

SWARTHMOOR HALL

2019 Programme Guide



Welcome



Experience a change of pace in the quiet, comfortable and beautiful Swarthmoor Hall. It has been a place of spiritual refreshment and development since the early days of Quakerism.

Our residential programme includes courses, retreats and pilgrimages. Our day events offer fresh reasons to visit. This year we are excited about *Seeking routes: exploring Quaker experience and action in building a more sustainable Earth*, an art exhibition we are hosting from Friday 19 July to Sunday 8 September.

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

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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 main centre of Quaker learning in Europe

Oneness in our separate experiences

Friday 22 March – Sunday 24 March

Oneness is the spiritual essence of our lives. Can we experience oneness? Or does oneness experience itself through us? Is there a difference? Whatever way we look at it, we are – quite simply and wonderfully – life happening. This retreat offers opportunities to come closer to yourself, and to have a direct engagement with what it means to be here and now, alive and living as life itself. We will explore the topic through silence, conversation, meditation, movement, dance and yoga.

Tutor: Nathan Godolphin

£245 ensuite | £170 non-residential

Writing retreat

Sunday 7 April – Friday 12 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



A place for the scriptures

Friday 3 May – Sunday 5 May

Early Friends had an extremely controversial approach to scripture. Their experience of the living Spirit made them suspicious of placing authority in a fixed text, but they believed this insight was rooted in the Bible itself. How do we now articulate the Quaker approach? And how does it shape how the Bible is used among Friends? This course is part of a continuing exploration of how Friends today relate to the Bible without compromising Quaker insights.

Tutor: Timothy Ashworth

£245 ensuite | £170 non-residential



The Inner Light: an exploration of eastern spiritual poetry

Friday 10 May – Sunday 12 May

This weekend will include a wide-ranging survey of 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, covering Lao Tzu, Indian scriptures, Rumi and Hafiz, focussing on their evocation of the difficulties and rewards of spiritual work. We will look at how their insights might 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

This course is for those who wish to use journaling as a tool to deepen spiritual life. 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



Experiment with Light retreat: deepening the practice

Friday 21 June – Monday 24 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 Rae Moyise

£345 ensuite | £240 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 our Quaker meetings, as well as for the state of the world. How can we care for ageing members, nurture young families and welcome diversity, all while still being able to nourish 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

Developing a practice of Christian meditation

Friday 13 September – Sunday 15 September



An introduction to the ancient Christian way of prayer beyond words, as taught in our time by Benedictine monks John Main (1926–82) and Laurence Freeman (b. 1951). The emphasis will be on practising meditation together and beginning to understand its rationale and its effect on our daily lives, as well as our understanding of ourselves, each other and God.

Tutor: Liz Watson

£245 ensuite | £170 non-residential

Working retreat and pilgrimage – Quaker Voluntary Action programme

Monday 23 September – Friday 27 September

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

Led by: Simon Watkins

£160 residential

Mothers of Israel: exploring the writing of early Quaker women

Friday 27 September – Sunday 29 September



The early Quaker movement was unusual in the freedom it afforded women to be preachers, prophets and writers. This course will enable you to explore the lives and writings of a number of important 17th-century Quaker women. This will include Margaret Fell, Martha Simmonds, Sarah Blackborow, Dorothy White and Elizabeth Bathurst. In our sessions we will get to know these women using short talks, the reading of texts, and group discussion within a safe and friendly atmosphere.

Tutor: Stuart Masters

£245 ensuite | £170 non-residential



Quaker nominations

Friday 18 October – Sunday 20 October

This event is for members of Quaker nominations committees.

How can we root ourselves in good practices of discernment while 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 enable them to flourish.

Tutors: Nominations tutor team

£245 ensuite | £170 non-residential

Francis Howgill and the Valiant Sixty

Friday 1 November – Sunday 3 November

Francis Howgill, who died 350 years ago in 1669, was a leader of the Westmorland Seekers, many of whom became convinced on Firbank Fell in June 1652. He became one of the Valiant Sixty, who travelled throughout the British Isles and beyond, spreading the message and turning people towards the Light within. What can we learn from the Valiant Sixty, and from Francis Howgill in particular? In what ways are we called to be "*valiant for the Truth*"?

Tutor: Gordon Matthews

£245 ensuite | £170 non-residential

1652 Quaker pilgrimages



Swarthmoor Hall's 'In Fox's footsteps: 1652 Quaker pilgrimages'

Swarthmoor Hall organises two five-day pilgrimages every year, in early and late summer. These 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. A minibus or small coach is used to travel to the different sites.

Each pilgrimage has an experienced guide. These pilgrimages are offered at full board in ensuite accommodation.

Monday 1 July – Friday 5 July (**Leader: Gordon Matthews**) or

Monday 16 – Friday 20 September (**Leader: tbc**)

A guided, residential event for anyone who wants to learn about the early history of Quakerism and how it relates to the faith today. On Monday, an introductory talk 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 pilgrimage will also include a visit to: Brigflatts, Firbank Fell and the Quaker Tapestry (Wednesday); Lancaster Jail and Sunbrick Burial Ground (Thursday); and Swarthmoor Meeting House (Friday). A tour of Swarthmoor Hall itself will take place during the pilgrimage.

