



WOODBROOKE
MEET • STAY • LEARN

LEARNING
SEPTEMBER 2018
TO MARCH 2019



LEARN

Woodbrooke Learning
September 2018–March 2019





Contents

Welcome	5
About Courses at Woodbrooke	7
Also at Woodbrooke	8
Financial Support	11
Course Listings 2018-19	13
Courses at Swarthmoor Hall	59
Course Index by Theme	60
Travel Directions	68
Learning and Accessibility	71
How to Book	72
Booking Form	73



Welcome to Woodbrooke



Inside this brochure, you will find a treasure trove of learning.

The front cover shows another of Woodbrooke's treasures: Woodbrooke people. In the photograph are staff, volunteers and residents who play their part in bringing you this learning. Some of us have been here for many years, some for just a few weeks but we all play our part in Woodbrooke's life.

We want you to play a part in Woodbrooke's life – whether you've been coming for years, have recently joined us through one of our online courses or are flicking through our brochure for the very first time.

We listen to what you say about our learning and our facilities and we try and respond to your comments and suggestions. We have listened to those of you who told us that our course prices are too high for them and so we have lowered the price of several courses for the rest of this year.

We have done this because we want our learning to be open to as many people as possible. We don't make a profit on our learning and so to lower the price means we will need to generate more income from our commercial activities, such as conferencing and accommodation and from donations from Friends and meetings. This will help bridge the gap between what we charge as a price and what the courses cost us to run. We will try our best to raise as much as we can so that we can subsidise our courses to make them as affordable as possible.

We offer these riches of learning to you in the hope that you will find inspiration for your continuing spiritual journey.

Sandra Berry, Director

For a large print copy of this brochure,
please call 0121 472 5171

“As always Woodbrooke feels like a home from home.”

THE CHANGING FACE OF FAITH PARTICIPANT

“Excellent, sensitive and supportive facilitation; an atmosphere of openness and trust.”

QUAKER - BUDDHIST DIALOGUE EVENT PARTICIPANT

“Definitely got what I had hoped for and (unexpectedly) felt extremely cared for and supported. Found the course calming and centering as well as practical and inspiring. I guess I wasn’t expecting such a personal impact.”

MANAGING OUR MEETING HOUSES PARTICIPANT

“I loved the freedom of movement that I was enabled to use. I was surprised by the words; they really took me deeper into the dance. Thank you.”

SPIRIT DANCE PARTICIPANT

Courses at Woodbrooke

WHAT IS INCLUDED?

The price listed in the brochure includes the following:

- The course including all materials and handouts
- En suite single accommodation*
- Meals and refreshments**
- Access to all of Woodbrooke's facilities from arrival to departure



*We have a small number of economy rooms with a shared bathroom. If you would specifically like one of these rooms please state this at the time of booking. Whilst we cannot guarantee availability of economy rooms, if we can meet your request for one, we will apply a 10% discount to the price of your residential course. If you have any questions relating to this please contact us first before sending your booking. We also have a number of twin and double rooms available; if you are coming with someone else and would like to share please let us know at the time of booking.

** A non-residential place includes all meals except breakfasts.

Also at Woodbrooke

ACCOMMODATION

At Woodbrooke we are renowned for our warm, welcoming and fairly priced accommodation. You can retreat from the hustle and bustle of life and soak up the atmosphere in the former home of George Cadbury and enjoy the 10 acres of organically managed gardens and grounds.

Our bed and breakfast packages start from just £50.00 per person and we also offer a range of room and board types to choose from. Visit woodbrooke.org.uk/stay to check availability.

MEETINGS AND EVENTS

Woodbrooke is the perfect venue for your next meeting, conference or event. With nine bright, airy meeting rooms holding up to 100 people, you will leave feeling refreshed and inspired. Our conference packages offer exceptional value for money and include complimentary WiFi and parking. Our in-house chefs prepare meals and refreshments which will help keep your meeting energised.

We offer a variety of residential and non-residential packages, which are priced ethically so that Woodbrooke can continue to be a Living Wage employer.



SPECIAL OFFER FOR 2018 COURSES

We have a special offer on a range of courses across our programme for the rest of 2018.

Resident prices for these are £165, and non-resident only £85!



BOOK AHEAD AND SAVE

Book now for 2019
and get the 2018 price

All courses in 2019 are available
at the 2018 course price of £245

Valid for all bookings made before Thursday 1st Nov 2018

Financial Support

We want to enable everyone who would like to participate in Woodbrooke learning to be able to do so whatever their financial circumstances.

DO YOU NEED FINANCIAL SUPPORT?

Woodbrooke's bursary fund is available for anyone who needs help with the cost of a course whether this is a few pounds or more substantial support. We can also help with a payment plan so you can spread the cost over a period of time.

WOULD YOU LIKE TO TRY WOODBROOKE LEARNING FOR THE FIRST TIME?

Never done a course at Woodbrooke before? Anyone can get a £50 reduction on their first course. We hope this makes it easier for those who are tempted to take the plunge. This offer is for courses at Woodbrooke only and terms and conditions apply.* To claim this discount enter the code **INTRO50** at the checkout stage when booking online or tick the box on a paper form.

ARE YOU AGED BETWEEN 18 AND 35?

Anyone aged 18-35 can book a short course at Woodbrooke or an online course for half the listed price. To take advantage of this offer, enter the code **YA18** at the checkout stage when booking online or tick the box on a paper form.

* For full terms and conditions and more information about ways we can help please contact our reservations team on 0121 472 5171 or see woodbrooke.org.uk/offers

Would you like to stay on after your course?

If your course finishes on a Sunday you can stay on and enjoy Woodbrooke for a little longer. Take advantage of our **'Sunday night special'** which offers Sunday evening supper, bed and breakfast for £47.50.

Simply quote **SNS18** when booking your course.



LEARNING

SEPTEMBER 2018

TO MARCH 2019

COURSE

LISTINGS

FRI 31 AUG – SUN 2 SEPT

A FRIENDLY INTRODUCTION TO THE QUAKER WAY

15 places | £245 residential | £170 non-residential

Are you relatively new to Quakers and keen to find out more? This course sets out the Quaker 'basics'. It will give you an understanding of the history and international reach of Quakerism and the importance of spiritual experience to the Quaker way.

We will discuss what happens in a Meeting for Worship and how Quakers make decisions and organise themselves. We will explore what Quakers mean by 'testimony' and explain simple spiritual practices for you to experiment with.

Tutor: Mark Russ

FRI 31 AUG – SUN 2 SEPT

QUAKERS AND THE 'VOTES FOR WOMEN' CAMPAIGN

20 places | £245 residential | £170 non-residential

One hundred years ago women voted in British Parliamentary elections for the first time. The women's franchise came after decades of campaigning, some of it destructive and violent. Drawing on case studies of individual Quaker women, we will explore Quaker responses to the campaign, looking at the historical context, the rise of militancy and the impact of the First World War. We will also consider what lessons the campaign has for activists today and what we as Quakers are doing towards gender equality.

Tutor: Lucienne Boyce

MON 3 SEPT – FRI 7 SEPT

AT SWARTHMOOR HALL

TIME SET ASIDE: AN INDIVIDUALLY GUIDED SILENT RETREAT

12 places | £445 en suite | £310 non-residential

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 Annique. 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 Annique Seddon

MON 3 – TUES 4 SEPT

24 HOURS FOR STILLNESS: AN EXPERIMENT WITH LIGHT RETREAT

8 places | £133.5 residential | £96 non-residential

The Experiment with Light practice offers a structure for waiting in the light to see ourselves and our lives. We will use this structure to be still, to reflect and to worship together. This can guide us into a deep listening and expectant waiting. There will also be unstructured quiet time alone. We will start at noon and end by noon the next day.

Tutor: Susie Tombs

MON 3 SEPT - FRI 12 OCT

Online course

A TASTE OF LIFE WRITING FOR TRANSFORMATION™

£75 per person

This course involves a time commitment of approximately two to three hours per week.

This self-paced course introduces a process of writing for authentic, creative self-expression and personal development. A 'no red pens' approach results in greater awareness, mindfulness and self-acceptance through a gentle stream of guided tools you can use just five minutes at a time.

The course includes three multimedia modules and a workbook, based on the work of Joanne Klassen, creator of Life Writing for Transformation™. Each module introduces key concepts from the book followed by exercises, examples, a review and additional optional learning activities.

This course can be completed in your own time, although we recommend setting aside two to three hours a week.

Each week there will be video, audio and written materials for you to engage with.

This course is intended for anyone who has planned to write about their life, spiritual journey, or unique experiences. This course will provide the guidance to begin.

This is the first time that Life Writing for Transformation™ has been made available as an online course. It is an ideal introduction or refresher course.

Tutor: Joanne Klassen

MON 3 SEPT - FRI 12 OCT

Online course

LIVING THE HEART OF CHRISTIANITY

£75 per person

This course involves a time commitment of approximately two to three hours per week.

This is a six-week online retreat with inspiration from Marcus J. Borg's 'The Heart of Christianity'. How can we live passionately today by practicing timeless elements of Christian faith? It is an opportunity to reflect on, and incorporate into daily life, themes of the heart: faith, practice, opening, rebirth and justice. It can speak to those who struggle to identify with the Christian tradition as well as to those approaching the tradition 'again for the first time'.

This course can be completed in your own time, although we recommend setting aside two to three hours a week. Each week there will be written materials for you to engage with and forums for you to share reflections.

Tutor: Julia Ryberg



WOODBROOKE ON-THE-ROAD

Bringing Woodbrooke learning
to you and your meeting

Workshops designed to
nurture spiritual life,
build community and
support witness
in the world.

DISCOVER SOMETHING NEW TODAY

Find out more by visiting www.woodbrooke.org.uk/wotr

MON 3 - THURS 6 SEPT

LET ME TELL YOU A STORY... DEEPENING YOUR MESSAGE THROUGH STORYTELLING

15 places | £165 residential | £85 non-residential

We all tell stories. Storytelling is an essential tool in business, ministry, teaching, activism, and life. Learn how to integrate storytelling into your current work. Discover how to tell compelling stories about your own life, current issues or in connection to your work. Master storyteller Peterson Toscano and community theatre facilitator Lauren Jansen-Parkes will help you hone stories you already tell and develop techniques for telling new stories. Become a more effective speaker and learn how to captivate an audience.

Tutors: Peterson Toscano and Lauren Jansen-Parkes

MON 3 - WED 5 SEPT

LOSING SIGHT OF THE SHORE

14 places | £165 residential | £85 non-residential

For all who wish to use the visual arts (drawing, mixed media and sculpture) as tools for exploration and self-discovery. We will provide a safe, nurturing space for you to reflect creatively upon where you are on your journey. Using the metaphor of small boats representing our fragile lives on open seas, we will dare to 'lose sight of the shore' and see where the flow takes us.

Tutors: Jake Lever and Gill Lever

WED 5 - WED 26 SEPT

'THAT YOUR LOVE MAY OVERFLOW': PAUL'S LETTER TO THE PHILIPPIANS

Online course

£38 per person

This course involves a time commitment of 1½ to 2½ hours per week.

This is a letter of encouragement. You know the gift of life you have received, says Paul, now live it to the full. "Whatever is true, whatever is honourable, whatever is just, pure, pleasing, commendable, if there is any excellence, anything worth of praise, think on these things... Rejoice!" Challenging theology and practical counsel intermingle in a rich expression of early Christian life. With four webinars and recommended reading we will open up the world of this remarkable short text.

The core component of this course is a live weekly webinar each Wednesday evening from 6.30 - 8.00pm. If you are unable to participate in the live webinar you will be able to access it to view at your convenience.

In addition there will be an online forum where questions can be raised and comments made.

Short recommended readings will be provided each week and you will get most out of the course if you set aside an hour or so for further reading.

Some previous experience of Bible study - whether in your Meeting or at Woodbrooke - will enhance the learning experience.

Tutor: Timothy Ashworth

FRI 7 - SUN 9 SEPT

TRANSGRESS & TRANSCEND: AN EXPLORATION OF GENDER AND SEX WITH GAY BIBLE SCHOLAR PETERSON TOSCANO

20 places | £255 residential | £180 non-residential

Peterson Toscano will facilitate a workshop that explores gender and sexuality in Bible stories. Lauren Jansen-Parkes is a community theatre facilitator, researcher and story lover will co-lead the workshop. While the Bible has been used by some to harm others, there are potential peaceful interpretations of the ancient texts, including those that support LGBTQ lives. Using a variety of methods, traditional and creative, participants will study, discuss, and explore Bible stories especially relevant to sexual and gender.

