

SWARTHMOOR HALL 2012 PROGRAMME GUIDE



WELCOME to Swarthmoor Hall's programme of events for 2012, which promises to be a very exciting year. The historic, peaceful and beautiful setting of the Hall provides a very special environment for the workshops, special events and retreats which we run. In 2012 our programme is in three parts:

- W** WOODBROOKE AT SWARTHMOOR HALL
courses, workshops and retreats which we are delivering in partnership with Woodbrooke Quaker Study centre
- S** SWARTHMOOR HALL, THE PLACE AND ITS HISTORY
workshops and special events linked to its heritage
- S** SWARTHMOOR HALL FOR THE REGIONAL QUAKER COMMUNITY
events, workshops and projects

With events running every month we hope there really is something for everyone. Why not extend your weekend, or mid-week workshop to include a short break in the scenic Lake District, using the Hall's comfortable and varied accommodation as your base?

Jane Pearson
Manager, Swarthmoor Hall

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WOODBROOKE

AT SWARTHMOOR HALL



W Friday 16 – Sunday 18 March | Finding out about Quakers: an event for enquirers

This course is a basic introduction for those who know little or nothing about Quakers and who may not have attended a Quaker Meeting. Come and find out more about core Quaker beliefs, explore and experience Quaker worship and hear about how Quakers live their lives. There will be opportunities to ask questions, share your thoughts with others and reflect individually. *For those who have been attending a Quaker Meeting for more than several months we suggest 'A friendly introduction to the Quaker way'.*

Led by two experienced Friends

12 places
Cost: £180
Course type: *Quaker and Christian Traditions; Spiritual and Personal Growth*
Course delivery: *Seminar/Subject Based; Participatory*

W Friday 30 March – Sunday 1 April | 'All Shall Be Well': a retreat with Julian of Norwich

The insights of mediaeval wise woman Julian of Norwich still sound fresh in our post-modern age. She speaks of God as both Mother and Father. She wrestles with the problem of suffering. With a deep feel for the sacred nature of all creation, Julian conveys simply and starkly her own powerful experience of Divine Love. Inspired by Julian, we will use a variety of approaches to prayer and contemplation, including sacred reading, centering prayer, movement, art and nature.

Ginny Wall is Woodbrooke's Spirituality Tutor. She is passionate about prayer, spiritual friendship and everyday contemplative living.

12 places
Cost: £180
Course type: *Spiritual and Personal Growth; Quaker and Christian Traditions*
Course delivery: *Inner Experience; Participatory*

W Friday 20 – Sunday 22 April | Experiment with Light Introductory Workshop

Quaker faith and practice are based on the authority of experience. “This I knew experimentally,” said George Fox. This course is an opportunity to experience a meditation practice, drawn from the writings of early Friends. It can be searching and powerful. We will reflect on the significance of the Light for our lives today, and how we might be helped to access it, including in supportive Light Groups. This course aims to deepen the spiritual life of participants.

Led by members of the Experiment with Light team

11 places
Cost: £180
Course type: *Spiritual and Personal Growth; Quaker and Christian Traditions*
Course delivery: *Inner Experience; Participatory*

W Friday 4 – Monday 7 May | Nature as Monastery, Nature as Sanctuary

This retreat is for those who sense that it is in a deepening connection in and through Nature that we will find our own hidden wholeness. With it come the inner resources necessary for an authentic life of service - we learn to balance the inner and the outer, spirit and action. We will explore Earth's spiritual quality through story, stillness practices, meditation and a modern rekindling of ancient spiritual ways that reveal for us Nature as Monastery, Nature as Sanctuary.

Clodhna Mulhern facilitates dialogue and transformation processes, working towards the spiritual and social birthing of the longed-for life-affirming world.

12 places
Cost: £180
Course type: *Spiritual and Personal Growth; Adventurous Living*
Course delivery: *Inner Experience; Retreat*

W Friday 22 – Sunday 24 June | Wrestling with the Stranger

The spiritual life is one of a journey into self-knowledge, of embracing the spirit and the darkness within. This requires a willingness to embrace the stranger in the self, in the other and in the world. This weekend will be an adventure using insights from mystics and poets, silence and music. All it asks for is a commitment to communion.

Harvey Gillman is an explorer of mysticism and a well-travelled speaker and writer on the Quaker Way.