£550 ensuite | £490 per person for two people sharing a room | £284 non-residential

Planning your own pilgrimage

Many meetings and small groups choose to arrange their own pilgrimage, with the support of Swarthmoor Hall, on behalf of Britain Yearly Meeting. These may be based at other Quaker residential centres. A range of styles of accommodation is offered, from budget self-catering to catered ensuite. Many of these centres provide accessible accommodation.

This service is funded by a small levy. For more information, please look at our 'In Fox's footsteps: planning 1652 country Quaker pilgrimages' booklet or contact us for more information on **01229 583204** or email info@swarthmoorhall.co.uk.

Day events



Tam Taylor



Clare Dent

Swarthmoor Hall artists winter exhibition

Thursday 7 February – Sunday 10 March

This winter Swarthmoor Hall is hosting an exhibition of works by three Swarthmoor Hall artists – Clare Dent, Sophie McKenna and Tam Taylor – in the intimate setting of The Barn Café.

Clare Dent is a painter and printmaker based in Cumbria. She graduated with a BA Hons in Fine Art and Art History in 1998. Clare's current work is primarily inspired by the Cumbrian landscape, and she uses a variety of printmaking techniques, including screen-printing, intaglio and collagraph.

Sophie McKenna graduated from the University of Brighton in 2015 with a BA in Fine Art Painting. She lives and works in Ulverston, Cumbria. Sophie's practice explores painting as a site of fantasy. Through the language of abstraction, she allows her work to develop organically out of experimentation, as well as drawing inspiration from the outside world.

Tam Taylor is an artist based in the Lake District. She graduated in 1998 with a BA Hons in Fine Art. She works largely from instinct to create layered, textural abstracts using mixed media. She is inspired by the observation of accidental collections of forms, whether this be in the landscape or anything else she sees.

Entry is free.

Spring bulbs at Swarthmoor Hall, National Gardens Scheme Open Days

Monday 18 February – Sunday 10 March

See our beautiful crocus meadow and bulb displays in early spring (*Entry: £2 per person*). Combine your visit with a tour of the historic rooms of the Hall and stay for a cup of tea and slice of cake in our cosy café.

2019 Ulverston International Music Festival at Swarthmoor Hall

Monday 10 June – Tuesday 11 June

Save the date for these very popular chamber performances, given by the Ulverston International Music Festival. Pre-performance drinks and canapés will be available to purchase at Swarthmoor Hall. For concert tickets, please contact the Coronation Hall, Ulverston, or the Festival team from April (ulverstonmusicfestival.co.uk). *Ticket price: £16*

Summer colour at Swarthmoor Hall, National Gardens Scheme Open Days

Friday 14 June – Sunday 16 June

See our beautiful gardens and wildflower meadow in full bloom (*Entry: £2 per person*). Combine your visit with a tour of the historic rooms of the Hall and stay for a cup of tea and slice of cake in our cosy café.

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. SongPath 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. *Free entry*, donations to Mind in Furness & Ulverston.

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*

Heritage Open Days

Tuesday 17 September and Wednesday 18 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

Sunday 29 September and Wednesday 2 October

Quaker Week Open Days offer free entry to the historic house and our beautiful gardens. For those who are interested, there will be an 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 Cafe? *Entry: free of charge*

Living in dark times with William Penn

Saturday 12 October

An introduction to William Penn, the 17th-century Quaker, who is still relevant today. The course will give time for participants to voice their experience of living in a time of turbulence, anxiety and fear. Using the wisdom and insights expressed by William Penn as a guide, we will explore how we can respond to the challenges we face.

Tutor: Rex Ambler

£35, includes lunch and refreshments. Overnight accommodation will be available at a discounted rate. If numbers allow, Rex Ambler will contribute to an evening discussion on Saturday 12 October.

Prayer, with the Kindlers

Saturday 9 November

Explore the concept and practice of prayer. What does prayer mean to you?

Tutors: the Kindlers team *£35, includes lunch and refreshments*

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 Monday, 9:30am – 10:00am

Every Tuesday, 6:30pm – 7:00pm

Every Thursday, 12:30pm – 1:00pm

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

Extended meeting for worship

From January to November

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

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

Visit or stay

Swarthmoor Hall welcomes Friends and 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 spiritual knowledge of one another and your sense of community?

Library

Swarthmoor Hall has a modest collection of books that 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



Rex Ambler

was a lecturer, researcher and writer in theology at Birmingham University for over thirty years. He now works mostly with Quakers, giving talks and workshops on Quaker faith and practice, travelling to many parts of the world to teach 'Quaker meditation'. How to do this is described in his book 'Light to live by: an exploration in Quaker spirituality' (2002) being the practices of early Quakers recreated for today, supported by a companion volume 'Truth of the Heart, an anthology of George Fox' (2001). His most recent work is *The Quaker Way: a rediscovery* (2013).