Tutors: Peterson Toscano and Lauren Jansen-Parkes



FRI 7 - SUN 9 SEPT

EXPLORING QUAKER CHAPLAINCY

15 places | £245 residential | £170 non-residential

An opportunity for sharing, supporting and developing your ministry. Whether you are considering or starting chaplaincy work or you have years of experience, at this weekend you will be able to reflect on your work, share your experiences, ideas, insights and come away refreshed. Are you a Quaker chaplain in hospital, prison, school or university or in any other work or community setting? Come for renewal and to discover ways to develop your chaplaincy role.

Some parts of the weekend will be filmed as resources for a future online course.

Tutors: Nim Njuguna, Marleen Schepers and Alistair Fuller (elder)

FRI 7 - SUN 9 SEPT

HANDLING CONFLICT IN OUR MEETINGS: A COURSE FOR ROLES HOLDERS

12 places | £245 residential | £170 non-residential

While handling difficult situations is challenging and can be deeply painful, it can also be the means for growth and development.

We will explore a variety of ways for managing conflicts and difficulties that arise in meetings, including processes for restoring harmony using as an illustration a model, 'cycle of harmony and discord'. We will practise skills to help address conflict and the feelings these situations can provoke. We will explore what we might like to change in our meetings.

Tutors: Nim Njuguna, Marleen Schepers and Alistair Fuller (elder)

MON 10 - WED 12 SEPT

STRENGTH IN WEAKNESS: 18TH CENTURY QUAKER WOMEN, THEIR NETWORKS, STRUGGLES AND SUCCESSES

14 places | £165 residential | £85 non-residential

Was the 18th Century really a time of stagnation for Quakerism – quiet, inward-looking and inactive? This course will seek to test this widely-held impression by looking, through a range of sources, at the lives of a wide variety of Quaker women.

We will look at the networks that encouraged and supported them and at the elements, both in the world and in the Society of Friends, that impeded them. Are their concerns and experiences still relevant to Quakers today?

Tutor: Gil Skidmore

MON 10 - WED 12 SEPT

THRESHING AND CLEARNESS

14 places | £245 residential | £170 non-residential

The Quaker tradition includes a range of methods for exploring complex issues in a context of worship. This course will look at threshing meetings, meetings for clearness and other discernment processes – all of these are well established but not always well known parts of the Quaker tradition. We will explore how the different processes work and how they relate to the decision making meeting for worship for business.

The course will include opportunities to experiment with some of the methods.

Tutors: Rhiannon Grant and Rachel Muers

EQUIPPING FOR MINISTRY

A TWO-YEAR COURSE ON
LIVING AS A QUAKER
IN THE WORLD
TODAY.

Designed to deepen your spiritual life and be of benefit to both you and your meeting, EfM provides grounding in four key aspects of life as a member of the Quaker faith: spirit, tradition, community and the world.



START YOUR JOURNEY TODAY

Find out more by visiting www.woodbrooke.org.uk/efm

EfM
EQUIPPING FOR MINISTRY

Prices for
2019 held at
2018 rates

FRI 14 – SUN 16 SEPT

AT SWARTHMOOR HALL

EARLY CHRISTIANITY

12 places | £245 en suite | £170 non-residential

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.

Tutor: Timothy Ashworth

FRI 14 – SUN 16 SEPT

BEING A QUAKER TRUSTEE

16 places | £245 residential | £170 non-residential

Particularly suitable for new/less experienced Area Meeting trustees or as a refresher. We will be factual and practical, but all we do will be underpinned by the spiritual question of what trusteeship means within Quakers? What does God require of us? What does the law require? What is considered good practice for Quakers and for charities? How do trustees, area and local meetings relate to each other? We aim to provide easy-to-understand information and enjoyable learning, to make trusteeship approachable and rewarding.

Tutors: Christine Willmore and Linda Craig

FRI 14 – SUN 16 SEPT

ELDERSHIP: OUR GIFTS IN AND TO OUR COMMUNITY

20 places | £255 residential | £180 non-residential

This course will help those with responsibility for eldership in Quaker meetings explore the gifts they bring to this role. The value of the course lies in the opportunity to share, at a deep level, experiences, joys and challenges with others who have been involved in eldership and those just starting out. Time will be given to considering the spiritual basis of our work, how we can work together with Friends offering oversight in our meetings and how we can build community.

This course focuses on eldership in Britain Yearly Meeting but may also be of interest to Friends from other yearly meetings.

Tutors: Gilly Charters and Liz Eddington



FRI 14 – SUN 16 SEPT

OVERSIGHT: OUR GIFTS IN AND TO OUR COMMUNITY

20 places | £255 residential | £180 non-residential

This course will help those with responsibility for oversight in Quaker meetings explore the gifts they bring to this role. The value of the course lies in the opportunity to share, at a deep level, experiences, joys and challenges with others who have been involved in oversight and those just starting out. Time will be given to considering the spiritual basis of our work, how we can work together with Friends offering eldership in our meetings and how we can build community.

This course focuses on oversight in Britain Yearly Meeting but may also be of interest to Friends from other yearly meetings.

Tutors: Alison Parkes and Helen Chambers



MON 17 SEPT – SUN 14 OCT

MEETING FOR WORSHIP FOR BUSINESS

Online course

£75 per person

This course involves a time commitment of approximately two to three hours per week.

Meetings for worship for business are one facet of Quaker worship; but what is actually going on in a meeting for worship for business? Why do we do what we do? What is the spiritual underpinning? This course is for all Friends, to help you to understand our decision making process better. Friends 'on the bench' as well as clerks can benefit from the course which will help you to understand more about deepening our experience of worshipful discernment as a group.

This course can be completed in your own time, although we recommend setting aside 1.5-2.5 hours a week.

Each week there will be materials in a range of formats for you to engage with, and a forum for you to share your responses to the exercises and ask questions.

There will be two to three live meetings during the four weeks of the course which you are encouraged to take part in, dates and times to be confirmed.

Tutors: Mary Savage and Judith Roads

MON 17 - WED 19 SEPT

LIGHT IN OUR LIVES: RECASTING OUR LIFE'S STORY

12 places | £245 residential | £170 non-residential

The basic story of our life cannot be changed. Yet we can decide how our personal narrative should be read. In a series of writing and journaling exercises, imaginatively interrogating and recasting the light and dark of our lives, we hope to discover the depths of wonder and mystery which is ourselves. In recognising the continuing revelation of light in our own lives, we can appreciate our place in an "incomprehensible whole".

Tutors: Gerald Hewitson, Shelagh Robinson and Diana Lampen (elder)

MON 17 - WED 19 SEPT

FRESH APPROACH TO NOMINATIONS

12 places | £245 residential | £170 non-residential

Nominations is a struggle for many meetings, and it's not always clear why Quakers use the nominations process. This course will explore the underlying principles, share ideas about different ways in which nominations work can be done and address the challenges of particular situations such as the circumstances of small meetings. Anyone with a role which involves or connects to nominations, or an interest in the general topic, is welcome. Together we can build a nominations process for the future.

Tutors: Adwoa Bittle and Judith Roads

FRI 21 - SUN 23 SEPT

GETTING TO KNOW MADE OF MONEY

18 places | £165 residential | £85 non-residential

Where do our beliefs, attitudes and values about money come from? Would you like to learn about new ideas to support others with money management? Quaker Social Action have been running their award-winning Made of Money course for over 12 years. Our experienced tutors will guide you through this engaging and interactive two-day course. You will come away with the skills and practical resources to share with your family and support people in your community and at local meetings.

Tutor: Simon Phillips

FRI 21 - SUN 23 SEPT

QUAKER FELLOWSHIP FOR AFTERLIFE STUDIES ANNUAL CONFERENCE

27 places | £245 residential | £170 non-residential

Quaker Fellowship for Afterlife Studies annual conference is open to all. Near death and pre-birth experiences, memories from former lives and many other phenomena are regularly reported. What is the true nature of a human being? We will explore spiritual/psychic experiences and focus on the urgent need for recognition in the present day western world that we are not merely physical beings living a finite life.

Tutors: Members of QFAS & visiting speakers

MON 24 – WED 26 SEPT

THE BUDDHA AND HIS AUNT: REAL WOMEN AND FEMALE SYMBOLS

12 places | £165 residential | £85 non-residential

Our course will begin with a brief introduction to the fundamentals of Buddhist thought. We will look at the way women were accepted in the monastic community and read some of their testimonies to their enlightenment. We will see how in later Buddhism, with the development of a rich mythology, female figures asserted the equal fruits of female spirituality and the ultimate unimportance of gender. Periods of meditation will accompany our time together.

Tutors: Estella Lovett and Eleanor Jackson (elder)

MON 24 – WED 26 SEPT

HOW TO BE A CONSCIENTIOUS OBJECTOR TODAY

12 places | £165 residential | £85 non-residential

A century after World War One, we are no longer conscripted to fight. Instead, our taxes are conscripted to fund war and our minds are conscripted to support it. This is a chance to learn from our predecessors and resisters around the world now, to explore how we can resist warfare today. Looking at militarism in education, entertainment, media and elsewhere in civil society, we will identify ways to be “conscientious objectors” to militarism in our everyday lives.

Tutors: Symon Hill and Hannah Brock

WED 26 – FRI 28 SEPT

THE HISTORY OF THE HEDGE: QUAKERS AND ‘THE WORLD’

16 places | £245 residential | £170 non-residential

From the earliest days, Friends set themselves apart as distinctive, choosing how and in what ways to participate in wider society. This course looks at the idea of ‘the hedge’, the barrier between the faithful and impure, and how it has developed and changed over the years. The course will end up helping us reflect on the value of having a hedge and what the Quaker hedge consists of today.

Tutor: Ben Pink Dandelion

WED 26 – FRI 28 SEPT

DANCING WITH WORDS: LIFE WRITING INSPIRED BY MOVEMENT

12 places | £165 residential | £85 non-residential

‘The dance is a poem of which each movement is a word’ -Mata Hari.

Using simple forms of movement, we will explore our stories and set off on our creative writing journeys. Nurturing and deepening our experience through awareness exercises and walking meditations through the beautiful gardens of Woodbrooke, we will begin to write our stories and poems. No previous experience necessary.

Feedback from previous courses: ‘Sustaining empathy and understanding’. ‘Steady, unhurried pace’.

Tutors: Ann Bettys and Alison Lock

FRI 28 – SUN 30 SEPT

BEING A QUAKER CLERK

20 places | £245 residential | £170 non-residential

This course is for new or prospective clerks with little or no experience of Quaker clerking. We will focus on clerking local meetings but clerks of other meetings or committees will also find they can learn much about their role.

There will be practical sessions including planning agendas, drafting minutes and discipline in the meeting. We will also consider other responsibilities that come with being a clerk. Participants will learn from each other as well as from the leaders.

Tutors: Janet Scott and Sarah Donaldson

FRI 28 – SUN 30 SEPT

FEMINISM, QUAKERS AND WONDER WOMAN

12 places | £165 residential | £85 non-residential

Where is feminism headed and where has it come from? Do we need it anymore? What do we think of a system that named Wonder Woman as a girls empowerment ambassador for the UN? Could we have made it up?

This course investigates the connections between Quakerism and Feminism, taking examples from Quaker history. We shall then look at feminism today and how it affects our lives and is affected by the system we live in.

Tutors: Maud Grainger and Vic Grainger

MON 1 – SUN 28 OCT

FRIENDS FROM THE START: EXPLORING THE EARLY QUAKER STORY

Online course

£55 per person

This course involves a time commitment of approximately two to three hours per week.

Do you want to know more about early Friends? If your knowledge of Quaker history is a little hazy or you are relatively new to the Society of Friends, this four week online course is for you. We will trace the early Quaker story in its historical context, explore the development of the Quaker vision and look at the movement's leading figures. This will all be done in a relaxed and friendly way using a mixture of video lectures, readings and discussion.

This course can be completed in your own time, although we recommend setting aside two to three hours a week.

Each week there will be video, audio and written materials for you to engage with, and forums for you to share reflections and ask questions.

This course does not assume any prior knowledge of Quaker history

Tutor: Martin Layton

LEARN ONLINE

Flexible and accessible learning, there for you, whenever and wherever.

Online course

Affordable, engaging and high-quality learning starting at just £38. Look out for the online learning tag in this brochure

FOLLOW YOUR INTERESTS

Find out more about the benefits of learning online with Woodbrooke at www.woodbrooke.org.uk/online



MON 1 OCT - FRI 9 NOV

ELDERSHIP AND OVERSIGHT


 Online course

£115 per person

This course involves a time commitment of approximately two to three hours per week.

This six-week online course will help all those serving in eldership and oversight to gain better understanding and confidence in their role – whatever the system in their meeting. The six modules cover the full range of topics included in the separate and combined eldership and oversight onsite courses, with options to focus on areas of particular relevance. You should allow two to three hours a week for pursuing this course. There is no requirement to be online at a particular time.

This course is intended for Friends who are serving, about to serve or considering service in eldership and/or oversight. As well as those appointed to formal roles, we welcome those whose meetings use systems of shared oversight or eldership or who would like to learn more about Quaker ways of caring for one another.