12 places
Cost: £180
Course type: *Spiritual and Personal Growth; Quaker and Christian Traditions*
Course delivery: *Inner Experience; Participatory*

W Friday 6 – Sunday 8 July | Experiment with Light Introductory Workshop

Quaker faith and practice are based on the authority of experience. “This I knew experimentally,” said George Fox. This course is an opportunity to experience a meditation practice, drawn from the writings of early Friends. It can be searching and powerful. We will reflect on the significance of the Light for our lives today, and how we might be helped to access it, including in supportive Light Groups. This course aims to deepen the spiritual life of participants.

Led by members of the Experiment with Light team

11 places
Cost: £180
Course type: *Spiritual and Personal Growth; Quaker and Christian Traditions*
Course delivery: *Inner Experience; Participatory*

W Monday 10 – Friday 14 September | Time Set Aside: an individually guided silent retreat

An extended experience of silence in the ‘birthplace’ of Quakerism. Up to twelve people will join in a silent retreat 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 Tim or Frances. Meals will also be held in silence. Some art materials will be available and you will have access to the historic Hall and its beautiful garden with local views of Morecambe Bay and the southern Lakeland fells.

Timothy Peat Ashworth is Woodbrooke's Tutor in Biblical Studies and Interfaith Coordinator.

Frances Henley Lock is a counsellor, spiritual director and group facilitator. She encourages participants to explore their human/spiritual journey in different ways.

12 places
Cost: £180
Course type: *Spiritual and Personal Growth*
Course delivery: *Retreat; Inner Experience*

W Friday 14 – Sunday 16 September | Experiment with Light Facilitators' Workshop

This weekend is for those who have been ‘experimenting with light’, either alone or in groups, and are interested in opening it up to others. We will gather the experience of Friends, reflect on it and explore best practice for initial introduction of the practice and for running Light Groups. We hope to develop a pool of people willing to offer workshops, working initially alongside experienced Friends, and later perhaps on their own.

Led by members of the Experiment with Light team

11 places
Cost: £180
Course type: *Spiritual and Personal Growth; Quaker and Christian Traditions*
Course delivery: *Inner Experience; Participatory*

W Friday 21 – Sunday 23 September | Journeying Home

Home is where we all want to be - but what and where is it? The Journeying Home weekend offers an exploration of our inner and outer belonging through small-group work, discussion, worship sharing and solitary contemplation. There will also be an opportunity for play, with the entertaining new boardgame, Journey Home.

Jennifer Kavanagh has published four books on the spiritual life, including Journey Home (formerly The O of Home).

12 places
Cost: £180
Course type: *Spiritual and Personal Growth*
Course delivery: *Inner Experience; Participatory*

W Friday 19 – Sunday 21 October | Being a Quaker Clerk

This course is for new or prospective clerks with little or no experience of Quaker clerking. We will focus on clerking local meetings, including models of co-clerking, 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 and there will be practical sessions including planning agendas, making minutes, and the discipline of the meeting. Participants will learn from each other and from the leaders.

Michael Eccles is a member of Woodbrooke's tutor team. He is developing new work with young adult Friends and provides support for QPSW placement programmes.

Nick Perks is a member of Sheffield and Balby AM, he has clerked Young Friends General Meeting and QPSW Testimonies Committee

12 places
Cost: £180
Course type: *Training for Quaker Roles; Quaker and Christian Traditions*
Course delivery: *Seminar/Subject Based; Participatory*

W Friday 26 – Sunday 28 October | Finding out about Quakers: An event for enquirers

This course is a basic introduction for those who know little or nothing about Quakers and who may not have attended a Quaker Meeting. Come and find out more about core Quaker beliefs, explore and experience Quaker worship and hear about how Quakers live their lives. There will be opportunities to ask questions, share your thoughts with others and reflect individually. *For those who have been attending a Quaker Meeting for more than several months we suggest 'A friendly introduction to the Quaker way'.*

Led by two experienced Friends

12 places
Cost: £180
Course type: *Quaker and Christian Traditions; Spiritual and Personal Growth*
Course delivery: *Seminar/Subject Based; Participatory*

W Friday 2 – Sunday 4 November | Margaret Fell: “the Mother of Quakerism”

Margaret Fell's contribution to the development of early Quakerism has often been overlooked. This course, based at Fell's own home at Swarthmoor Hall, will explore the vital role she played in practical organisation, political lobbying and the formation of Quaker ideas. In considering Fell's significance to the early Quaker movement, there will be an opportunity to engage with her letters and other writings. The course will be suitable for people with any level of knowledge of Quaker history.

