' Meetings are communities. Each individual brings spirit-given gifts - not just skills and abilities but qualities that are essential to who we are as human beings. What are the activities that excite and enthuse you? What leaves you content at the end of the day? How can we recognise these gifts in ourselves and others? How can we put them to service in the life of our families, Meetings and the wider community?

book via Woodbrooke | £238 ensuite | £218 standard

Tutors: Norma Lee and Rachael Swancott

Towards Contentment

Friday 14 - Sunday 16 April

We live in a society where stress is endemic with pressures on us to perform and conform. This practical and participatory course will help us develop skills and practices to create a more contented life. We will use a variety of exercises, film, and personal exploration to build confidence and identify strategies for change.

book via Woodbrooke | £218 ensuite | £238 standard

Tutors: Wendy Hampton and Rachael Swancott



Writing Retreat

Sunday 23 - Friday 28 April

Set in the beautiful and quiet surroundings of Swarthmoor Hall, this retreat is open to anyone looking for space and time for writing, whether starting a new project, or to take forward or finish off a current piece. There will be the opportunity to hear from the tutors about their experience of writing and one to one time with them but the emphasis will be on creating a supportive environment to devote to the craft itself.

book via Woodbrooke | £524 ensuite | £479 standard

Tutors: Ben Pink Dandelion and John Gray



'God is love ': the letters of John

Friday 5 - Sunday 7 May

These three relatively brief documents provide a fascinating insight into a particular Christian community around the end of the first century. There are some wonderful expressions of Christian love but it is clear that all is not well with this community. Exploring who wrote the letters and what the issues are reveals the reality of the struggles faced by early Christians, both within the community and with those outside.

book via Woodbrooke | £238 ensuite | £218 standard

Tutor: Timothy Peat Ashworth

In Fox's Footsteps : 1652 Quaker pilgrimage

Monday 8 - Friday 12 May

A residential guided event for anyone who wants to learn about the early history of Quakerism and how it relates to our faith today. An introductory talk on Monday will offer a background to the events of 1652. There will be an opportunity to climb Pendle Hill and experience a Meeting for Worship at the top. The experience will also include visits to Brigflatts, Firbank Fell, the Quaker Tapestry, Swarthmoor Meeting House, and Sunbrick Burial Ground. Tours of Swarthmoor Hall itself and Swarthmoor Meeting House will also be included. This event will allow individuals to become part of an organised pilgrimage and worshipping group as it unfolds. A minibus will be used to travel to the different sites.



book via Swarthmoor Hall Office

Drinking Deep at the Well : the passionate spirituality of early Quaker women

Tuesday 23 - Thursday 25 May

The writings of early Quaker women are filled with imagery that engages our senses as well as our spirits. Their letters and journals reveal and embody how God was working in and through them. Grounded in worship and using a variety of methods, we will explore these lesser known gems of Friends' history and use them to reflect on and enhance our own spiritual experience. This retreat will speak to those who enjoy contemplative, reflective practices. We will engage in worship, individual and group reflection, writing and sharing.

book via Swarthmoor Hall Office

Tutor: Deborah Shaw

Quaker Nominations: exploring good practice

Friday 2 - Sunday 4 June

An event for members of Quaker nominations committees. How can we root ourselves in good practices of discernment whilst responding to the particular issues that face us? Nominations are at the quiet heart of the way we live together as Friends, when we listen faithfully to the Spirit. We will include the practical aspects of being 'on nominations'. Friends can expect a renewed insight into the potential of nominations to strengthen meetings and enabling them to flourish.

book via Woodbrooke | £238 ensuite | £218 standard

Tutors: Judith Roads and Sarah Siddle

Creating the Future: building Quaker faith communities

Friday 9 - Monday 11 June

book via Swarthmoor Hall Office

Tutor: Wendy Hampton

Experiment with Light Retreat : deepening the practice

Friday 23 - Monday 26 June

We shall be reflecting on and sharing our experience of an extended Experiment in retreat over the whole weekend. A simple art technique will enable us to physically process both our experience in the Experiment and resonances from Swarthmoor Hall's Quaker heritage and peaceful gardens. We shall then reflect further on the emergence of deeper meanings in the work we produce and share together. No previous art experience is required: materials, assistance and support will be provided.