You can work through the material on this course in your own time. We recommend setting aside two to three hours a week.

Each week there will be a range of audio, visual and written materials for you to engage with, and a forum for you to share reflections and ask questions

Tutors: led by three members of the Eldership and Oversight training team

MON 8 - THUR 11 OCT

'INTO THE ACTUAL PRESENCE OF GOD': THE LETTER TO THE HEBREWS

14 places | £345 residential | £240 non-residential

In Hebrews, ideas from Greek and Jewish thought get dramatically reshaped in the light of the experiences of the first Christians. Guest speaker Stuart Masters will show how early Friends drew on Hebrews, finding their own encounters with the divine confirmed in its affirmation of faith beyond religious forms. The unusual approach of its unknown writer enables us to look afresh at some central Christian themes; in particular, the way Jesus was understood in the time before doctrine became fixed.

Tutors: Timothy Ashworth and Stuart Masters

MON 8 - WED 10 OCT

EXPLORING NOMINATIONS

11 places | £245 residential | £170 non-residential

An event for members of Quaker nominations committees. How can we root ourselves in good practices of discernment whilst 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: Linda Batten and Catherine Putz

MON 8 – WED 10 OCT

CARING FOR ONE ANOTHER

15 places | £165 residential | £85 non-residential

‘Loving care is not something that those sound in mind and body “do” for others but a process that binds us together.’ (Qf&p 12.01). Our meeting communities are built on the many ways in which we care for one another – traditionally expressed through the structures of eldership and oversight, but present in many ways.

This course will explore what works well in how we care for one another spiritually, emotionally, socially and practically, and how the whole meeting can be involved.

Tutors: Zélie Gross and Rhiannon Grant

MON 8 – WED 10 OCT

FORCED MIGRATION AND HUMAN RIGHTS

13 places | £165 residential | £85 non-residential

Twenty people worldwide are forced to migrate every minute due to war, violence and persecution. Deprived of their dignity and rights at home, these forced migrants face discrimination in recipient countries, being denied access to work and vital services and subjected to detention. Our shared testimonies have led Quakers to challenge these injustices and to lead the fight for the protection of human rights.

This course explores the emergence of international human rights and reflects on the current worldwide migration crisis.

Tutor: Till Geiger

MON 15 – WED 17 OCT

EARLY QUAKER HISTORY: THE EVERYDAY LIVES OF SEVENTEENTH CENTURY FRIENDS

14 places | £165 residential | £85 non-residential

The early Quakers were seen as both radical and revolutionary, but what were the social consequences of their beliefs? Were they really as excluded and isolated from their neighbours as historians often suggest?

We will explore how their faith and practice informed both their daily lives and those of the wider community. Using primary source material we will paint a fascinating picture of the ordinary lives of Friends who were living during a period of massive social and cultural change.

Tutor: Erica Canela



FRI 19 - SUN 21 OCT

AT SWARTHMOOR HALL

THE QUAKER JESUS: THE LIFE AND WRITINGS OF JAMES NAYLER

12 places | £245 en suite | £170 non-residential

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



FRI 19 - SUN 21 OCT

FACILITATION & LEADERSHIP: FOR 15-21 YEAR OLDS

26 places | £100 per place

Woodbrooke working
in partnership with Quaker Life

For young people wanting to facilitate activities with their peers or become an adult volunteer at Quaker events. An opportunity for young Quakers to try out practical skills, as well as learning about groups and being a facilitator. We will look at developing and building community through how we interact with groups and individuals. We will also consider the importance of Quaker beliefs, values and practices in our facilitation.

Bookings should be made via Quaker Life; more information can be found here: www.yqspace.org.uk/facilitation-and-leadership-2018



Bring your meeting to Woodbrooke

Would your meeting benefit from time together in a beautiful setting with the opportunity for learning and fellowship?



“The quality of teaching & facilitation, the physical space of the house and the beautiful garden felt very helpful in facilitating the explorations of myself and my meeting.”

MEMBER OF A LOCAL MEETING, MARCH 2018

We can tailor a package to meet the needs of your meeting – please contact us for more information and to discuss your requirements. Call us on 0121 427 5173 or email enquiries@woodbrooke.org.uk

Package includes:

- Full board en suite accommodation (if residential)
- Meals and refreshments
- Teaching sessions and all materials
- A meeting room for the exclusive use of your group
- Access to Woodbrooke’s garden, library and other facilities for your whole stay

FRI 19 – SUN 21 OCT

WALKING WITH A SMILE INTO THE DARK

16 places | £245 residential | £170 non-residential

‘But there is a deeper, an internal simplification of the whole of one’s personality, stilled, tranquil, in childlike trust listening ever to Eternity’s whisper, walking with a smile into the dark.’ Thomas Kelly.

Accepting that there is much that we do not know and cannot control frees us to walk the path of faith. We will use this weekend to explore alone and together how we can let go of what blocks us and be more open to the guidance of the Spirit.

Tutors: Jennifer Kavanagh and Annique Seddon

FRI 19 – SUN 21 OCT

FIRE IN THE BONES: ENCOUNTERING THE PROPHET JEREMIAH

12 places | £245 residential | £170 non-residential

Come and explore the tragic life and incisive prophecy of Jeremiah, who lived in turbulent times. We will discover the urgency of his call – the fire in his bones – and his relentless quest to find words with which to speak to a traumatised people.

We will examine his imagery, both brutal and tender, as a struggle for meaning in the wake of disaster – a work of resilience and healing and we will discuss the continuing relevance of this challenging poetry.

Tutor: Ann Conway-Jones

MON 22 OCT – FRI 16 NOV

SPIRITUAL PRACTICES FOR EVERY DAY

Online course

£55 per person

How do you make space in your day to be spiritually present? What spiritual practices resonate with you? This course is an opportunity to explore what we mean by ‘spiritual practice’ and why it is important. You will be offered a variety of spiritual practices to work with, in your own time. We will all share our experiences together as an online community using forums. The course will include a live Quiet Day on Saturday 27th October 2018 (10:00 – 16:00 GMT), that you can take part in wherever you are.

This course can be completed in your own time. We encourage you to spend a short time each day engaging with a spiritual practice.

There will be video, audio and written materials for you to engage with, and forums for you to share reflections and ask questions.

The spiritual practices will be drawn mainly from the Christian tradition and offered in a way that makes the course open to all.

Tutors: Gill Pennington and Mark Russ

MON 22 – THURS 25 OCT

A SPIRITUAL ANTHOLOGY: A TOOLKIT FOR SILENCE FROM QUAKERS AND OTHERS

14 places | £345 residential | £240 non-residential

Is Quaker experience of the divine unique, or have similar insights bubbled up in other contexts? This retreat blends silent time alone with tutor-led offerings on the experience of silence.

We will use writings and practices from a range of spiritual and secular sources, offering an 'anthology' of wisdom to draw upon. Meals will be silent. Individual spiritual accompaniment is not a formal part of this retreat but can be offered if required.

Tutors: Eleanor Jackson and Estella Lovett



WED 24 OCT – WED 28 NOV

THE THEOLOGY OF QUAKER TESTIMONY

Online course

£55 per person

Six week webinar series. Wednesday 6.30-8.00pm

Friends say confidently that 'Christianity is a not a notion but a way'. Behind the radical Quaker tradition of practical witness there is a distinctive understanding – a 'theology of Quaker testimony' – that may well have value beyond the world of Friends. We will give careful attention to the individual and collective patterns of action that make up testimony for Quakers, the way it is shared and sustained, its rootedness in everyday life, and its challenging relationship to the wider world.

The core component of this course is a live weekly webinar each Wednesday evening from 6.30 – 8.00pm. If you are unable to participate in the live webinar you will be able to access it to view at your convenience.

In addition there will be an online forum where questions can be raised and comments made.

Selected extracts from Rachel Muers's book 'Testimony' will be sent out each week. The live weekly webinar will include time for questions and answers.

As well as the hour and half for the webinar, you will get most out of the course if you set aside an hour or so for further reading.

The course is for those who are interested in exploring the theological basis for Quaker testimony. While attention will be given to particular case studies of Quaker testimony in practice, this is not an introduction to the specific 'testimonies' of Friends.

Tutors: Rachel Muers and Timothy Ashworth

FRI 26 – SUN 28 OCT

EXPLORING ISLAMOPHOBIA

18 places | £165 residential | £85 non-residential
Woodbrooke working in partnership with the Reflection Network

How can we respond to the rise of Islamophobia in the UK? To learn more about Islam, to be aware of bias and the various ways it manifests itself, to seek to understand the perspective of the ‘other’?

This content based course will be run in partnership with the Reflection Network and speakers will be invited to share their perspectives and personal experiences.

Tutors: Led by members of the Reflection Network

MON 29 – WED 31 OCT

FRIENDS TO THE END: ACCOMPANYING DYING FRIENDS

15 places | £245 residential | £170 non-residential

When a life is being completed, what can we offer? There are books, organisations and training in bewildering numbers. How can we in a meeting offer support, in partnership with family and friends, medical and other professionals? Quaker pastoral care, testimonies and clearness are a framework for sharing insights from experience and observation. We will discuss preparation for death, and then bereavement. Above all, we will consider the role of a ‘Bedside Friend’ and the end of life vigil.

Tutors: Hilary Marson and Anne Hosking

MON 29 – WED 31 OCT

ANSWERING THAT OF GOD

14 places | £245 residential | £170 non-residential

What do we mean when, as Quakers, we speak of ‘that of God’? What would be the implications if we held an awareness of the divine in everyone all of the time? How can we live out this belief in our relationships and encounters with other people?

This retreat will provide an opportunity to explore these questions through a combination of facilitator input, small-group activities and time for sharing and listening. There will be space for individual reflection.

Tutors: Peter Parr and James McCarthy

FRI 2 – SUN 4 NOV

CINEMA AND SPIRITUALITY: FINDING THE SACRED ON THE SILVER SCREEN

14 places | £245 residential | £170 non-residential

We will explore how cinema can offer us a unique spiritual experience. We will look at how biblical stories have been interpreted by filmmakers and examine how Christianity has influenced other cultural narratives; asking how its theology and symbolism have been incorporated into popular culture.

Finally, we will consider cinema as a uniquely spiritual experience in its own right. We will reflect on how film language can guide us in our encounters with the divine via experiences of both transcendence and immanence.

Tutor: Martin Layton

FRI 2 - SUN 4 NOV

THE EARLY CHRISTIAN BREAKTHROUGH

19 places | £165 residential | £85 non-residential

At the heart of early Christianity is a breakthrough, an experience of expansion into new possibilities. In the New Testament this experience is described as a manifestation of the Spirit, God's creative power, operating in a new and unexpected way. People felt inspired, able to step out beyond the boundaries that had previously determined how they lived. This course explores both this breakthrough but also the realities that had limited it even before the writing of the New Testament documents

Tutor: Timothy Ashworth



MON 5 NOV - SUN 16 DEC

QUAKER WOMEN AND SOCIAL JUSTICE: LEARNING FROM THEIR EXPERIENCE

Online course

£75 per place

This course involves a time commitment of approximately two to three hours per week.

What might we learn about social justice from Quaker history? This online course will look at social and economic concerns of some Quaker women activists, both British and American, in the 1800's and early 1900's. We will consider their strategies, motivation and the faith basis of their work in the context of society at the time. Through readings and friendly discussion, participants will come to share our enthusiasm for these pioneering leaders and will gain insight into modern manifestations of social injustice.

This course can be completed in your own time, although we recommend setting aside two to three hours a week.

Each week there will be video, audio and written materials for you to engage with, and forums for you to share reflections and ask questions.

This course is intended for anyone with an interest in Quakers and social justice. No prior knowledge of either is necessary.

Tutors: Julianna Minihan and Martin Layton

MON 5 NOV – SUN 16 DEC

BEING A QUAKER CLERK

Online course

£115 per person

This course involves a time commitment of approximately two to three hours per week.

This online course, for new or prospective clerks with little or no experience of Quaker clerking, is based on the on-site course with the same name. The five modules cover the clerk's role before, during and after a meeting for worship for business. We also consider why we use our particular business style in our meetings. We will focus on clerking local meetings, but clerks of other meetings, including area meetings, will also find they can learn much about their role.

This course can be completed in your own time, although we recommend setting aside 1.5-2.5 hours a week.

Each week there will be materials in a range of formats for you to engage with, and a forum for you to share your responses to the exercises and ask questions.

There will be three live meetings during the six weeks of the course which you are encouraged to take part in, dates and times to be confirmed.