Betty Hagglund is Project Development Officer at the Centre for Postgraduate Quaker Studies. She is particularly interested in early Quaker history and writings.

Stuart Masters coordinates Woodbrooke's on-site course programme and leads courses exploring Quakerism and its relationship to other churches and traditions.

12 places
Cost: £180
Course type: *Quaker and Christian Traditions*
Course delivery: *Seminar/Subject Based; Participatory*

W Friday 16 – Sunday 18 November | A Friendly Introduction to Membership

What is Quaker membership? How do I apply and what will happen? The weekend will give an opportunity to explore the meaning of membership and belonging and to share our own Quaker journeys. We will look at practical aspects of applying for membership and the responsibilities and rewards it brings.

Elders & Overseers: Is there someone in your meeting who you think would benefit from this weekend? Why not arrange for the meeting to send them to Swarthmoor Hall?

Led by two experienced Friends

12 places
Cost: £180
Course type: *Quaker and Christian Traditions; Spiritual and Personal Growth*
Course delivery: *Seminar/Subject Based; Participatory*

Please note: *all Woodbrooke at Swarthmoor Hall events can be part of Woodbrooke's Equipping for Ministry programme.*

SWARTHMOOR HALL

THE PLACE AND ITS HISTORY



The special events, workshops and activities listed in this part of our programme all relate to the Hall's history – Quaker (such as our pilgrimage '1652 Experience In Fox's Footsteps') & non-Quaker (e.g. our 17th Century Clothes Making weekends) or to its environment (National Garden Scheme opening for our crocus meadow in the Spring). Many include accommodation, but some do not. For those events, such as our Archaeological Dig, why not book some accommodation or for a small fee come and pitch a tent in our grounds?

S Mid-March – mid-April | National Garden Scheme Open Days

See our beautiful crocus meadow in the early spring.

Open every week day
Suggested donation: £2.50 per person

S Wednesday 21 – Friday 23 March | Flag and Banner Making

The workshop is for anyone who is interested in being able to make inexpensive, effective flags and banners for use at Meeting Houses, camps, campaigns, vigils and demonstrations. You will be able to take the skills back to your Meeting and share with children and young people and adults. Banners and flags made by Jean attract much attention from visitors and guest at the Hall!

Jean Povey, though not a Quaker, has a long relationship with Swarthmoor Hall, having lived here in the 70s. A big fan of local and Fair Trade produce, she now helps serve meals to guests. Her other passion is flag and banner making.

12 Places
Cost: £140
Course type: Arts & Creativity
Course delivery: Practical

S Friday 23 – Sunday 25 March | 17th Century Clothes Making Weekend

A weekend making sets of seventeenth century clothes as part of the Swarthmoor Textiles Project. Creating sets of garments for adults and for children to be displayed in the historic rooms of the Hall and for Primary School children to dress up in. All materials and tuition included. →

Jo Poole's career in textiles and fashion includes lecturing & examining and running her own business in dressmaking, selling fabrics, haberdashery & sewing machines, carrying out alterations and teaching. She also researches period design and technique.

10 Places
Cost: £140
Course type: History, Arts and Creativity
Course delivery: Practical

S Friday 20 – Sunday 22 July | Swarthmoor Hall History Group Archaeological Dig

Join members of the Swarthmoor Hall's History Group and participate in our annual archaeological dig in the grounds of Swarthmoor Hall – itself part of the UK's 'Festival of Archaeology'. Last year's diggers found a 17th century brew house. This year the group hopes to find evidence of a medieval building which pre-dates the Hall.

Dan Elsworth is has been a professional archaeologist for over 12 years, and having been born and brought up in Ulverston he has a particular interest in the archaeology of South Lakeland and Furness. Swarthmoor Hall has been a familiar backdrop to his life and, having lived in the village for almost 20 years. He is a director of Ulverston-based company Greenlane Archaeology.

35 Places
Cost: free
Event type: History
Event delivery: Practical

S Friday 3 – Monday 6 August | In Fox's Footsteps

A residential guided event for anyone who wants to learn about the early history of Quakerism; and how it relates to our faith today, based at Swarthmoor Hall in the heart of the 1652 country. An introductory talk on Friday will give a background to the happenings 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 visits to Brigflatts, Firbank Fell (and the Quaker Tapestry) on Wednesday and Swarthmoor Meeting House, 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.

