

Upcoming Courses

Etty Hillesum: Listening In and Learning to Love

Friday 22 July 2016 - Sunday 24 July 2016

Etty Hillesum, born of Jewish parents, had her life in Amsterdam cut short at age 29 in Auschwitz. Yet the events of the last two years of her life provided a crucible for a profound awakening to God which flowed over in a determination not to hate whatever happened to her or her people. We will learn from Etty by reading her own words from diaries and letters, tracing some of her influences and using some of her spiritual practices.

Please book online or fill out a booking form via www.bit.ly/wbform1 Alternatively call us on 0121 472 5171

Women of the Bible in Art, Music and Literature

Friday 3 June 2016 - Sunday 5 June 2016

The Bible is full of stories of amazing women – Judith, Delilah, Ruth, Esther, Mary Magdalene, and many others. This course will explore the ways in which these women's stories have been used as subjects for art, literature, music and even Hollywood epics. A museum visit will be included. The course is suitable for participants with any level of Bible knowledge - or none!

Please book online or fill out a booking form via www.bit.ly/wbform1 Alternatively call us on 0121 472 5171

Exploring Elemental Nature: Meditation, yoga and photography

Wednesday 24 August 2016 - Friday 26 August 2016

Mindfulness offers a way of taking time out for personal reflection. We will use yoga postures, meditation and silent reflection to explore the natural elements of earth, water fire and air in our nature. We will connect more deeply to the elements in our surroundings through mindful photography in the peaceful setting of Woodbrooke's house and gardens. The yoga (four sessions) will be suitable for beginners and will include seated, standing and kneeling postures. Please check before booking if you are unsure. Mats and blocks are provided.

Please bring any digital camera that you are comfortable using.

Please book online or fill out a booking form via www.bit.ly/wbform1 Alternatively call us on 0121 472 5171

Upcoming Courses

Telling our Own Tales

Friday 26 August 2016 - Sunday 28 August 2016

A rich and exciting weekend, where we will explore the rhythms of our own lives through re-imagining, listening to and telling stories, games and quiet reflection. We will use storytelling skills to grow in understanding of ourselves, the next person and what it is to be human, connecting with the deep spiritual places in each other. Participants are asked to bring an image or object that has significance in their lives. No previous experience of storytelling is required

Please book online or fill out a booking form via www.bit.ly/wbform1 Alternatively call us on 0121 472 5171

Time to Listen: Space to Play and Pray

Friday 26 August 2016 - Sunday 28 August 2016

At the heart of this course, is the affirmation and development of each individual's journey. There will be opportunities to discover that we can bring together different aspects of ourselves and enhance them all. Taking time for silence, reflection and sharing in small groups, as well as various activities, some of them physical, will help us explore new ways of being human and spiritual beings.

Please book online or fill out a booking form via www.bit.ly/wbform1 Alternatively call us on 0121 472 5171

A Retreat for Young Friends

Friday 26 August 2016 - Monday 29 August 2016

This course takes place at Swarthmoor Hall

This retreat for those aged 18 – 30 will offer space for spiritual connection, exploration and deepening. With opportunities to explore spiritual practice, including through creativity, contemplation, music, movement and words, it will nourish and encourage us on our journeys. There will be options for extended worship, time alone and time sharing with others. You are invited to come along open to discovery, transformation and the leadings of the Spirit.

Please book online or fill out a booking form via www.bit.ly/wbform1 Alternatively call us on 0121 472 5171