



Courses - Spring / Summer 2019

The Inner Light: an exploration of eastern spiritual poetry

Friday 10 May – Sunday 12 May

The ways in which Far and Middle Eastern scriptures and poetry have explored and expressed the nature and consequences of spiritual aspiration. We shall consider the thought and style of texts from pre-history to the Middle Ages, including Lao Tzu, Indian scriptures, Rumi and Hafiz, focussing on their evocation of the difficulties and rewards of spiritual work, and how their insights may assist our own understanding and development. All texts will be studied in translation.

Tutor: Peter Brennan

£245 ensuite | £170 non-residential

Journaling: a way to the centre

Friday 7 June – Sunday 9 June

In reflecting on our current condition, via a series of exercises designed to create images of our life, possibilities are opened for us to become more deeply centred. We hope to take ourselves to a place where we are more composed, more still and words become irrelevant because we are writing the living minutes of a faithful life. We will be engaged in prayer.

Tutor: Gerald Hewitson

£245 ensuite | £170 non-residential

Revitalising your meeting: co-creating Spirit-led Quaker communities

Friday 12 July – Sunday 14 July

“Mind that which is eternal, which gathers your hearts together up to the Lord, and lets you see that ye are written in one another’s heart” (George Fox, 1653)

Many of us share a concern for the vitality and spiritual depth of Quaker meetings, as well as for the state of the world. How can we care for ageing members, nurture young families and welcome diversity, whilst nourishing the meeting and ourselves? What can we learn about supporting each other as we face the daily temptations that draw us away from our centre in the Spirit?

Tutors: Wendy Hampton and Deborah Shaw

£245 ensuite | £170 non-residential

Events - Summer 2019

Seeking routes art exhibition

Friday 19 July – Sunday 8 September

An art exhibition exploring Quaker experience and action in building a more sustainable Earth. Organised in collaboration with the Quaker Arts Network.

Entry: free of charge

Song Path

Sunday 16 June 3-4pm

A day of walking, talking, singing and quiet contemplation led by Jess Dandy, Martin Roscoe and Rufus Harrington. Song Path promotes walking and community music making in the context of mental health and raises awareness for Mind charity. Swarthmoor Hall is the penultimate venue on the Path. Connections between Quakerism, music, walking and mental health will be explored during the event.

Entry: free of charge, donations to Mind in Furness

Pilgrimages

Swarthmoor Hall’s

‘In Fox’s Footsteps 1652 Quaker Pilgrimages’

Monday 1 – Friday 5 July or

Monday 16 – Friday 20 September

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.

£550 ensuite

£490 per person for two people sharing a room

£284 non-residential

PLEASE CALL 01229 583204

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