

# SWARTHMOOR HALL

## 2020

### Programme Guide



# Welcome



Experience a change of pace in the quiet, comfortable and beautiful setting of Swarthmoor Hall. Following its early Quaker heritage, it continues to be a place of spiritual refreshment and development.

Our residential programme includes courses, retreats, and pilgrimages. Why not extend your stay and enjoy a short break in the Lake District and discover all this area has to offer? We offer accommodation taken before or after a course at a special discounted rate.

## 2020 programme diary

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# Residential retreats, courses and pilgrimages



These all benefit from the Hall's early Quaker heritage, peaceful ambience and beautiful environment. All of our courses are open to Quakers and non-Quakers alike.



- Indicates course provided by Woodbrooke, the centre of Quaker learning in Europe

## Writing Retreat

Sunday 15 March – Friday 20 March

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.

**Tutors: Ben Pink Dandelion and John Gray**

£545 residential | £380 non-residential



## Talking about God

Friday 17 April – Sunday 19 April

God – mysterious, ineffable, spiritual, (for some) experienced, (for some) an absence, a short word and a big idea – is not an easy topic for discussion. Can we say anything? In this course we will explore the importance of both silence and speech as we engage with a wealth of possibilities: metaphors, paradoxes, creating new language, learning and borrowing, and reclaiming old words for our own purposes.

Based on Rhiannon Grant's book, *Telling the Truth about God* (Christian Alternative, 2019).

**Tutor: Rhiannon Grant**

£245 residential | £170 non-residential



## Practising Presence

Friday 8 May – Sunday 10 May

During this retreat we will come together to explore and experience spiritual practices and ways of being present from a variety of faith traditions; particularly those that encourage us to connect more deeply with 'that of God within'. We will be invited to try some things that are perhaps different from our usual practices, all in the beautiful historic spaces at Swarthmoor Hall. There will be opportunities for individual work, group sharing and the freedom to go where each one of us is led.

**Tutor: Gill Pennington**

*£245 residential | £170 non-residential*



## Swarthmoor Hall's 'In Fox's Footsteps 1652 Quaker Pilgrimages'

Monday 1 June – Friday 5 June

Swarthmoor Hall organises two 5-day pilgrimages every year in early and late summer, which are open to individuals, couples or groups of Friends. The pilgrimages visit most of the early Quaker sites and allow individuals to become part of an organised pilgrimage and worshipping group as the pilgrimage unfolds. A minibus or small coach is used to travel to the different sites. Each pilgrimage has an experienced Pilgrimage Guide. These pilgrimages are full board in ensuite accommodation.

**Tutors: Ruth and James McCarthy**

*£550 residential (£490 each for 2 people sharing a room) | £284 non-residential*

## Experiment with Light retreat – Deepening the practice

Friday 19 June – Monday 22 June

This weekend will involve reflecting on, and sharing our experience of, an extended Experiment with Light in retreat. We will use a simple art technique to help us process our experience of Experiment with Light in the context of Swarthmoor Hall's Quaker heritage and peaceful gardens. We will further reflect 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.

**Tutors: Helen Meads, Andrea Freeman and Maggie Owen**

*£345 residential | £240 non-residential*

## Swarthmoor Hall's 'In Fox's Footsteps 1652 Quaker Pilgrimages'

Monday 17 August – Friday 21 August

Swarthmoor Hall organises two 5-day pilgrimages every year in early and late summer, which are open to individuals, couples or groups of Friends. The pilgrimages visit most of the early Quaker sites and allow individuals to become part of an organised pilgrimage and

worshipping group as the pilgrimage unfolds. A minibus or small coach is used to travel to the different sites. Each pilgrimage has an experienced Pilgrimage Guide. These pilgrimages are full board in ensuite accommodation.

