

SWARTHMOOR HALL

2018 Programme Guide



SWARTH
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HALL





The historic, peaceful and beautiful setting of Swarthmoor Hall provides a very special environment for the courses, retreats and events we run. With residential and non-residential events running throughout the year, we hope there is something for everyone.

Why not extend your weekend or mid-week workshop to include a short break in the scenic Lake District? Accommodation taken before or after a residential course is offered at a special discounted rate.

Jane Pearson
Manager, Swarthmoor Hall

Residential retreats, courses and pilgrimages

which benefit from the Hall's early Quaker heritage, peaceful ambience and beautiful environment.

Day events

a diverse programme of day events offering fresh reasons to visit and new ways of enjoying what the Hall offers

Regular spiritual activities and facilities

opportunities for worship, exploration and study

Programme tutors

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PHOTO | Alex Boshper

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 main centre of Quaker learning in Europe

Worship, spoken ministry and afterwords

Friday 13 April – Sunday 15 April

What's going on when people speak during silent, waiting worship? What's the difference between things said in ministry and things said during afterwords – and what is this 'afterwords' business anyway? This course uses Rhiannon Grant's research into the many forms of afterwords in Britain Yearly Meeting and around the world to explore what it is, how it's used, and what effects – positive and negative – it can have. There will be space for discussion, disagreement and experimentation with worship and afterwords.

Tutor: Rhiannon Grant

£245 ensuite | £170 non-residential

Writing retreat

Sunday 15 April – Friday 20 April

Whether it's to start, take forward or finish off a piece of writing, this retreat is open to anyone looking for the time and space to write. There will be the opportunity to hear from the tutors about their experience of writing and have one-to-one time with them, but the emphasis will be on creating a supportive environment in which to devote oneself to the craft of writing.

Tutors: Ben Pink Dandelion and John Gray

£545 ensuite | £380 non-residential

The devotional path – spiritual practices to free the heart

Friday 20 April – Sunday 22 April

In the beautiful, rural setting of Swarthmoor Hall, we will draw on the writings and spiritual experiences of Christian and other mystics, including Thomas Kelly, to lead us into practices that draw us closer to God/the Spirit/the Divine. Periods of peace and solitude, alongside devotional practices and worship, will provide time to explore and deepen our own spiritual connection to all that is. Open to all, this will be an opportunity to refresh and enliven our spiritual lives.

Tutors: Gill Pennington and Lynne Sedgemore

£245 ensuite | £170 non-residential



Walking into worship

Friday 18 May – Sunday 20 May

In the lovely surroundings of Swarthmoor Hall – both indoors and out – we'll explore different approaches to walking, enjoying time to awaken our senses and deepen our awareness and appreciation of the beauty around us. We'll create and walk a labyrinth; discover and share hidden riches through a team approach; 'Dérive' (drifting and noticing); walk mindfully; and take at least one walk through the local countryside. Through quiet, awareness and thankfulness we'll travel together, 'walking into worship'!

Tutor: Jan Sellers

£245 ensuite | £170 non-residential



Spiritual roots and wisdom of the Quaker way in plainsong

Friday 15 June – Sunday 17 June

Music has a way of opening us up to deeper levels of understanding. This is what people say occurs when they hear Paulette Meier's Timeless Quaker Wisdom in Plainsong. Each song is a quotation from the writings of George Fox and other early Friends. We will sing the 'song-chants' together and explore the rich insight into the Quaker way that each one offers, becoming enlivened and enlightened to the radical, mystical understanding of Christianity that our 17th-century founders discovered.

Tutors: Paulette Meier and Mark Russ

£245 ensuite | £170 non-residential



In Fox's footsteps: 1652 Quaker pilgrimage

Monday 18 – Friday 22 June

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 give 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 event will also include a visit to Brigflatts Meeting House, Firkbank Fell (and the Quaker Tapestry) on Wednesday and Swarthmoor Meeting House and Sunbrick burial ground on Thursday. A tour of Swarthmoor Hall itself will take place during the event.

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.

Leader: Roy Stephenson

£500 ensuite | £440 per person for two people sharing a room | £234 non-residential

Experiment with Light retreat – deepening the practice

Friday 22 June – Monday 25 June

We will 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 will 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.