Led by Jenny Foot

12 places
Cost: £300
Course type: Quaker History; Spiritual and Personal Growth
Course delivery: Seminar/Subject Based; Participatory

S Friday 7 – Sunday 9 September | Heritage Open Days

Heritage Open Days offer free entry to our historic rooms and beautiful gardens. Pause to enjoy a cup of tea and slice of cake.

Cost: free, donations welcome
1.30 – 4.30pm

S Sunday 30 September & Wednesday 3 October | Quaker Life National Outreach Week Open Days

Outreach Open Days offer free entry to our historic rooms & beautiful gardens and for those who are interested a chance to experience a taster Quaker Meeting for Worship and chat to local Friends. Pause to enjoy a cup of tea and slice of cake.

Cost: free, donations welcome
1.30 – 4.30pm

S Friday 12 – Sunday 14 October | 17th Century Clothes Making Weekend

A weekend making sets of seventeenth century clothes as part of the Swarthmoor Textiles Project. Creating sets of garments for adults and for children to be displayed in the historic rooms of the Hall and for Primary School children to dress up in. All materials and tuition included.

Jo Poole's career in textiles and fashion includes lecturing & examining and running her own business in dressmaking, selling fabrics, haberdashery & sewing machines, carrying out alterations and teaching. She also researches period design and technique.

10 Places
Cost: £140
Course type: History, Arts and Creativity
Course delivery: Practical

SWARTHMOOR HALL

FOR THE REGIONAL QUAKER COMMUNITY – EVENTS, WORKSHOPS & PROJECTS

S Every Thursday, 12.30pm | Mid-week Meeting for Worship, in the Great Hall.

Tea and coffee available in the Friendship Room.

Swarthmoor Hall welcomes Friends, Local, Area and General Meetings to use its facilities and benefit from its peaceful and beautiful environment.

For activities and events please contact local, area and general meetings or look at our website, www.swarthmoorhall.co.uk.

Alternatively, come as a meeting for a day, or for longer, to deepen your knowledge of one another spiritually and your sense of community, in the historic setting of Swarthmoor Hall. For details of our accommodation, conference and catering facilities please see our website or accommodation brochure, or contact us at info@swarthmoorhall.co.uk or on **01229 583204**.

For office use only:

CC

WOODBROOKE AT SWARTHMOOR HALL BOOKING FORM

Name of course(s) you'd like to attend

Dates (from/to)

Please give details of any **extra nights** you would like to stay:

First Name(s)

Last name

Name you like to be known by

Address:

Post code:

Telephone Day:

Evening:

Fax:

Date of Birth:

Email address:

You may contact me by -

Post: Yes Email: No

We would like to send your course information by email instead of by post. If you are unable to receive your course programme and course information via email please tick this box:

Tick here if you would like travel directions. Yes

Dietary requirements:

Anything Vegetarian Veg/Fish Vegan

Non-dairy Diabetic Gluten Free Low Fat

Other: Allergies:

Are you associated with the Religious Society of Friends (Quakers?) Yes

If 'yes', please state which meeting you attend/are a member of:

Is this your first course at Swarthmoor Hall? Yes No

Are you attending this course as part of your EFM programme? Yes No

How did you hear about this course?

If you have previously been on a course at Woodbrooke and have since changed your name or address, please let us have your previous name/address:

Data Protection: For course administration, Woodbrooke Quaker Study Centre and Swarthmoor Hall keep all details confidentially on computer in accordance with the Data Protection Act. Please tick here if you do not consent to do this:



Access

Please tell us about any way we might be able to assist you in your course participation:

Sight Mobility Hearing Other (please give details)

Please contact us if you need to discuss your individual needs.

Accommodation

Would you like a **residential place**? Yes No

Would you be willing to **share a room** if necessary? Yes No

Would you prefer an **ensuite room** (if available)? Yes No

Are you **male** or **female** (for room allocations)? Male Female

Would you like a password for internet access? Yes No

Please tell us a little about your interest in the course for which you are booking:

Payment Details

1. I've arranged for my meeting to pay for the course...

Full payment is enclosed (payable to **Woodbrooke**)

Full payment will be sent separately

I would like an invoice to be sent to the Treasurer

Treasurer's name: **Treasurers email address:**

It is the participants responsibility to ensure Woodbrooke receives payment before the course.