Tutors: Chris Skidmore and Michael Eccles

MON 5 – WED 7 NOV

BEING AN AREA MEETING TREASURER

11 places | £256 residential | £181 non-residential

This course for area meeting treasurers will show how to produce collated area meeting accounts that meet the requirements of the Charity Commission and OSCR. Participants will be guided through practical exercises to illustrate the stages of the work. We will look at ways of presenting information that will engage Friends' interest and promote their understanding of Quaker finances at the area and local level.

Tutors: Ursula Fuller, Averil Armstrong and Fenwick Kirton-Darling

MON 5 – WED 7 NOV

RESTORATIVE JUSTICE

12 places | £165 residential | £85 non-residential

Restorative justice has received attention as an alternative to the destructive effects of punishment. What does it mean and how does it work? Through a combination of input and participation, this event considers the different elements of restorative justice and the ways in which it can contribute to building a just and peaceful society.

Tutor: Marian Liebmann

POSTGRADUATE STUDY AND RESEARCH

with the Centre for Research in Quaker Studies



Online taught courses leading to a Postgraduate Certificate in Quaker Studies or MA in Quakerism in the Modern World and distance learning with supervision leading to MA by research or PhD.

For more detailed information on these postgraduate options, entry requirements, fees and how to apply for the 2018-19 academic year, please visit woodbrooke.org.uk/crqs

The Centre for Research in Quaker Studies works in partnership with the University of Birmingham and Lancaster University.



UNIVERSITY OF
BIRMINGHAM



Lancaster
University

WED 7 - FRI 9 NOV

ALICE: A LIGHT-HEARTED INTRODUCTION TO CONFIDENCE

9 places | £165 residential | £85 non-residential

There are times, particularly at change of career or retirement, when we lose our self-confidence and even begin to feel invisible. This course is an opportunity to restore and enhance your self-confidence – both in engaging with small groups and in speaking in public. We will explore the factors affecting communication and develop an awareness of our personal strengths through a mixture of tasks and group work. Participants will have the chance to practice presentation in a safe-setting.

Tutor: Mike Rockliffe-King



THURS 8 NOV - THURS 13 DEC

EXPLORING QUAKER SPIRITUALITY

Online course

£55 per place

This course involves a time commitment of approximately two to three hours per week.

In this series of six *purely online* webinars running from 7.00pm to 8.30pm every Thursday evening from 8 November to 13 December, we will explore what Quaker spirituality is all about and how it speaks to us today.

This webinar series will introduce you to central elements of Quaker spirituality, including: silence, worship and vocal ministry; experiencing all of life as sacred; the inward teacher; the contemplative and the prophetic; queries and uncertainty; discipline, discernment and leadings. All the webinars will be recorded and can be viewed later.

Only basic computer skills are needed for this course, together with access to e-mail and the internet. The course takes place in Woodbrooke's online learning website, for which easy registration details will be provided. Full guidance will be given on how to access the course material, and help is available if you get stuck at any point.

This online course is based on six live ninety-minute webinars.

Each webinar is recorded so you can follow the course using the recordings if you wish.

Downloadable resources and a discussion forum will be available to help you explore the webinar material further.

The course will not assume any prior knowledge, although some awareness of Quakerism and its history would be an advantage.

Tutor: Stuart Masters



FRI 9 - SUN 11 NOV

CHILDREN AND YOUNG PEOPLE'S WORK ADVOCATES CONFERENCE

25 places | £245 residential | £170 non-residential

Woodbrooke working in partnership with Quaker Life

An opportunity for area meeting children and young people's work advocates and those who support them to meet, share and learn together. Details about this role can be found at www.quaker.org.uk/our-organisation/quaker-roles/cyp-work-advocates

Over the weekend we will explore common issues affecting the advocacy of Quaker children and young people's work. On the Saturday we will link up with the Quaker Youth Work conference that takes place at Woodbrooke, to help build relationships and networks.

Tutors: Mel Cook, Chris Holmquist and Kate Hale

FRI 9 - SUN 11 NOV

SHALOM: THE PEACE THAT CHANGES EVERYTHING

13 places | £245 residential | £170 non-residential

The Hebrew word 'shalom', understood from a Jesus perspective, distills into a single word the totality of his message, mission and hope. First and foremost 'shalom' is about relationships. Here is both the spirituality that contemplatives seek, plus the inspiration for assertive activism. During the weekend we shall explore both the biblical foundations and practical implications of 'shalom'. Discovering it as the peace that transforms everything. There is nothing vague about 'shalom'; it is as practical as it is profound.

Tutor: Noel Moules

FRI 9 - SUN 11 NOV

FAITH IN FOOD

10 places | £165 residential | £85 non-residential

Food is political, controversial, companionable, joyful, anxiety-inducing, nourishing, depleting and more. It says something about who we are and what is important to us. Sensitive to talk about, fearful to examine - we stay silent even when we know our food choices carry the 'seeds of war' causing harm to us, other creatures and our planet.

What makes this so difficult for us? A compassionate and uplifting exploration of how we move towards a life-affirming food story for ourselves and our communities.

Tutor: Clodhna Mulhern

MON 12 – WED 14 NOV

SILENCE IN CIRCLES: MEDITATING TO CREATE MANDALAS

10 places | £165 residential | £85 non-residential

Across cultures and ages, the ‘sacred circle’ can open a window into our human dreams and aspirations. Jung adopted the term ‘mandalas’ from his work on the collective unconscious. In exploring our own circles, no art skills or meditation experience are required. Various examples, different templates and open-ended options for mandalas will enable all to participate. We will all explore the colours, shapes and silence of the circles we choose or create.

Tutors: Phil Dahl and Claire Jones

MON 12 – WED 14 NOV

BIBLE STUDY FOR QUAKERS

15 places | £245 residential | £170 non-residential

Do you find the Bible intimidating but intriguing? Do you need some fellow Quakers to help you take the plunge? This course will help you to find your way around the Bible and understand the distinctive Quaker approach to scripture. You will closely study several Biblical texts in the company of Quakers from the past, and reflect with others on your experience of the Bible in the 21st Century. Expect to be challenged and inspired!

Tutor: Mark Russ

WED 14 – FRI 16 NOV

FRIENDS WITH A DUAL RELIGIOUS IDENTITY: THE GIFTS AND CHALLENGES

12 places | £245 residential | £170 non-residential

Many Friends today maintain some level of dual religious identity – they may have come to Quakerism from another church or faith, or reached out from Quaker beginnings to explore other traditions.

This course provides a supportive space for Friends to share experiences of what it’s like to hold more than one religious identity. The course also explores how these diverse religious backgrounds affect our Quaker identity and the wider Quaker community.

Tutors: Maria Kennedy and Rhiannon Grant

FRI 16 – SUN 18 NOV

AREA MEETING CLERKS CONFERENCE

56 places | £245 residential | £170 non-residential

This conference is being jointly organised by Woodbrooke and Quaker Life and will be an opportunity for all serving area meeting clerks to come together for learning and to share experience of current practices.

There will be speaker sessions, group discussions and workshops covering a wide range of relevant topics. All area meetings will receive a formal invitation to the conference in early 2018.

Tutors: Rhiannon Grant and Alistair Fuller

RESTING IN THE PRESENCE

Individually guided retreats for
reflection and stillness

Pay attention to your
inner wisdom, become
more aware of your true
self, and set aside time to
focus, reflect and discern
with help from a personal
spiritual guide.

**DISCOVER YOUR
'SELF' TODAY**

For dates and availability
please see our website

www.woodbrooke.org.uk/retreats

MON 19 – WED 21 NOV

HOW TO TEACH AND LEAD MEDITATION AND MINDFULNESS

19 places | £245 residential | £170 non-residential

Enjoy a practical and reflective oasis in which you deepen your own meditation practice and learn the core concepts and strategies for teaching and leading meditation. Includes:

- Contemplative preparation
- Physical and mental health benefits
- Different traditions – Vipassana, Zen, Christian, TM, Raja and Agni Yoga, guided visualisations, mantras, inner dialogue, healing and prayer.
- Core skills of embodiment and compassionate witnessing.
- Appropriate language and closure.

There will also be time for the practical preparation of sessions you might lead.

Tutor: William Bloom

MON 26 – WED 28 NOV

THY KINGDOM COME? THE LORD'S PRAYER FOR QUAKERS

15 places | £245 residential | £170 non-residential

How might Quakers understand the Lord's Prayer today? We shall look at the prayer in its different forms and contexts in the gospels of Matthew and Luke, to see what we can learn for our praying and our living.

Tutor: Janet Scott

THURS 20 – SUN 23 DEC

A PRE-CHRISTMAS RETREAT: WOODBROOKE AND THE COMMUNITY OF INTERBEING

25 places | £165 residential | £85 non-residential

As Christmas draws very near, this joint retreat provides a wonderful opportunity to open the senses and purify the heart and mind. For many years, Woodbrooke has hosted retreats and weekends which have focused on the Zen teaching of Thich Nhat Hanh. On this weekend we bring Zen and Quaker traditions together. Come and enjoy mindfulness practice and Quaker silent worship, vegetarian food from Woodbrooke's kitchen and Buddhist and Quaker teaching on joy and peace.

Tutors: Murray Corke and Timothy Ashworth

FRI 21 – SUN 23 DEC

BE THE CHANGE

18 places | £165 residential | £85 non-residential

In a spirited and hopeful response to the consumerist frenzy and growing chaos that surrounds us, we gather to explore a more life-affirming way of being in this world. What is it to 'be the change'? What might it mean for the day to day decisions that make up our way of life, and for how we are as global citizens? Starting here and now, we embark on a purposeful spiritual inquiry through video clips, story, conversation, reflection, journaling, movement and stillness.

Tutors: Cliodhna Mulhern and Samagita Moisha

WOODBROOKE LEARNING

SUN 30 DEC – WED 2 JAN

DANCES OF UNIVERSAL PEACE: DANCING INTO THE NEW YEAR WITH FAITH AND JOY

18 places | £165 residential | £85 non-residential

‘Come into your heart’, holding hands, honouring various religions / spiritual traditions, moving and chanting in a circle. Simple words and simple movements are taught, attuning to love, harmony and beauty: dancing inter-faith. This brings a joyful and powerful experience of oneness, freeing the voice.

We move, breathe and sing together, holding hands – like one organism, like a cell in the body, remembering being part of something much bigger than the small self. No singing or dancing experience is required.

Tutors: Ralph Nimmann and Vitalija Zelenevska-Nimmann



THURS 10 – FRI 11 JAN

QUAKERS AND JEWS BIENNIAL CONFERENCE 2019

31 places | £122.50 residential | £85 non-residential

Following the successful 2017 event held at the University of Sussex, this conference explores all aspects of the relationship between Judaism and Quakerism. This can include historical connections, theology and spirituality, and political and social features of the two complex communities. Open to all working on any area of Quaker Studies or Jewish Studies, as well as Jews and Quakers. Those interested in presenting contact Rhiannon Grant (Rhiannon.grant@woodbrooke.org.uk) for further information and to submit abstracts of about 200 words.

Tutors: Rhiannon Grant and Valerie Whittington

FRI 11 – SUN 13 JAN

CLEARING THE WAY

12 places | £245 residential | £170 non-residential

The New Year is a good time to reflect on who we are, what we feel called to do, and what gets in the way. We will explore the nature of the clutter that distracts from our life's purpose and consider how to create space in our minds and hearts as well as in our living rooms.

Tutors: Jennifer Kavanagh and Penny Fosten



MON 14 JAN - SUN 24 MAR

QUAKERISM IN 18TH AND 19TH CENTURY AMERICAN LITERATURE

Online course

£45 per person

This course involves a time commitment of approximately two to three hours per week.

This course involves a time commitment of approximately two to three hours per week.

This online course explores the influence of Quakerism on 18th and 19th Century American writers, as well as the representations of Quaker characters in fiction of the period – sometimes good, sometimes bad! You will encounter the good Quaker abolitionists of Uncle Tom's Cabin and Nathan Slaughter, the murderous Quaker in Nick of the Woods.

The course will have 5 sessions, spread over 10 weeks to allow time for reading.

No previous experience of literary study is necessary – just come prepared to explore and enjoy.

Tutor: James Peacock

WED 23 JAN - WED 20 FEB

WHAT TO DO ABOUT MONEY

Online course

£24 per person

We are involved with money every day – working for it, spending it, saving it, investing it, and giving it away or just worrying about it. We feel guilty about having too much and worry about having too little. In this online course we'll explore our relationships with money so that participants are better able to make choices about their use of money, as individuals or as Meetings. Financial advice will not be given.

This course involves a time commitment of approximately two to three hours per week. Each unit contains video, audio and written materials to engage with, and forums to share reflections and ask questions.

Tutor: Maud Grainger

FRI 25 - SUN 27 JAN

EXPLORING OVERSIGHT

20 places | £245 residential | £170 non-residential

This course will help those with responsibility for oversight in Quaker meetings gain a better understanding of the role and the confidence to do it. What does the role involve? What is expected? What is the spiritual basis of oversight? How can overseers respond to and meet the pastoral needs of the meeting? We will look at the range of tasks, share good practice and explore ways of handling difficult issues as well as looking at practical ideas and useful resources.