Tutors: Helen Meads, Andrea Freeman and Rae Maysie

£345 ensuite | £240 non-residential

Early Friends and the Quaker peace testimony

Friday 17 August – Sunday 19 August



How did the Quaker peace testimony evolve among early Friends? This course will consider the roles played by George Fox, Margaret Fell, William Penn and others, the historical context of their witness, and the theological basis of the peace testimony. Did some Friends have significantly different understandings of the place of peace witness in their lives? To what extent was the peace testimony a key part of the Quaker message? And what does this all mean for our peace witness today?

Tutors: Gordon Matthews

£245 ensuite | £170 non-residential

In den Fußstapfen des George Fox, Quäker-Pilgerreise ins "1652-Gebiet"

Montag 20 August – Freitag 24 August

Swarthmoor Hall dient als Ausgangspunkt für Besuche bei historischen Stätten im Nordwesten Englands, wo im Jahr 1652 George Fox anfang, die Quäker-Bewegung aufzubauen. Eine solche Besuchsreise wird von heutigen Freundinnen und Freunden als spirituelle Reise, als Pilgerweg erlebt, wodurch wir die Kraft des Lichts in unserem eigenen Leben entdecken können.

Während mehreren Ausflügen von Swarthmoor Hall aus besuchen wir nicht nur Orte wie Pendle Hill, Brigflatts, Firbank Fell und Marsh Grange (wo Margaret Fell, „die Mutter des Quakerismus“, aufgewachsen ist) sondern auch Orte, die für uns heute bedeutungsvoll sind, wie das Quaker Tapestry in Kendal und (nur im Vorbeifahren) die Werke von BAE Systems, wo nukleare Unterseeboote gebaut werden. Abends gibt es dann Gelegenheiten, sich mit anderen „Pilgern“ über unseren Erfahrungen mit dem „inneren Licht“ auszutauschen. 2018 bietet Swarthmoor Hall erstmals einen deutschsprachigen „Pilgerweg“ an. Grundkenntnisse der deutschen Sprache sind wünschenswert.

Begleitung: Gordon Matthews

£500 Zimmer mit Bad | £440 pro Person - Zweibett-Zimmer/ Doppelbett-Zimmer durch zwei Personen belegt | £234 ohne Übernachtung

Time set aside: an individually guided retreat

Monday 3 September – Friday 7 September

This silent, individually guided retreat will be held in the peaceful setting of Swarthmoor Hall. Each day will include meeting for worship and epilogue, one short talk and one-to-one time with Ginny or Anniq. Meals will be held in silence. This retreat offers participants the opportunity to spend an extended period of time in silence, prayer and reflection, with the support of a retreat guide.

Tutors: Ginny Wall and Anniq Seddon

£445 ensuite | £310 non-residential

Working retreat and pilgrimage – Quaker Voluntary Action programme

Monday 10 September – Friday 14 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 Meeting House, 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!

Led by: Linda Southwick

£160 ensuite

Early Christianity

Friday 14 September – Sunday 16 September

Christianity spread rapidly during the first century. While communities were in contact with each other through letters and travelling teachers, they nevertheless each developed in distinctive ways. They preserved their own memories of Jesus but, more importantly, they came to different understandings about him. Scripture provides clear evidence of a significant level of conflict between these groups. It is a fascinating and lively picture, which we will explore by focusing on particular examples that reveal what was at stake.

Tutors: Timothy Peat Ashworth

£245 ensuite | £170 non-residential



Finding out about Quakers – Quaker Quest

Friday 28 September – Sunday 30 September

This weekend is for people who know little or nothing about Quakers, as well as for those who have been around Quakers for a while but 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. They will encourage you to reflect, ask questions and share your thoughts with others – all in the tranquil surroundings of the Lake District.

Facilitated by: Quaker Quest Team

£245 ensuite | £170 non-residential

The Quaker Jesus: the life and writings of James Nayler

Friday 19 October – Sunday 21 October



During this course we will get to know James Nayler, who was a significant early Quaker leader and seen by many as an equal to George Fox. This will include an overview of his life and writings, detailed consideration of a number of his tracts, an assessment of his contribution to the development of the peace testimony, and an examination of what was going on in Bristol in October 1656, when he re-enacted Jesus' entry into Jerusalem.