**Tutor: Gordon Matthews**

*£550 residential (£490 each for 2 people sharing a room) | £284 non-residential*

## **Working Retreat and Pilgrimage – Quaker Voluntary Action programme**

Monday 7 – Friday 11 September

An opportunity to connect with Quaker history through reading, discussion and reflection. We will spend mornings working in the extensive gardens at Swarthmoor and afternoons on outings. One day will be spent visiting Quaker sites in 1652 country e.g. Brigflatts, Firbank Fell and the Quaker Tapestry. We will use shared transport to travel to the different sites. A chance to dig deep into the Quaker tradition while digging deep into the earth!

**Tutor: Simon Watkins**

*£195 residential*

## **Creative and Devotional Writing**

Friday 11 September – Sunday 13 September

This weekend will offer a chance to immerse ourselves in the creative process of writing. The focus is on creative and devotional writing so we will be led by the heart rather than head, as we explore how to use the imagination to help people feel and see the world in new ways. We will offer short guided exercises to inspire creative flow, plenty of writing time and the opportunity to share together if you choose.

**Tutors: Ben Pink Dandelion and Rosie Carnell**

*£245 residential | £170 non-residential*



## **Women in Early Christianity: liberation and suppression**

Friday 18 September – Sunday 20 September

In the very last texts of the New Testament to be written, women are ordered to keep silent when the community meets and their role as teachers and pastoral workers is mocked. Yet the earliest writings show women in substantial leadership roles, enjoying a new freedom from male authority. We will chart this change step by step, acknowledging its tragic consequences, but also gaining clarity about the nature of the liberation many women experienced in the earliest Christian communities.

**Tutor: Tim Ashworth**

*£245 residential | £170 non-residential*



## The Mother of Quakers – Exploring the life and writings of Margaret Fell

Friday 9 October – Sunday 11 October

In this course we will explore the life and writings of the Mother of Quakerism, Margaret Fell using short talks, the reading of texts and group discussion, all within a safe and friendly atmosphere. Particular attention will be given to her contribution to the development of the early Quaker movement as a theologian, practical organiser, spiritual counsellor, political lobbyist, and advocate for women. In addition we will consider her letters to the Jewish communities in Amsterdam as an early example of Quaker interfaith engagement.

**Led by: Stuart Masters**

*£245 residential | £170 non-residential*



## Finding out about Quakers

Friday 16 October – Sunday 18 October

A basic introduction for those interested in finding out more about Quakers, who may not have attended a Quaker Meeting for Worship. Come and learn about the Quaker way, about Quaker beliefs and the values by which Quakers live their lives. This is an opportunity for you to ask any questions you have about Quakers whilst enjoying fellowship with others in the delightful setting of Swarthmoor Hall and its grounds.

**Tutor: Members of the Quaker Quest team**

*£212 residential | £150 non-residential*

## Quaker nominations

Friday 30 October – Sunday 1 November

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. This event is for members of Quaker nominations committees.

**Tutors: Marilyn Higgins and Catherine Putz**

*£245 residential | £170 non-residential*



# Regular spiritual activities and facilities



Swarthmoor Hall provides regular opportunities for worship, exploration and study.

## Meetings for worship

**From January to December** (except during closure for Christmas and New Year)

Every Tuesday, 6:30pm – 7pm

Every Thursday, 12:30pm – 1pm

These meetings are followed by a cup of tea or coffee.

## Extended meeting for worship

**From January to November**

Last Thursday of month, 11am – 1pm

Friends are welcome to come for as much or little of the time allowed. The meeting is followed by a simple lunch of soup, bread and cheese.

## Visit or stay

Swarthmoor Hall welcomes Friends, Local, Area and General Meetings to use its facilities and benefit from its peaceful and beautiful environment. Why not come as a meeting for a day and do a tour of the Hall? Or book to stay, to deepen your knowledge of one another spiritually and your sense of community?

## Library

Swarthmoor Hall has a modest collection of books, which can be borrowed by guests staying at or visiting Swarthmoor Hall. It also has a small selection of Quaker and other thought-provoking books in its shop.