This course focuses on oversight in Britain Yearly Meeting but may also be of interest to Friends from other yearly meetings.

Tutors: led by two members of the oversight tutor team

FRI 25 - SUN 27 JAN

EXPLORING ELDERSHIP

20 places | £245 residential | £170 non-residential

This course will help those with responsibility for eldership in Quaker meetings gain a better understanding of the role and the confidence to do it. What does the role involve? What is the spiritual basis of eldership? How can elders respond to and nurture the spiritual life of the meeting?

Participants will have the opportunity to explore the role and share experiences with others as well as looking at practical ideas and resources that will be of help.

This course focuses on eldership in Britain Yearly Meeting but may also be of interest to Friends from other yearly meetings.

Tutors: led by two members of the eldership tutor team

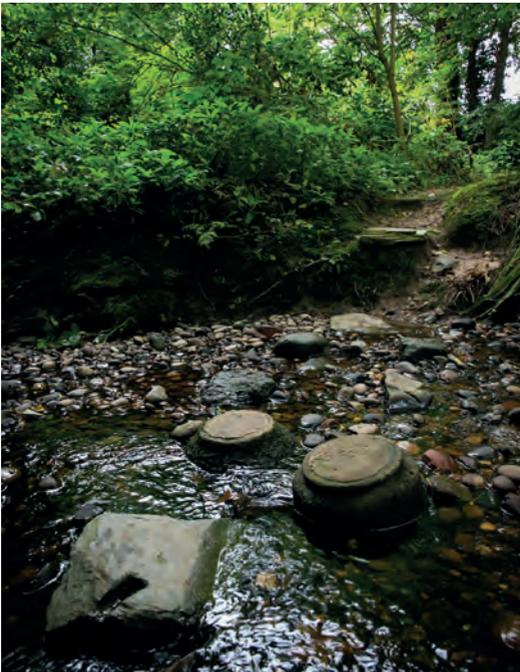
FRI 25 - SUN 27 JAN

BEING A QUAKER TRUSTEE

18 places | £245 residential | £170 non-residential

Particularly suitable for new/less experienced Area Meeting trustees, or as a refresher. We will be factual and practical, but all we do will be underpinned by the spiritual question of what trusteeship means within Quakers? What does God require of us? What does the law require? What is considered good practice for Quakers and for charities? How do trustees, area and local meetings relate to each other? We aim to provide easy-to-understand information and enjoyable learning, to make trusteeship approachable and rewarding.

Tutors: led by two members of the trustees tutor team



MON 28 JAN - SUN 10 MAR

A FRIENDLY INTRODUCTION TO THE QUAKER WAY

Online course

£54 per person

This course involves a time commitment of approximately two to three hours per week.

Are you relatively new to Quakers and keen to find out more? This course sets out the Quaker 'basics'. It will give you an understanding of the history and international reach of Quakerism, and the importance of spiritual experience to the Quaker Way. We will discuss what happens in a meeting for worship and how Quakers make decisions and organise themselves. We will explore what Quakers mean by 'testimony' and explain simple spiritual practices for you to experiment with.

Each unit contains video, audio and written materials to engage with, and forums to share reflections and ask questions.

There will be a live online Q&A on Thursday 21 February at 19.00 GMT. If you can't join this discussion live, it will be recorded for you to watch at your convenience.

This course is intended for those who have been attending a Quaker meeting for between six months and three years.

This course focuses principally on Quakerism as practiced by Britain Yearly Meeting, what is known as the liberal unprogrammed tradition. Participants from other yearly meetings and traditions are very welcome.

Tutor: Annie Womack

MON 28 JAN - SUN 10 MAR

BEING A QUAKER CLERK: AN ONLINE COURSE FOR CLERKS AROUND THE WORLD

Online course

£25 per person

This course involves a time commitment of approximately 2-3 hours per week.

This new course is an opportunity for Quaker clerks around the world to learn together. We will consider the clerk's role before, during and after a meeting for worship for business and look at the differing styles of clerking around the Quaker world.

The course is for all clerks whether you are clerking at a local, regional, national or international level, or just want to learn more about the role. We hope that participants will learn from each other as well as the leaders.

Tutors: led by members of the clerking tutor team



FRI 1 - SUN 3 FEB

A FRIENDLY INTRODUCTION TO MEMBERSHIP

14 places | £245 residential | £170 non-residential

What is Quaker membership? How do I apply and what will happen? The weekend gives an opportunity to explore the meaning of membership and belonging, and to share with others at a similar stage in their journey with Quakers. We will look at the history of Quaker membership, the practical aspects of applying for membership, and at the rewards and responsibilities belonging to a faith community brings.

Tutors: Mark Russ and Caro Kelly (elder)

MON 4 - WED 6 FEB

CHANGING SHAPE OF ELDERSHIP AND OVERSIGHT: PRESENT EXPERIENCE AND UNDERLYING TRADITION

14 places | £245 residential | £170 non-residential

Eldership and oversight – or to put it more clearly, Quaker ways of providing pastoral and spiritual care – are changing. Meetings are sharing out the work differently and more widely, trying not to burden individuals while also including attenders. This course will explore the history of this work and the different patterns now being used to support the spiritual and social lives of meetings. Everyone welcome: you do not need to have been appointed to any specific role in order to participate.

Tutor: Rhiannon Grant

SUN 3 - AND UP TO FRI 8 FEB

RESTING IN PRESENCE: AN INDIVIDUALLY GUIDED RETREAT

6 places | £245 - £545 residential | £380 non-residential

An opportunity for individual reflection and stillness. This will be a chance to pay attention to your inner wisdom, to become more aware of your true self, and perhaps to explore more deeply the role of spirit in your life. It may be a time for considering decisions you want to make or changes you want to work towards.

You will meet each day with a personal spiritual guide who will help you to focus, reflect and discern. Woodbrooke's house and beautiful garden provides a place of nurture and an open Quaker welcome. You may come for a chosen length of time between two and five days starting on Sunday evening and finishing at 9am on your final day.

These retreats are open to those of all faiths and none.

Tutor: Gill Pennington



TUES 05 FEB - TUES 12 MAR

THE ROOTS OF THE QUAKER WAY: EARLY FRIENDS IN THEIR RELIGIOUS AND POLITICAL CONTEXT

Online course

£54 per person

This online retreat involves a time commitment of approximately two to three hours per week.

What are the roots of the Quaker way? How were early Friends influenced by their religious and political context? In this webinar series we will explore this issue and consider the connections between Quakers and other radical religious groups, such as the Anabaptists, the Family of Love, the Diggers and the Ranters. We will look back to the influence of the early Church and medieval movements, and forwards to the emergence of new religious movements in the eighteenth century.

Only basic computer skills are needed for this course, together with access to e-mail and the internet. The course takes place in Woodbrooke's online learning website, for which easy registration details will be provided. Full guidance will be given on how to access the course material and help is available if you get stuck at any point.

Tutor: Stuart Masters

FRI 8 - SUN 10 FEB

'STANDING IN THE LIGHT AND SITTING IN THE DARK'

14 places | £245 residential | £170 non-residential

Are you looking to live a spirit led life? Join us to make space for unhurried, open hearted attention to your inner life and the depths that call us.

Together we will explore and create models for navigating from these depths to tangible ways of being and acting; to lives that realise the spirit's yearning for love and justice.

Tutors: Katie Evans and Meredith Freeman

FRI 8 - SUN 10 FEB

EXPLORING QUAKER NOMINATIONS

16 places | £245 residential | £170 non-residential

An event for members of Quaker nominations committees. How can we root ourselves in good practices of discernment whilst 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 enabling them to flourish.

Tutors: led by two members of the nominations tutor team

FRI 8 - SUN 10 FEB

BEING A QUAKER CLERK

20 places | £245 residential | £170 non-residential

This course is for new or prospective clerks with little or no experience of Quaker clerking. We will focus on clerking local meetings but clerks of other meetings or committees will also find they can learn much about their role. There will be practical sessions including planning agendas, drafting minutes and discipline in the meeting.

We will also consider other responsibilities that come with being a clerk. Participants will learn from each other as well as from the leaders.

Tutors: led by two members of the clerks tutor team

MON 11 - FRI 15 FEB

TIME SET ASIDE: AN INDIVIDUALLY GUIDED SILENT RETREAT

12 places | £495 residential | £360 non-residential

For this retreat, twelve people will join Timothy Ashworth and Frances Henley Lock in a silent retreat which will utilise spaces set apart from the busyness of the main Woodbrooke building. Meals will be shared in silence in our own quiet space.

Participants will be able to join meeting for worship and epilogue. Each day will include one short talk and one-to-one time with Tim or Frances.

Tutors: Timothy Ashworth and Frances Henley-Lock

MON 11 FEB - SUN 24 MAR

DEEPENING THE LIFE OF THE SPIRIT: AN ONLINE RETREAT EXPLORING PRAYER AND SPIRITUAL PRACTICE

Online
course

£54 per place

This course involves a time commitment of approximately four hours per week.

Would you like to explore new ways of opening to the light?

This online retreat, running over six weeks, offers spiritual nourishment and renewal in the midst of everyday life. Each week you will be invited to rest and reflect, explore spiritual practices, meet the Spirit at work in your life and share with your retreat group and guide through conversation in the online retreat forum.

You'll need a computer or digital device with internet and a quiet space to use during the retreat. You will choose the times and days that you engage with this online retreat each week, as we will not all be online at the same time. You can join in from any time zone.

Tutor: Julia Ryberg

FRI 15 – SUN 17 FEB

EXPLORING THE QUAKER PRACTICE OF WAITING IN THE LIGHT

12 places | £245 residential | £170 non-residential

William Penn said Quaker spiritual practice was an ‘experiment on the soul’. We will look at the writings of early Friends and put their words to the test to see if the practice of waiting in the light they describe can be a reality for us. The experience can be searching and powerful. We will do the meditation twice during the weekend. This course is suitable for those who are familiar with, or new to, the Experiment with Light practice.

Tutors: Angie Dunhill and Caroline Kennedy

FRI 15 – SUN 17 FEB

RICHARD ROHR ON EGO, 12 STEPS, MYSTICISM AND GROWTH

17 places | £245 residential | £170 non-residential

We will share video teaching from Franciscan Richard Rohr whose daily reflections reach 250,000 radical contemplative Christians around the world. We’ll look at excerpts from two of his books ‘Breathing Under Water – Spirituality and the Twelve Steps’ and ‘The Naked Now – Learning to See as the Mystics See’, often through worship sharing. How do you ‘wake-up’ into a fuller life? You are welcome, whether or not you attended the Rohr Woodbrooke weekend in February 2018.

Tutor: Peter Fishpool

FRI 15 – SUN 17 FEB

NURTURING OUR MEETINGS

14 places | £245 residential | £170 non-residential

How can we make our Quaker meetings vibrant and inclusive communities in which each person is accepted and nurtured, and strangers are welcome? In this course you will discover ways to deepen and strengthen the life of your meeting. Together we will explore a variety of spiritual practices, including the ‘ministry of welcome’.

We will share our spiritual journeys, look at how we bear the burden of one another’s failings, and help one another up with a tender hand.

Tutors: Ann Banks and Val Bone

FRI 22 – SUN 24 FEB

PRESENT MOMENT, WONDERFUL MOMENT

14 places | £245 residential | £170 non-residential

For many years Woodbrooke has hosted retreats and weekends which have focused on the teachings of Zen Master Thich Nhat Hanh.

Whether a beginner or experienced, on this weekend retreat you will taste something of the deep peace that can be discovered through simple practices of being present. The practice is very accessible and will involve sitting and walking meditation, deep relaxation and silence as well as the invitation to take our meals in silence. The food will be vegetarian.

Tutor: Lesley Collington

WOODBROOKE LEARNING

FRI 22 - SUN 24 FEB

CRITICAL WHITENESS

15 places | £245 residential | £170 non-residential

What is white privilege? Who has unearned power and why? How does the often unnamed racial position of white people affect families, careers, and interactions?

This course speaks from the personal experience of the white tutors who are in an ongoing process of understanding their place in the world's racial systems, with the aim of ending racism and white supremacy. All are welcome to join us for this exploration, which may be challenging, moving, and uplifting.

Tutors: Rhiannon Grant and Andrew Lane

MON 25 - WED 27 FEB

T.S. ELIOT: THE HEAVY BURDEN OF THE GROWING SOUL

12 places | £245 residential | £170 non-residential

This course will track the remarkable evolution of Eliot's poetry – from his early modernist forays, culminating in *The Waste Land*, via the intensifying spiritual preoccupations of subsequent years, leading to his crowning contemplative masterpiece, *Four Quartets*. We shall focus especially on the poet's intensifying quest for meaning against the often hostile background of the modern world, and consider how these challenging – but intensely human, subtle and honest – works stimulate insights into our own quandaries and aspirations.