Tutor: Stuart Masters

£245 ensuite | £170 non-residential

1652 Quaker pilgrimages – for individuals, groups and meetings

Swarthmoor Hall is a base from which people on a Quaker pilgrimage travel to sites in the North West of England, known to Quakers as '1652 Country'. Here George Fox gathered many of the first Quakers; as a result there are numerous places associated with 17th-century Quakerism in the area. Individuals and groups from around the world find their faith strengthened by visiting these places of significance in Quaker history.

On behalf of Britain Yearly Meeting, and with the support of Friends in the region, Swarthmoor Hall can help those seeking advice about their itinerary. Pilgrimages can include guided tours and talks, as appropriate. For more information please see 'Planning your Pilgrimage Guide', which is available in print or online at www.swarthmoorhall.co.uk. Alternatively, contact Jane Pearson at jane@swarthmoorhall.co.uk.



Day events

Swarthmoor Hall's diverse programme of day events offers fresh reasons to visit and new ways of enjoying what the Hall offers.

Spring bulbs at Swarthmoor Hall. National Garden Scheme open days

Monday 19 February – Sunday 11 March

See our beautiful crocus meadow and bulb displays in the early spring. Combine your visit with a tour of the Hall's historic rooms and stay for a cup of tea and a slice of cake in our cosy café. Suggested donation: £2.50 per person

Deepening our understanding of the mystery we call God. Together with our understanding of prayer

Saturday 24 March

The day will be an opportunity to deepen our understanding of that mystery we call God. This will be linked to our understanding of prayer. It will be very practical: as well as input, there will be time for sharing insights. We will also choose a prayer that speaks to us and reflect on the prayers we have chosen.

Tutor: Mary Stone

£10, includes refreshments; please bring your own lunch or pick something up in the Barn Café.

2018 Ulverston International Music Festival at Swarthmoor Hall

Monday 11 June and Tuesday 12 June, 7:30pm

Save the date for these very popular chamber performances given by the Ulverston International Music Festival. Pre-supper tickets will also be available to purchase from Swarthmoor Hall. General booking for the Festival opens in the first week of April. For concert tickets, please contact the Coronation Hall, Ulverston (www.coronationhall.co.uk), or visit www.ulverstonmusicfestival.co.uk for more information about the Festival.

Ticket price: TBC

Supper tickets: £20 for three-course dinner with coffee and chocolates, 6:00pm - 7:15pm.

The labyrinth – a Retreat Association training day

Saturday 14 July

The Training Day is an opportunity to learn about labyrinths and how you might draw on them as a spiritual resource within your own groups/communities. It will include labyrinth walking and finger labyrinths. Participants will explore the labyrinth set in Swarthmoor Hall's beautiful wildflower meadow.

Tutor: Jan Sellers

£35, includes lunch and refreshments

Heritage Open Days

Thursday 6 September and Friday 7 September

Heritage Open Days offer free entry to our historic house and beautiful gardens. Come and discover the fascinating history of the old Hall.

Entry: free of charge

Quaker Week Open Days

Sunday 30 September and Wednesday 3 October

Quaker Week Open Days offer free entry to the historic house and our beautiful gardens. For those who are interested, there will be the opportunity to experience a taster Quaker meeting for worship and to chat to local Friends. Why not stay a little longer to enjoy a cup of tea in the Barn Café?

Entry: free of charge

Quaker ministry – Kindlers

Saturday 6 October

Consider the varieties of vocal ministry against the background of deep silent waiting.

Tutors: Ruth and James McCarthy

£35, includes lunch and refreshments

What does love require of us? – Kindlers

Saturday 24 November

How does love require us to use our gifts to heal the world and let our lives truly speak?

Tutors: David and Rosemary Brown

£35, includes lunch and refreshments



Regular spiritual activities and facilities

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

Meetings for worship :

Drop-in silence

Daily, 1:15pm – 1:30pm

These taster meetings for worship are followed by a cup of tea or coffee and a chat.