book via Swarthmoor Hall Office



In Fox's Footsteps : 1652 Quaker pilgrimage

Monday 21 - Friday 25 August

A residential guided event for anyone who wants to learn about the early history of Quakerism and how it relates to our faith today. An introductory talk on Monday will offer a background to the events of 1652. There will be an opportunity to climb Pendle Hill and experience a Meeting for Worship at the top. The experience will also include visits to Brigflatts, Firkbank Fell, the Quaker Tapestry, Swarthmoor Meeting House, and Sunbrick Burial Ground. Tours of Swarthmoor Hall itself and Swarthmoor Meeting House will also be included. This event will allow individuals to become part of an organised pilgrimage and worshipping group as it unfolds. A minibus will be used to travel to the different sites.

book via Swarthmoor Hall Office

Being a Quaker Clerk

Friday 15 - Sunday 17 September

This course is for new or prospective clerks with little or no experience of Quaker clerking. It primarily focuses on clerking local meetings, but clerks of other meetings will also find they can learn much about their role. We will consider why we use our particular business style in meetings. Alongside this there will be practical sessions including planning agendas, making minutes, keeping records and the discipline of the meeting. Participants will learn from each other as well as from the leaders.

book via Woodbrooke | £238 ensuite | £218 standard

Tutors: Janet Scott and Sarah Donaldson

Christian Animism : the Christian faith as an earth-based, creation-focused spirituality

Friday 22 - Sunday 24 September

Animism is such an exciting concept! It describes the traditional lifeways of Indigenous people, stressing their commitment to live in relationship with all persons, of whom only some may be human. This is identical to the biblical vision of shalom and Jesus' teaching about the kingdom of God. We will explore all this, plus the radical eco-spirituality required to be a Christian animist in an urban-secular world, while seeking its transformation. The course will use teaching, reflections and outdoor activities.

book via Woodbrooke | £238 ensuite | £218 standard

Tutor: Noel Moules

Welcoming the Soul : creating space for deep listening in our meetings

Friday 29 September- Sunday 1 October

Many of us long for deeper conversations in our meetings: enabling us to be seen for whom we are; supporting us in finding meaning in our life; hearing more clearly what is being shared in business meetings. In this course, we will learn practices and principles to create a safe space for deep listening so we can be more authentic with our Friends. We will learn how to dialogue with our 'inner teacher' to find inspiration, growth and clarity.

book via Woodbrooke | £238 ensuite | £218 standard

Tutors: Verene Nicolas and Gill Pennington



Being and Silence : a contemplative retreat

Thursday 12 - Sunday 15 October

A chance to experience the simplicity and stillness of retreat in the beautiful setting of Swarthmoor Hall. We will have opportunities for spiritual practice, including meditation, music, mindful movement, sacred reading and extended Quaker worship, as well as time for just 'being' and a day spent in silence. There will be a gentle rhythm throughout the retreat of time for contemplative practice, time for spiritual friendship conversations and time alone.

book via Woodbrooke | £333 ensuite | £305 standard

Tutors: Ginny Wall and Annique Seddon

Friends from the Start : exploring the early Quaker story

Friday 10 - Sunday 12 November

Do you want to know more about early Friends? If your knowledge of Quaker history is a little hazy or you are relatively new to the Society of Friends, this is the course for you. We will trace the early Quaker story in its historical context, explore the development of the Quaker vision and look at the movement's leading figures. This will all be done in a relaxed and friendly atmosphere using a mixture of lectures, discussions and group reading.

book via Woodbrooke | £238 ensuite | £218 standard

Tutors: Martin Layton and Erica Canela

Non-residential rates are available for courses - please contact Swarthmoor Hall office. Consider visiting for our shorter courses and other events!

all are welcome!

Swarthmoor Hall * Swarthmoor Hall Lane, Ulverston LA12 0JQ * 01229 583204
www.swarthmoorhall.co.uk * info@swarthmoorhall.co.uk