Tutor: Peter Brennan

MON 25 - WED 27 FEB

BEING A QUAKER TREASURER

16 places | £325 residential | £250 non-residential

For new and prospective treasurers, and those who still feel uncertain. We will cover all the main tasks, from first entries to year-end preparation of accounts, principles, responsibilities, and legal requirements. You will find sympathetic companionship with other treasurers, and explore the spiritual basis of the role.

Please note times: The course starts at 11:15am on the Friday with Basic Book-keeping (this runs to 5:45pm and will include lunch). Those without much experience need these sessions. If Friday attendance is difficult, the exercises will be available online to complete at home beforehand. On the Sunday there is an optional session on the Quaker spreadsheet programme which runs from 1:30pm to 3.00pm.

Tutors: led by two members of the treasurer tutor team



MON 25 – WED 27 FEB

IN HUMILITY OF HEART

15 places | £245 residential | £170 non-residential

One of the foundations of the spirit-led life, humility is at the heart of our witness. However, in this age of individualism, status and celebrity to turn oneself over to a life of faithful service is a radical act. Together we'll explore how we can let go of the need to judge and be judged, and learn to accept, forgive and be content. It will be a space in which to be encouraged by those who have faced the troubles of life with grace-filled hope.

Tutor: Martin Layton

THURS 28 FEB – SUN 3 MAR

NURTURING AUTHENTIC SPIRITUALITY: A RULE TO LIVE BY

12 places | £345 residential | £240 non-residential

How are we to live an authentic spirituality? What spiritual principles do we apply in our daily lives and how can we be accountable to our faith community in our quest for spiritual authenticity?

This course will give us a chance to share our spiritual aspirations, histories and practices and to identify those areas where we feel we need help. Building community through worship and creative listening, we will define personal strategies for daily faithfulness and explore how we might challenge and support one another along the way.

Tutors: Alex Wildwood and Ben Pink-Dandelion

FRI 1 – SUN 3 MAR

BEING AN INCLUSIVE FAITH COMMUNITY

14 places | £245 residential | £170 non-residential

Do you long for your faith community to be truly inclusive? This course will give you tools to put inclusion at the heart of your faith community life.

We will ask how inclusion is rooted in our theology, how inclusion is different to diversity, and how we can include all people in our faith communities, regardless of economic power, gender, mental health, physical ability, race or sexuality.

Tutors: Ruth Wilde and Mark Russ

MON 4 MAR – SUN 14 APR

A QUAKER RESPONSE TO ANIMAL SUFFERING

Online course

£36 per person

This course involves a time commitment of approximately two to three hours per week.

Are you concerned with animal suffering? Do you question the moral justifications for their ill-treatment? Do you have an awareness of them as precious creatures of God? This six week online course will introduce key themes in the field of animal theology within the context of the Quaker faith. Also looking at biblical, Buddhist and scientific understanding, we will ask how our lives of active witness might realise the common bonds we share with other species, and extend our vision of the peaceable kingdom.

Tutors: Martin Layton and Steven Palmer

WOODBROOKE LEARNING

MON 4 - WED 6 MAR

BEING A QUAKER CLERK

20 places | £245 residential | £170 non-residential

This course is for new or prospective clerks with little or no experience of Quaker clerking. We will focus on clerking local meetings but clerks of other meetings or committees will also find they can learn much about their role. There will be practical sessions including planning agendas, drafting minutes and discipline in the meeting. We will also consider other responsibilities that come with being a clerk. Participants will learn from each other as well as from the leaders.

Tutors: led by two members of the clerks tutor team



MON 4 - FRI 8 MAR

ICON PAINTING AS A SPIRITUAL PRACTICE

14 places | £485 residential | £350 non-residential

Practicing icon painting helps us to look into ourselves, make time to be in the silence of our hearts and learn who we are. How can we then after knowing more about what we are develop a connection and relationship with the Divine.

Learning technique will be a very important part of the course. Feeling confident in creating an image helps us to forget about all distractions, things we can't achieve, things that we don't understand and simply let our hand be an extension of our souls.

Participants will learn all stages of icon painting and principles of the technique but will focus on meditative aspects of the process.

Each session will start with short guided meditation to help us reconnect with our bodies.

Tutor: Basia Mindewicz

FRI 8 – SUN 10 MAR

THE DANCE OF COMPASSIONATE COMMUNICATION: AN INTRODUCTION TO NONVIOLENT COMMUNICATION

15 places | £245 residential | £170 non-residential

At home or at work, the way we think about ourselves and communicate with others affects a fundamental aspect of our lives – human connection.

Develop ways of expressing the heart of your messages with power, and learn to hear the essence of other’s communication, instead of hearing blame and criticism.

This workshop introduces you to the concepts and tools of Nonviolent Communication (NVC) developed by Marshall Rosenberg. It will improve your best relationships and ease the conflicts and misunderstandings of your worst.

Tutors: Therese Bentley and Shona Cameron

FRI 8 – SUN 10 MAR

QUAKER COMMITTEE FOR CHRISTIAN AND INTERFAITH RELATIONS & WOODBROOKE JOINT CONFERENCE

45 places | £245 residential | £170 non-residential
Woodbrooke in partnership with QCCIR.

This conference will explore themes relating to Quaker engagement with ecumenical and interfaith matters and Friends relationships with other Christian Churches and faith groups. The focus for the weekend is being planned by QCCIR and Woodbrooke staff and more details will be available on the Woodbrooke website and in the full brochure available in the autumn. Details will also be sent to meetings via the clerks mailing.

Tutors: Members of QCCIR with Timothy Ashworth

MON 11 – WED 13 MAR

EXPLORING ELDRSHIP

20 places | £245 residential | £170 non-residential

This course will help those with responsibility for eldership in Quaker meetings gain a better understanding of the role and the confidence to do it. What does the role involve? What is the spiritual basis of eldership? How can elders respond to and nurture the spiritual life of the meeting? Participants will have the opportunity to explore the role and share experiences with others as well as looking at practical ideas and resources that will be of help. This course focuses on eldership in Britain Yearly Meeting but may also be of interest to Friends from other yearly meetings.

Tutors: led by two members of the eldership tutor team

MON 11 - WED 13 MAR

BEING A QUAKER TRUSTEE

18 places | £245 residential | £170 non-residential

Particularly suitable for new/less experienced Area Meeting trustees, or as a refresher. We will be factual and practical, but all we do will be underpinned by the spiritual question of what trusteeship means within Quakers? What does God require of us? What does the law require? What is considered good practice for Quakers and for charities? How do trustees, area and local meetings relate to each other? We aim to provide easy-to-understand information and enjoyable learning, to make trusteeship approachable and rewarding.

Tutors: led by two members of the trustees tutor team



THURS 14 - THURS 28 MAR

WRITING BRILLIANT ANNUAL REPORTS

Online course

£54 per person

This course involves a time commitment of approximately 1.5-2.5 hours per week.

This three-week online course is an interactive discussion space which will help participants to better understand the Charity Commission and Britain Yearly Meeting requirements for an area meeting trustees' annual report. You will consider the target audience and share ideas about how to produce the most useful document(s) possible. There will be exercises to try out as you prepare your 2018 report.

The course will be run as three *purely online* webinars from 7.00pm to 8.30pm on Thursday evenings, starting March 14th.

This course is intended for anyone involved in producing the annual report for an area meeting, including area meeting trustees, treasurers, and clerks. The course will be delivered through live seminars and although these will be recorded for later viewing you will get the most out of the course if you can attend them all, and if you have a webcam and microphone to join in the conversation.

Tutors: Martin Ford and James Bradbury



FRI 15 - SUN 17 MAR

THE SEARCH FOR THE DEEP SELF

16 places | £250 residential | £175 non-residential

The course will help people discover their deeper selves and what gives them meaning and purpose. It is based on stories of people finding insight into who they are and what their life is about. Stories are drawn from the well known and the not so well known eureka moments and slow dawns. All, however, are liberating and life-giving. By exploring these often intimate and moving stories, participants reflect on themselves – and are empowered to take further steps in their own lives.

Tutors: Deborah Ravetz and Chris Bemrose

FRI 15 - SUN 17 MAR

A FRIENDLY INTRODUCTION TO GENDER DIVERSITY

14 places | £245 residential | £170 non-residential

In recent years we may have become more aware of transgender people – in our meetings we may encounter a transgender newcomer seeking a spiritual home, a long-standing Friend may ‘come out’, or we might have a relative who is trans or non-binary. This weekend aims to demystify gender diversity by hearing personal stories. We will explore the distinctive role of our meetings in embracing the richness of gender diversity based on our testimonies to truth, equality and simplicity.

Tutors: Yvonne Wood, Fred Langridge and an accompanying elder

FRI 15 - SUN 17 MAR

TRANSFORMING THE WORLD

12 places | £245 residential | £170 non-residential

How can we, as Quakers, bring about non-violent, peaceful transformation in our meetings, in our families, in our workplaces, in our society, and in the world?

In this course, we will explore together how transformation starts and unfolds – and how we can make it happen. We will learn from Quaker history and experience, as well as from current creative approaches, to better understand our roles in bringing about transformation in line with our testimonies.

Tutors: Tracey Martin and Ivan Hutnik



FRI 22 - SUN 24 MAR

CHAPLAINCY RETREAT

12 places | £245 residential | £170 non-residential

This weekend retreat will provide the opportunity for Quaker chaplains working in any setting (prison, education, hospital or others) to reflect, relax and reconnect with our spiritual foundation. We will use a mix of creative listening, the labyrinth, journaling and a range of spiritual practices to provide opportunities to recharge our batteries and remind ourselves why we do this important work. This weekend is not a training event and may not be suitable for people with no chaplaincy experience.

Tutors: led by two members of the chaplaincy tutor team

FRI 22 - SUN 24 MAR

APPRECIATIVE INQUIRY IN QUAKER SETTINGS

14 places | £245 residential | £170 non-residential

Appreciative Inquiry (AI) is a strengths-based approach to development and change that is particularly relevant to Quaker principles and practice. This course provides basic training in AI, which will equip Friends with the understanding and skills to facilitate AI processes in their meetings or committees. It will be especially useful to Friends serving in roles, employed staff and any Friends with experience in leadership or facilitation wishing to develop their skills and learn a new approach to real issues.

Tutors: Zélie Gross and Rob Griffiths

FRI 22 - SUN 24 MAR

THE MEANING OF THE CROSS: VICTORY, LIBERATION, HEALING OR PUNISHMENT?

12 places | £245 residential | £170 non-residential

Many of us struggle with the Bible's sacrificial imagery and are troubled by the idea that God punishes Jesus for our sins. In this course we will explore alternative understandings of the cross drawing on the early Church, peace church traditions, theologies of liberation and the work of Rene Girard. Can we move beyond violent punishment and embrace a faith that in the words of James Nayler 'outlives all wrath and contention and wearies out all exaltation and cruelty'?

Tutor: Stuart Masters

TUES 26 – SUN 31 MAR

EU, BREXIT AND YOU

12 places

Woodbrooke working in partnership with Quaker Council for European Affairs (QCEA).

On 29 March 2019, the United Kingdom will leave the European Union after over 40 years of membership. This is an ideal time to reflect on European cooperation, and to come together to witness against the separation and isolationism which is on the rise across Europe.

That's why QCEA will organise its next **Study Tour in Brussels**, which is open to everyone. We hope to create a safe place where we can learn, express our feelings about what happens next, be responsive and consider the place we find ourselves in. Bookings will open later in the year but for more information or to register your interest – please contact martin.leng@qcea.org

Tutors: Andrew Lane and Maud Grainger

FRI 29 – SUN 31 MAR

TELLING OUR (DIGITAL) QUAKER STORIES

12 places | £245 residential | £170 non-residential

This course provides the opportunity to participate in a digital storytelling process to create a short film on the theme of 'Our Quaker stories'. Through participating in a supportive story circle you will prepare a short script and additional visual material to make your own two minute film. At the end of the weekend we will share our stories together and consider future possibilities for sharing them more widely. No specialised technical knowledge is required.

Tutors: Rosie Carnell and Matt Robson





Experience **SWARTHMOOR HALL**

Join Woodbrooke tutors at Swarthmoor Hall for the chance to explore the Quaker way of the past and the present.

Woodbrooke is working in partnership with Britain Yearly Meeting to offer opportunities to nurture your spirit, explore the roots of Quakerism and deepen your understanding of Quaker practices in the unique setting of Swarthmoor Hall.

Situated in the Lake District, Swarthmoor Hall is the 'hidden gem of Furness' and was the home of Judge Thomas Fell and Margaret Fell. Today its historic building and beautiful gardens are open to visitors with B&B accommodation, a café and shop on site as well as offering a variety of courses, retreats and pilgrimages.