Meeting for worship

Every Monday, 9:30am – 10:00am | Every Thursday, 12:30pm – 1:00pm.

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

Extended meeting for worship

Last Thursday of the month, 11:00am – 1:00pm

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 and meetings to use its facilities and benefit from its peaceful and beautiful environment. Why not come as a meeting for a day and take a tour of the Hall? Or book a stay to deepen your knowledge of one another spiritually and your sense of community?

Library

Since 2013 Swarthmoor Hall has held the Quaker Life Resources collection in addition to its own library. Books can be taken on loan or used by guests staying at the Hall.



PHOTO | Alexandra Bosbeer

Programme tutors

Timothy Peat Ashworth is Woodbrooke's Biblical Studies tutor. He is currently writing a book on conflict in earliest Christianity.

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

Rhiannon Grant is Woodbrooke's Tutor for Quaker Roles and Deputy Programme Leader for the Centre for Research in Quaker Studies.

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.

James McCarthy is a retired social worker and has run Kindlers workshops since 2014.

Ruth McCarthy has been a Quaker all her life and is a retired nurse. She now enjoys having more time for reflection, gardening and family.

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 currently clerk of the peace committee of German Yearly Meeting.

Gordon Matthews ist lebenslanger Quäker und seit 2015 Mitglied der Deutschen Jahresversammlung. Seit 2016 begleitet er Gruppen „in den Fußstapfen des George Fox“.

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

Paulette Meier is a singer/songwriter, a former artist-in-residence at Pendle Hill, Pennsylvania, and creator of Timeless Quaker Wisdom in Plainsong.

Rae Moyses has practised Experiment with Light since 2014 and has been Accompanying Friend, acting as elder both on introductory workshops and retreats.

Gill Pennington is Woodbrooke's Spirituality Tutor. Her ministry is walking alongside people as they explore the promptings of God's spirit in their lives.

Ben Pink Dandelion has worked for Woodbrooke for over 25 years and has written widely on the Quaker way.

Mark Russ is Woodbrooke's Nurturing Friends and Meetings Tutor. His interests include the Bible, intentional community, music, and experimental worship.

Annique Seddon finds her deepest inspiration in literature and the arts. Spiritual accompaniment has become, for her, a significant area of exploration.

Lynne Sedgmore, a recipient of the CBE, has facilitated retreats for over 25 years and has explored extensively the spiritual practices of different faith traditions.

Jan Sellers is a Quaker and writer and leads retreats and labyrinth events for Woodbrooke, the Retreat Association and other organisations.

Roy Stephenson has guided many people around 1652 Country over the years and is enthusiastic about exploring what these events mean for 21st-century Quakerism around the world.

Mary Stone is a Quaker, one-time teacher of Religious Education in Cumbria and author of several books on the teaching of this subject.

Ginny Wall is an experienced retreat leader. She is passionate about contemplative practice, spiritual friendship and trying to live out what she teaches.

About Swarthmoor Hall

Swarthmoor Hall is a 16th century country house which has special significance for Quakers. It is known to Quakers (also known as Friends) as the 'Cradle of Quakerism', as Judge Thomas Fell and his wife Margaret provided protection and hospitality for persecuted early Friends, including George Fox (founder of the Quaker movement), and allowed the Hall to become the headquarters of the Quaker movement at that time.

Why not extend your visit or residential course with a short break in the scenic Lake District? The Hall's comfortable and varied accommodation make it the perfect base to explore the area, whilst the Barn Café has a growing reputation for its freshly prepared locally sourced food. For more information about our accommodation or café opening times please contact us or visit www.swarthmoorhall.co.uk.



PHOTO | Jeremy Tweedie



PHOTO | Jeremy Tweedie

How to book

Courses and events can be booked via the Swarthmoor Hall website's booking page. Please visit www.swarthmoorhall.co.uk. Alternatively, please call Swarthmoor Hall on **01229 583204** 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 0JQ](#).

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



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Swarthmoor Hall is part of Friends House (London) Hospitality Ltd.
[friendshouse.co.uk](https://www.friendshouse.co.uk)

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