Timothy Ashworth

is Woodbrooke's Biblical Studies tutor. He is currently writing a book on conflict in early Christianity.

Peter Brennan

is a poet, and was for many years Head of English at The Latymer School, Edmonton. He now tutors more than a dozen courses annually at City Lit, while offering freelance tutoring for groups and mentoring for individuals. Peter founded Visionary Company Courses in 2005, and is Editor-in-Chief of Perdika Press, which publishes original and translated poetry within the modernist tradition.

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.

Nathan Godolphin

is a writer, yoga teacher and occasional dance/movement facilitator. His primary focus is spiritual development through direct experiential inquiry, and integration in the world.

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. He is a conceptual speaker and writer.

Wendy Hampton

has been a Quaker for over 20 years. She has undertaken a variety of roles, locally and nationally, including that of vibrancy worker.

Gerald Hewitson

described his spiritual journey in the Swarthmore Lecture of 2013. Journaling is his primary spiritual practice.

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.

Rae Moyise

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

Deborah Shaw

is a lifelong Friend and seasoned retreat leader. She delights in spiritual exploration in the company of others.

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.

Liz Watson

has been meditating for over 20 years and is a member of The World Community for Christian Meditation (www.wccm.org).

About Swarthmoor Hall

Swarthmoor Hall is a 16th-century country house and has special significance for Quakers. It is known to Quakers (Friends) as the 'Cradle of Quakerism', where Judge Thomas Fell and his wife Margaret provided protection and hospitality to early Friends, notably George Fox, and allowed the Hall to become the headquarters of the burgeoning Quaker movement.

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

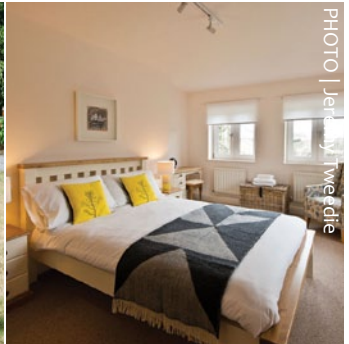
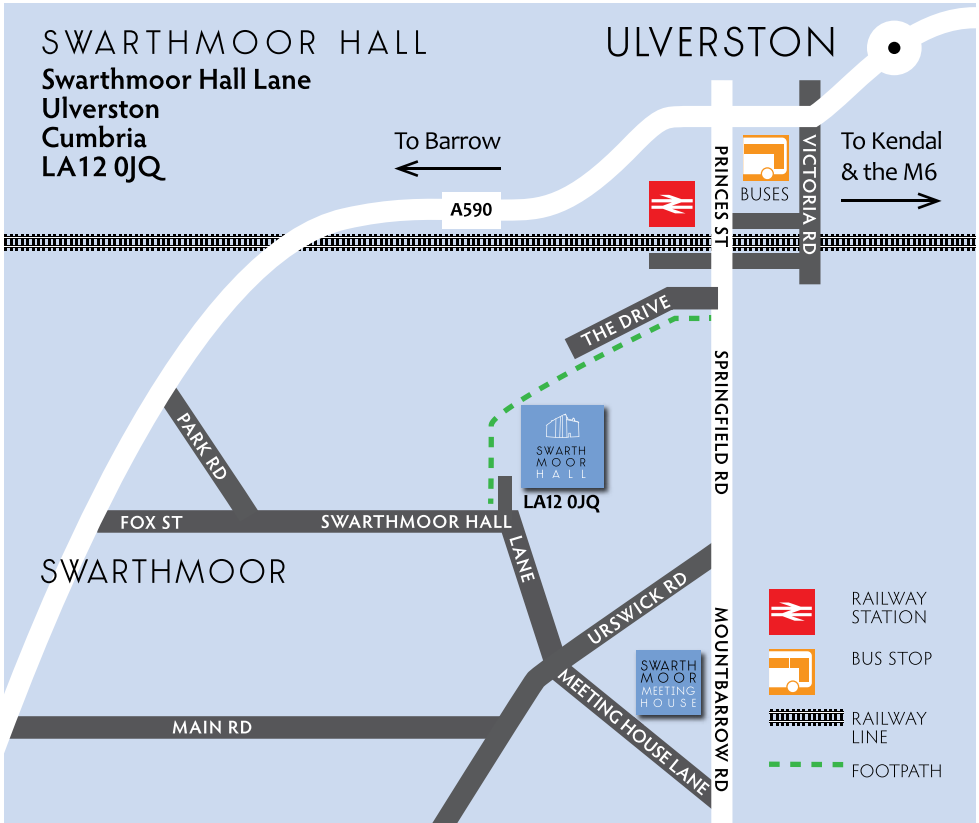


PHOTO | Jeremy Tweedie

How to book

Courses and events can be booked via 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 0JQ](#).

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



SWARTHMOOR HALL

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swarthmoorhall.co.uk

   [swarthmoorhall](https://www.swarthmoorhall.co.uk)

Swarthmoor Hall is part of Friends House (London) Hospitality Ltd.

friendshouse.co.uk

For more information about Quakers in Britain, please visit
quaker.org.uk