2018 COURSES

3 September – 7 September 2018

TIME SET ASIDE: AN INDIVIDUALLY GUIDED SILENT RETREAT

12 places | £445 en suite | £310 non-residential

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 Annique. 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 Annique Seddon

14 September – 16 September 2018

EARLY CHRISTIANITY

12 places | £245 en suite | £170 non-residential

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.

Tutor: Timothy Ashworth

19 October – 21 October 2018

THE QUAKER JESUS: THE LIFE AND WRITINGS OF JAMES NAYLER

12 places | £245 en suite | £170 non-residential

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

HOW TO BOOK

Find out more about the courses below by visiting www.woodbrooke.org.uk/swarthmoorhall and to book visit www.swarthmoorhall.co.uk or call 01229 583204



COURSE INDEX

COURSES LISTED
BY THEME

Engagement in the World

Exploring and understanding Quaker testimony, and its various expressions amongst Friends, reflecting on how we can live out our faith in today's world and supporting Quaker witness and activism. We also offer learning on a wide range of themes that reflect current Quaker concern and witness.

Quakers and the 'Votes for Women' Campaign Fri 31 Aug – Sun 2 Sept	Page 14
Let Me Tell You a Story: storytelling Mon 3 – Thurs 6 Sept	Page 17
Transgress & Transcend: an exploration of gender and sex Fri 7 – Sun 9 Sept	Page 18
Getting to Know Made of Money Fri 21 – Sun 23 Sept	Page 23
How to be a Conscientious Objector Today Mon 24 – Wed 26 Sept	Page 24
Feminism, Quakers and Wonder Woman Fri 28 – Sun 30 Sept	Page 25
Forced Migration and Human Rights Mon 8 – Wed 10 Oct	Page 28
Quaker Women and Social Justice Mon 5 Nov – Sun 16 Dec	Page 34
Restorative Justice Mon 5 – Wed 7 Nov	Page 35
Faith in Food Fri 9 – Sun 11 Nov	Page 38
Be the Change Fri 21 – Sun 23 Dec	Page 41
What to do About Money Wed 23 Jan – Wed 20 Feb	Page 43
Critical Whiteness Fri 22 – Sun 24 Feb	Page 50
A Quaker Response to Animal Suffering Mon 4 Mar – Sun 14 Apr	Page 51
The Dance of Compassionate Communication Fri 8 – Sun 10 Mar	Page 53
Transforming the World Fri 15 – Sun 17 Mar	Page 55
EU, Brexit and You Tues 26 – Sun 31 Mar	Page 57

Experience of the Spirit

We offer a variety of courses and retreats to nurture, support and challenge individuals in their spiritual lives and to enable people to explore and understand a variety of personal and corporate spiritual practices, including the expression of spirituality through the creative arts.

Time Set Aside: an individually guided silent retreat Mon 3 Sept – Fri 7 Sept	Page 14
24 hours for Stillness: an Experiment with Light retreat Mon 3 – Tues 4 Sept	Page 14
A Taste of Life Writing for Transformation™ Mon 3 Sept – Fri 12 Oct	Page 15
Living the Heart of Christianity Mon 3 Sept – Fri 12 Oct	Page 15
Losing Sight of the Shore Mon 3 – Wed 5 Sept	Page 17
Light in our Lives: recasting our life's story Mon 17 – Wed 19 Sept	Page 23
Quaker Fellowship for Afterlife Studies Annual Conference Fri 21 – Sun 23 Sept	Page 23
Dancing with Words: life writing inspired by movement Wed 26 – Fri 28 Sept	Page 24
Walking with a Smile into the Dark Fri 19 – Sun 21 Oct	Page 31
Spiritual Practices for Every Day Mon 22 Oct – Fri 16 Nov	Page 31
A Spiritual Anthology: a toolkit for silence Mon 22 – Thurs 25 Oct	Page 32
Answering that of God Mon 29 – Wed 31 Oct	Page 33
Cinema and Spirituality: finding the sacred on the silver screen Fri 2 – Sun 4 Nov	Page 33
Exploring Quaker Spirituality Thurs 8 Nov – Thurs 13 Dec	Page 37
Silence in Circles: meditating to create mandalas Mon 12 – Wed 14 Nov	Page 39
How to Teach and Lead Meditation and Mindfulness Mon 19 – Wed 21 Nov	Page 41
Dances of Universal Peace Sun 30 Dec – Wed 2 Jan	Page 42
Clearing the Way Fri 11 – Sun 13 Jan	Page 42
Resting in Presence: an individually guided retreat Sun 3 – and up to Fri 8 Feb	Page 46
'Standing in the light and sitting in the dark' Fri 8 – Sun 10 Feb	Page 47
Time Set Aside: an individually guided silent retreat Mon 11 – Fri 15 Feb	Page 48
Deepening the Life of the Spirit: an online retreat Mon 11 Feb – Sun 24 Mar	Page 48
Exploring the Quaker Practice of Waiting in the Light Fri 15 – Sun 17 Feb	Page 49

Experience of the Spirit (continued)

Richard Rohr on Ego, 12 Steps, Mysticism and Growth Fri 15 – Sun 17 Feb	Page 49
Present Moment, Wonderful Moment Fri 22 – Sun 24 Feb	Page 49
T.S. Eliot: The heavy burden of the growing soul Mon 25 – Wed 27 Feb	Page 50
In Humility of Heart Mon 25 – Wed 27 Feb	Page 51
Nurturing Authentic Spirituality: a rule to live by Thurs 28 Feb – Sun 3 Mar	Page 51
Icon Painting as a Spiritual Practice Mon 4 – Fri 8 Mar	Page 52
The Search for the Deep Self Fri 15 – Sun 17 Mar	Page 55

Exploring the Living Quaker Tradition

Opportunities to discover and understand the faith and practice of Quakers from the 17th century to the present day. Exploring the history of Quakerism, its roots in the Christian tradition and the diversity of present-day Friends in Britain and around the world.

‘That your love may overflow’:

Paul’s letter to the Philippians | Wed 5 – Wed 26 Sept Page 17

Strength in Weakness: 18th Century Quaker women | Mon 10 – Wed 12 Sept Page 19

Early Christianity | Fri 14 – Sun 16 Sep Page 21

The History of the Hedge: Quakers and ‘the world’ | Wed 26 – Fri 28 Sept Page 24

Friends from the Start: exploring the early Quaker story | Mon 1 – Sun 28 Oct Page 25

‘Into the Actual Presence of God’: the letter to the Hebrews | Mon 8 – Thur 11 Oct Page 27

Early Quaker History: lives of seventeenth century Friends | Mon 15 – Wed 17 Oct Page 28

The Quaker Jesus: the life and writings of James Nayler | Fri 19 – Sun 21 Oct Page 29

Fire in the Bones: encountering the prophet Jeremiah | Fri 19 – Sun 21 Oct Page 31

The Theology of Quaker Testimony | Wed 24 Oct – Wed 28 Nov Page 32

■ On-Line course

Exploring the Living Quaker Tradition (continued)

The Early Christian Breakthrough Fri 2 – Sun 4 Nov	Page 34
Shalom: the peace that changes everything Fri 9 – Sun 11 Nov	Page 38
Bible Study for Quakers Mon 12 – Wed 14 Nov	Page 39
Thy Kingdom Come?- the Lord’s Prayer for Quakers Mon 26 – Wed 28 Nov	Page 41
Quakers and Jews Biennial Conference 2019 Thurs 10 – Fri 11 Jan	Page 42
Quakerism in 18th and 19th Century American literature Mon 14 Jan – Sun 24 Mar	Page 43
The Roots of the Quaker Way Tues 05 Feb – Tues 12 Mar	Page 47
QCCIR Conference Fri 8 – Sun 10 Mar	Page 53
The Meaning of the Cross Fri 22 – Sun 24 Mar	Page 56

Interfaith

Exploring the beliefs and practices of all faiths and links between Quakers and other faiths to deepen our understanding, further dialogue and foster mutual enrichment.

The Buddha and his Aunt: real women and female symbols Mon 24 – Wed 26 Sept	Page 24
Exploring Islamophobia Fri 26 – Sun 28 Oct	Page 33
Friends with a Dual Religious Identity Wed 14 – Fri 16 Nov	Page 39
A Pre-Christmas Retreat Thurs 20 – Sun 23 Dec	Page 41

Nurturing our Quaker Community

Deepening our understanding of what it means to be a Quaker today, as individuals, meetings and a wider Quaker community. Exploring faith, life practices and organisation of the contemporary Quaker community and supporting and nurturing Friends within that community.

A Friendly Introduction to the Quaker Way Fri 31 Aug – Sun 2 Sept	Page 14
Handling Conflict in our Meetings: a course for roles holders Fri 7 – Sun 9 Sept	Page 19
Threshing and Clearness Mon 10 – Wed 12 Sept	Page 19
Meeting for Worship for Business Mon 17 Sept – Sun 14 Oct	Page 22
Caring for One Another Mon 8 – Wed 10 Oct	Page 28
Facilitation & Leadership: for 15-21 year olds Fri 19 – Sun 21 Oct	Page 29
Friends to the End: accompanying dying Friends Mon 29 – Wed 31 Oct	Page 33
ALICE: a light-hearted introduction to confidence Wed 7 – Fri 9 No	Page 37
A Friendly Introduction to the Quaker Way Mon 28 Jan – Sun 10 Mar	Page 45
A Friendly Introduction to Membership Fri 1 – Sun 3 Feb	Page 46
Nurturing our Meetings Fri 15 – Sun 17 Feb	Page 49
Being an Inclusive Faith Community Fri 1 – Sun 3 Mar	Page 51
A Friendly Introduction to Gender Diversity Fri 15 – Sun 17 Mar	Page 55
Appreciative Inquiry in Quaker settings Fri 22 – Sun 24 Mar	Page 56
Telling Our (digital) Quaker Stories Fri 29 – Sun 31 Mar	Page 57

Training for Quaker Roles

Equipping and supporting those with various roles and responsibilities within Quaker meetings and organisations. This includes both practical training and exploration of the spiritual basis of the roles.

Exploring Quaker Chaplaincy Fri 7 – Sun 9 Sept	Page 18
Being a Quaker Trustee Fri 14 – Sun 16 Sept	Page 21
Eldership: our gifts in and to our community Fri 14 – Sun 16 Sept	Page 21
Oversight: our gifts in and to our community Fri 14 – Sun 16 Sept	Page 22
Fresh Approach to Nominations Mon 17 – Wed 19 Sept	Page 23
Being a Quaker Clerk Fri 28 – Sun 30 Sept	Page 25
Eldership and Oversight Mon 1 Oct – Fri 9 Nov	Page 27
Exploring Nominations Mon 8 – Wed 10 Oct	Page 27
Being a Quaker Clerk Mon 5 Nov – Sun 16 Dec	Page 35
Being an Area Meeting Treasurer Mon 5 – Wed 7 Nov	Page 35
Children and Young People’s Work Advocates Conference Fri 9 – Sun 11 Nov	Page 38
Area Meeting Clerks Conference Fri 16 – Sun 18 Nov	Page 39
Exploring Oversight Fri 25 – Sun 27 Jan	Page 44
Exploring Eldership Fri 25 – Sun 27 Jan	Page 44
Being a Quaker Trustee Fri 25 – Sun 27 Jan	Page 44
Being a Quaker Clerk: an online course for clerks around the world Mon 28 Jan – Sun 10 Mar	Page 45
Exploring Quaker Nominations Fri 8 – Sun 10 Feb	Page 47
Being a Quaker Clerk Fri 8 – Sun 10 Feb	Page 48
Being a Quaker Treasurer Mon 25 – Wed 27 Feb	Page 50
Being a Quaker Clerk Mon 4 – Wed 6 Mar	Page 52
Exploring Eldership Mon 11 – Wed 13 Mar	Page 53
Being a Quaker Trustee Mon 11 – Wed 13 Mar	Page 54
Writing Brilliant Annual Reports Thurs 14 – Thurs 28 Mar	Page 54
Chaplaincy Retreat Fri 22 – Sun 24 Mar	Page 56



Travel directions

Woodbrooke is based in Selly Oak – around five miles south of Birmingham city centre. Woodbrooke is well served by public transport, but if travelling by car we have car parking available.

BY BUS

You can catch a number 63 bus from Birmingham New Street station to Woodbrooke. The bus stop for the 63 is located near to Boots on St. Martins Queensway, Stop NS3. Once on the bus, ask the driver for the ‘Witherford Way’ stop. After passing through Selly Oak, you will pass the Christian Life Centre (on your left). The Woodbrooke stop is the one after the stop at George Cadbury Hall. Get up to get off the bus as it begins to go down the hill. Buses accept the exact fare only so please have plenty of change with you.