# Programme tutors



## **Timothy Ashworth**

is Woodbrooke's Biblical Studies tutor, especially interested in how the experiences of the first Christians shaped their writings and ways of life.

## **Rosie Carnell**

is a lifelong Quaker. An Eva Koch scholar in 2018, she has developed resources for Quakers to use the P4C methodology.

## **Ben Pink Dandelion**

has worked for Woodbrooke for over 25 years and has written widely on 'the Quaker way'.

## **Andrea Freeman**

has been practising Experiment with Light since 2002, facilitating introductory Light workshops since 2008, and retreats since 2006.

## **Rhiannon Grant**

is Tutor for Quaker Roles at Woodbrooke. She is a lifelong Quaker who researches and writes about religious language and practices.

## **John Gray**

works as a freelance organisational facilitator and coach, and is a lecturer at the University of York. He attends Friargate Meeting in York and is a conceptual speaker and writer.

## **Marilyn Higgins**

has been a supporter of Woodbrooke for many years as tutor on roles courses and as a Friend in Residence.

**Stuart Masters**

coordinates Woodbrooke's on site course programme and leads courses exploring the Quaker way and its relationship to other traditions.

**Gordon Matthews**

is a lifelong Quaker and clerk of the peace committee of German Yearly Meeting.

**Helen Meads**

has practised Experiment with Light since 2000, facilitated workshops since 2007, and studied the Experiment for her PhD.

**James McCarthy**

James has been a Quaker since 1974. A Kindler, he enjoys working with groups and is currently exploring listening as a Quaker practice.

**Ruth McCarthy**

Ruth is a lifelong Quaker who enjoys discovering more about early Friends and is also a member of the Kindlers team.

**Maggie Owen**

has practised Experiment with Light since 2013 and has accompanied Andrea and Helen on retreats and introductory workshops since 2017.

**Gill Pennington**

is Ministry Programmes Coordinator and Spirituality Tutor. She has the responsibility for the Equipping for Ministry programme. She works to facilitate learning and enable a deepening of spiritual experience.

**Catherine Putz**

Is a Quaker, celebrant, Area Meeting Clerk and served as co-clerk on Central Nominations Committee.

**Simon Watkins**

is Friend in Residence at Airton Meeting in the south-western Yorkshire Dales. As well as becoming a retreat facilitator with QVA in 2018, he works as a landscape architect, garden designer, permaculture consultant and choral director.

# About Swarthmoor Hall



Swarthmoor Hall is a 16th-century country house and has special significance for Quakers. Its owners Judge Fell and his wife Margaret provided protection and hospitality for early Quakers. They allowed the Hall to become the first headquarters of the new Quaker movement. Margaret Fell became one of its founding members and leaders.



## How to book

Courses and events can be booked via Swarthmoor Hall's website. Alternatively, please contact Swarthmoor Hall on **01229 583204** for a printed booking form, or to book over the phone. Thank you.

# How to find us



Swarthmoor Hall is set in rolling countryside close to fells, lakes and the coast, and just outside the small lively market town of Ulverston in the Lake District.

**By Rail** Ulverston is 45 minutes from Lancaster station, which is about 2 1/2 hours from London Euston. Ulverston is on the Manchester Airport to Barrow-in-Furness line. Ulverston railway station is a 15-20 minute walk from the Hall. If required, taxis need to be booked in advance. Please contact the Hall if you would like details of local taxi firms.

**By Road** Swarthmoor Hall is just a 25 minute drive from junction 36 of the M6 motorway (follow signs to Barrow A590 until Ulverston). In Ulverston, follow the brown road signs at the second set of traffic lights turning left onto Princes St, then right onto Urswick Rd and finally right onto Swarthmoor Hall Lane. This is the best route. For sat nav users, the postcode is [LA12 OJQ](#).

**By Bus** Stagecoach Cumberland service **X6** runs regularly from Kendal to Ulverston.



## SWARTHMOOR HALL

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For more information about Quakers in Britain, please visit [quaker.org.uk](https://www.quaker.org.uk)