2. I am paying myself...

I enclose a cheque (payable to **Woodbrooke**) for the full amount / 20% deposit*

Please ring me for card details to pay the full amount / 20% deposit

Please send me an email with a secure link to pay on the internet for the full amount / 20% deposit

Please take full payment now from my debit/credit card

Please take a 20% deposit* now and balance three weeks before the course from my debit / credit card

Card type Visa Mastercard Maestro Debit

Card No.

Expiry date **Issue no. (Maestro only)**

Security code (last three digits from back of card)

Name (as printed on card)

Signature **Date**

Financial Assistance (if required)

I enclose a 20% deposit and need to know about bursary help.

I can contribute a total of: £

*Deposits refundable subject to our cancellation policy
Return to **Woodbrooke Quaker Study Centre, 1046 Bristol Road Birmingham, B29 6LJ**

SWARTHMOOR HALL BOOKING FORM

Name of course(s) you'd like to attend **Dates (from/to)**

Please give details of any **extra nights** you would like to stay:

First Name(s) **Last name** **Name you like to be known by**

Address:

Post code:

Telephone Day: **Evening:**

Fax: **Date of Birth:**

Email address:

You may contact me by - Post: Yes Email: No

We would like to send your course information by email instead of by post. If you are unable to receive your course programme and course information via email please tick this box:

Tick here if you would like travel directions. Yes

Dietary requirements: Anything Vegetarian Veg/Fish Vegan

Non-dairy Diabetic Gluten Free Low Fat

Other: Allergies:

Are you associated with the Religious Society of Friends (Quakers?) Yes

If 'yes', please state which meeting you attend/are a member of:

Is this your first course at Swarthmoor Hall? Yes No

How did you hear about this course?

If you have previously been on a course at Woodbrooke and have since changed your name or address, please let us have your previous name/address:

Data Protection: For course administration, Woodbrooke Quaker Study Centre and Swarthmoor Hall keeps all details confidentially on computer in accordance with the Data Protection Act. Please tick here if you do not consent to do this:



Access

Please tell us about any way we might be able to assist you in your course participation:
 Sight Mobility Hearing Other (please give details)
 Please contact us if you need to discuss your individual needs.

Accommodation

Would you like a **residential place**? Yes No
 Would you be willing to **share a room** if necessary? Yes No
 Would you prefer an **ensuite room** (if available)? Yes No
 Are you **male** or **female** (for room allocations)? Male Female

Please tell us a little about your interest in the course for which you are booking:

Payment Details

1. I've arranged for my meeting to pay for the course...

- Full payment is enclosed (payable to **Swarthmoor Hall**)
- Full payment will be sent separately
- I would like an invoice to be sent to the Treasurer

Treasurer's name: Treasurers email address:

It is the participants responsibility to ensure Swarthmoor Hall receives payment before the course.

2. I am paying myself...

- I enclose a cheque (payable to **Swarthmoor Hall**) for the full amount / 20% deposit*

Signature Date

*Deposits refundable subject to our cancellation policy

Return to **Swarthmoor Hall, Swarthmoor Hall Lane, Ulverston, Cumbria, LA12 0JQ**

ABOUT SWARTHMOOR HALL

Swarthmoor Hall, is a 16th Century country house which has special significance for Quakers. It is known as the cradle of Quakerism because Judge Thomas Fell and his wife Margaret provided protection and hospitality for early Friends, notably George Fox and allowed the Hall to be a headquarters for the movement. Today, that tradition of hospitality remains. We can accommodate up to 25 people, with some people sharing in twin rooms. Our catering is vegetarian and we provide tea and cake on arrival and each afternoon in our Friendship Room.

HOW TO BOOK

S For **Swarthmoor Hall Place and History courses and events** please complete our blue booking form and send it to the General Assistant, at Swarthmoor Hall, or contact us for an electronic copy.

W For **Woodbrooke at Swarthmoor Hall courses and events** please complete the green booking form and return it to Woodbrooke Quaker Study Centre. Woodbrooke courses can also be booked online at www.woodbrooke.org.uk.

CONTACT US

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



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 hours from London Euston. Ulverston railway station is a 15 minute walk from the Hall. Taxis can be booked in advance for those people who would prefer not to walk. Please contact the Hall if you would like details of local taxi firms.

By road

Swarthmoor Hall, Ulverston is just a 25 minute drive from junction 36 of the M6 motorway. The postcode is LA12 0JQ.

By bus

Stagecoach Cumberland service X35 runs regularly from Kendal to Ulverston.



WWW.SWARTHMOORHALL.CO.UK