BY COACH

National Express coaches terminate at Digbeth Coach Station in Birmingham, a 10-15 minute walk from New Street from where you can travel by bus, taxi or train.

RAIL OR TAXI

Trains arrive into Birmingham New Street, Moor Street and Snow Hill stations. From New Street Station you can catch a taxi. Ask a member of station staff to point you in the direction of the nearest taxi rank.

Local trains from New Street to Selly Oak take about 10 minutes. From Selly Oak station it is a short bus ride on the 63 or walking will take about 20–25 minutes. If you choose to travel onwards by taxi, you will need to pre-book one to travel from Selly Oak station.

Call TOA Taxis on 0121 427 8888 or request a taxi using your smartphone.

BY ROAD

Woodbrooke is accessible from the A38 Bristol Road.

If you are travelling south (from Birmingham city centre towards Longbridge): travel through Selly Oak. Continue straight ahead and when the road slopes downhill, carry on past Fircroft College on your left. Woodbrooke is on the left shortly afterwards.

If you are travelling north on the A38 (towards Birmingham city centre): after leaving Northfield, continue straight ahead. When you pass under a footbridge, look out for Woodbrooke 200 yards on the right, on the opposite side of the carriageway. Go further up the hill and do a U-turn through the next

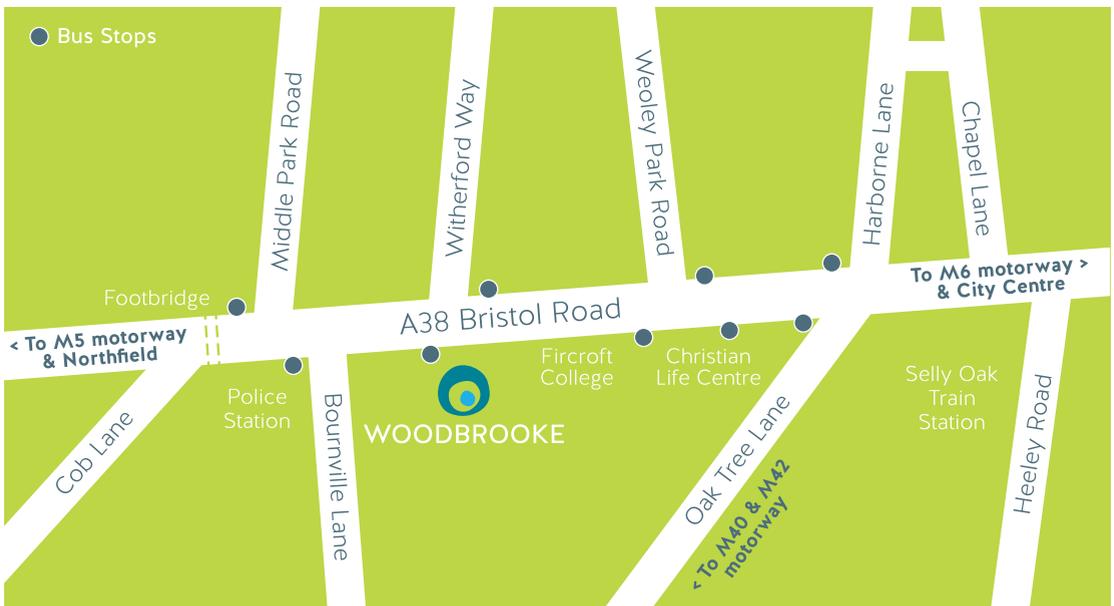
gap (as signposted) to come back down the hill to the Woodbrooke entrance.

TO GET TO THE A38

From the M6 – take Junction 6 and head towards the M38 Aston Expressway which will turn into the A38 Bristol Road. Continue for around five miles.

From the M40 – join the M42, exiting the M42 at Junction 2. Take the A441 towards Birmingham (signposted Cadbury World). After six miles, turn left onto the A38 Bristol Road. Woodbrooke is on the left after Fircroft College.

From the M5 Junction 4 – take the A38 (travelling north) for approximately six miles.





Learning and Accessibility

At Woodbrooke we aim to provide inclusive, participatory learning that recognises and affirms the diverse gifts of all in the community. We all have needs in relation to our learning and our tutors work to ensure all are able to participate in ways suitable for them and the course. We are aware that some people may have particular requirements that need to be met in order to enable them to come to Woodbrooke and to participate in courses (e.g. being a wheelchair user and needing a ground floor bedroom or needing course material/handouts provided in a particular format).

We understand that the way that different needs impact on someone's life varies greatly between individuals. We especially understand that if the needs are well managed, asking further questions might feel intrusive. We ask for information about your requirements so we can work with you to ensure that the necessary provision is in place for you to participate as fully as possible in your chosen course. We are guided in this by equality legislation and by our Quaker commitment to equality. This information will be shared with relevant staff and course tutors. Sometimes it is helpful for staff or tutors to be able to contact participants to discuss their requirements and how these can best be supported.

If you have access or communications requirements, please let us know when booking or as soon as possible, preferably at least three weeks before your course. In our experience this gives us a better chance of meeting your requirements. We will try our best to meet all access and communications requests through reasonable adjustments and/or the provision of additional aids or equipment. Whether we can meet your needs will depend on the exact nature of your request, and we will work with you to find the best way of you being able to participate as fully as possible.

Woodbrooke has hearing loops, ramps, scooters, a wheelchair lift, stair lifts and specially-fitted bathrooms, toilets and bedrooms.

If you need to be accompanied by a carer for you or your child so you can participate in a course, Woodbrooke will provide the carer with free accommodation and meals for the duration of your course.

Please contact us to discuss any specific requirements or if you would like further information.

How to book

Book online at: www.woodbrooke.org.uk/learn

Fill in and return the booking form opposite – you can download further forms from www.woodbrooke.org.uk/booking

HOW TO PAY

If you are booking online you must pay in full at the time of booking by credit or debit card or, if your meeting is paying, ask for an invoice to be sent to the treasurer.

If you are booking using a form you can pay in the following ways:

- If you wish to pay by cheque, you must pay in full at the time of booking.
- If your meeting is paying, please ask for an invoice to be sent to the treasurer when you book.
- If you wish to pay by credit or debit card, we require a minimum payment of 20% of the course fee at the time of booking. This is done by emailing a secure payment link once we have received your form. The balance will be due by 7am, 21 days prior to the event, and will be automatically charged to your card at that point. We will credit your booking with any bursaries or discounts before this.

WHEN TO BOOK

Please book as soon as possible. We encourage early booking to maximise the chances of a course running. Unfortunately, we occasionally have to cancel courses. Decisions about the viability of a course are usually made three to four weeks before the start of a course.

COURSE START AND FINISH TIMES

Courses at Woodbrooke begin at 6.15pm, with an evening meal, and end with lunch on the last day unless there are different timings given in the individual course details.

CANCELLATION

If Woodbrooke cancels a course you are booked on you will receive a full refund. If you cancel your place on a course we offer refunds as follows:

Onsite Courses

- If you notify us of a cancellation by 7am on the 56th day (8 weeks) prior to the event, you will receive a full refund.

- If you notify us of a cancellation at any time between 7am on the 56th day (8 weeks) and 7am on the 21st day (3 weeks) prior to the event, we will retain 20% and refund any remaining money paid.
- For any cancellations notified after 7am on the 21st day (3 weeks) prior to the event, no refunds will be issued.

Online Courses

- If you notify us of a cancellation before 7am on the 42nd day (6 weeks) prior to the event, you will receive a full refund.
- If you notify us of a cancellation at any time between 7am on the 42nd day (6 weeks) and 7am on the 7th day (1 week) prior to the event we will retain 20% and refund any remaining money.
- For any cancellations notified after 7am on the 7th day (1 week) prior to the event, no refunds will be issued.

Change of content or tutor: We make every effort to run courses as advertised. However, there may be occasions when we have to change course content and/or tutors. Woodbrooke reserves the right to make these changes. In such instances, no reductions or refunds are available and the normal Cancellation Policy applies.

Insurance: We recommend that you consider taking out cancellation insurance to provide cover in the event of having to have to cancel your booking due to unforeseen circumstances. Woodbrooke is not able to recommend an insurance provider.

Cooling off period: if you cancel your booking within fourteen days of receiving confirmation of your booking from us you are entitled to a full refund under consumer protection regulations.

Accommodation only bookings: You can cancel your booking up to 7am on the day of arrival without any charge. Cancellations made after this will incur a charge for the first night.

The information in this brochure is correct at the time of printing and may be subject to change. For the latest information and our full terms and conditions see www.woodbrooke.org.uk.

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
Postcode
Tel. Day
Evening
Email address

Contact and Consent: Here at Woodbrooke we take your privacy seriously and will never share or sell your details for marketing purposes. However from time to time we would like to contact you with details of other courses and news regarding Woodbrooke fundraising, research, accommodation and meeting facilities.

You may contact me by
 Post Email Telephone SMS

You can find Woodbrooke's full Terms and Conditions and Privacy Policy at www.woodbrooke.org.uk/privacy-policy. You can opt out at any time, to do this please email mydata@woodbrooke.org.uk

Are you associated with the Religious Society of Friends (Quakers?) Yes No

If yes, what is the name of your local and Area meeting/ worshipping group?

We would like to send your course information by email rather than 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**:

Dietary requirements:

<input type="checkbox"/> None	<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Veg/Fish
<input type="checkbox"/> Vegan	<input type="checkbox"/> Non-dairy	<input type="checkbox"/> Diabetic
<input type="checkbox"/> Gluten Free	<input type="checkbox"/> Low Fat	

Intolerances/Allergies:

Is this your **first course** at Woodbrooke?

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 attended a Woodbrooke course and have since changed your name or address, please let us have your previous details:

First Name(s)
Last name
Address
Postcode

Data protection: for course administration, Woodbrooke process data in order to offer services to our customers. We ensure all personal information supplied is held in accordance with EU General Data Protection Regulation and UK Data Protection legislation. We will not keep this information for longer than necessary.



Access

Do you have any access or communications requirements in relation to the building?

Sight Mobility Hearing Other

Please give details:

Do you have any access or communications requirements in relation to the course?

Sight Mobility Hearing Other

Please give details:

Please see page 71 for our commitment to learning and accessibility.

Accommodation

Would you like a residential place? Yes No

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

Special offers and bursaries

We would like to make coming to Woodbrooke as accessible as possible. We encourage you to speak to us if you would like to discuss bursaries and special offers.

I would like to claim one of the following special offers

- First-timers' £50 discount
- Young Friends' 50% discount

Bursaries and financial support

- Please let me know about financial support from Woodbrooke

For more details and to see the full terms and conditions, see www.woodbrooke.org.uk/offers

Payment Details

All cheques payable to Woodbrooke

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

- Full payment is enclosed (payable to Woodbrooke)
- Please send an invoice to the Treasurer

Treasurer's name

Treasurers email address

It is the participant's responsibility to ensure Woodbrooke gets payment before the course.

2. I am paying myself

- I am sending a cheque (payable to Woodbrooke) for the full amount.
- I would like to pay by credit/debit card. We will send you a link to pay on a secure website. We require a minimum payment of 20% of the course fee at the time of booking*. The balance will be due by 7am, 21 days prior to the event, and will be automatically charged to your card at that point.

*Refundable subject to our cancellation policy (see page 72 or online at www.woodbrooke.org.uk/terms-conditions)

Please fill in the details below

Course fee: £

Donation: £

Total Payment: £

- I want to Gift Aid* my donation

Signature

Date

*If you have boosted your donation with Gift Aid via the booking form, please notify Woodbrooke if you

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains.

If you pay income tax at the higher or additional rate and want to receive the additional tax due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue & Customs to adjust your tax code.

RETURN TO WOODBROOKE, 1046 BRISTOL ROAD BIRMINGHAM, B29 6LJ



WOODBROOKE IS MANY THINGS TO MANY PEOPLE

Our Quaker-based learning nurtures, enthuses and informs; our inspiring venue in Birmingham offers space for meeting or just for staying.

Woodbrooke offers opportunities for learning:

- Through courses we run at our centre in Birmingham, and at other venues such as Swarthmoor Hall.
- Through our On-the-Road programme which brings our experienced tutors to you in your area.
- Via online courses and webinars.

Woodbrooke's centre in Selly Oak, a Grade II listed Georgian manor house with 60 bedrooms and 9 meeting rooms could be the perfect venue for your next meeting or conference and as a base to stay for visitors to Birmingham.

For more information about Woodbrooke visit our website:

woodbrooke.org.uk

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1046 Bristol Road,
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F +44 (0)121 472 5173

enquiries@woodbrooke.org.uk

woodbrooke.org.uk

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WOODBROOKE
MEET • STAY • LEARN



MIX
Paper from
responsible sources
FSC® C005094