

EVENTS AT ST ETHELWOLD'S

TELL THEM A STORY

8 two-hour sessions from 7pm-9pm on Wednesdays starting on 3rd February 2010

Peter Hearn – local author, poet and professional storyteller will teach you how to tell a good story. During the series you will learn:

- The nature and magic of story.
- Where to find stories.
- How to make those stories your own.
- How to tell those stories.

You will practice your 'telling' at each session, and complete the course by 'telling' to an invited audience of friends and family. You will be a story-teller!

Ideal for parents, teachers, librarians, care workers, preachers...anyone interested in the telling of a story and the preservation and practice of an ancient craft.

Cost £75 for the complete course, payable only if you enjoy the first session and come back for more! It will be fun.

Further information and booking contact **Peter Hearn on 01235 820699 or email : peterhearn@beltainestories.co.uk**

ABINGDON ARTISTS SPRING EXHIBITION

From 20th -27th March 2010 daily from 10am – 5pm. Entry free.

Further information from **Dawn Wright on 01235 526252**

COURSES AND GROUPS AT ST ETHELWOLD'S

INTRODUCTORY T'AI CHI AND CHI KUNG

Wednesdays from 6.30pm – 7.30pm on 10th, 17th, 24th February and 3rd, 10th March (5 sessions)
Thursdays from 2pm – 3pm on 11th, 18th, 25th February and 4th, 11th March (5 sessions)

For more information please contact:
Jennie Sapsford on 0845 057 9392

YOGA CLASSES

Mondays (Beginners) from 6.30pm – 7.30pm starting 19th January for 10 weeks.
Tuesdays (Mixed Ability) from 7pm – 8pm starting 20th January for 10 weeks.

£7 per lesson.

For more information contact: **Sophie Christopher on 01235 529266 or sustainable.ecoplanning@yahoo.com**

MEDITATION CIRCLE

Wednesdays from 7.30pm – 8.30pm on 13th January, 10th February, 10th March, 14th April.

Guided meditation open to all seeking relaxation. Beginners welcome. £5 per session.

For more information contact **Pauline Dewhurst on 07821 013684 or pdewhurst@smeguk.com**

MEDITATION IN THE SANCTUARY

Mondays at 8pm starting 4th January
Contact **Tony Hicks on 07910 407237**

MIND WOMEN'S WELLBEING GROUP

Thursdays from 6pm-8pm starting 7th January

For more information contact **Lorraine Collis on 01235 770411**

CARBON CUTTERS

Wednesdays from 7.30pm – 9.30pm on 20th January, 17th February, 17th March, 21st April

Wednesday 20th January - How to Green Your Home

Philip Waddy, local eco-architect.

Wednesday 17th February - How to Farm for the Future

We will watch "A Farm for the Future" and discuss permaculture with an expert.

Wednesday 17th March How to start a Veg Plot

Robert Longstaff to talk on vegetable growing in a garden or allotment, for beginners.

Wednesday 21st April – details to follow

For more information please contact **Sally Reynolds on 01235 526265**

ABINGDON SPIRITUALITY GROUP

Tuesdays at 7.30pm on 12th January, 9th February, 9th March, 13th April.

For more information please contact **Pauline Sykes on 01235 523492**

SHARE-A-POEM

Tuesdays at 7.30pm on 19th Jan, 16th Feb, 16th March, 20th April

The meetings will take place in the Hearth. (Meetings for the rest of the year will be on the third Tuesday of the month, except August and December.)

For more information please contact **Pauline Sykes 01235 523492**

REAL RELAXATION WORKSHOPS

Sundays from 10am – 1pm on 31st January, 21st February, 28th March, 25th April

Using the gentle art of Chi Gung, these movement workshops will help to reduce stress and promote relaxation and well being.

10 places available. Booking essential, £10 entry. To enquire or book, please contact **Paul Eagles on 07737 870762 or livinginstruments@gmail.com** (further workshops will take place in May and June)

ONE-DAY YOGA WORKSHOP: CHAKRAS

Saturday 24th April 2010 from 10am – 3.30pm. £49 including vegetarian lunch, hot and cold drinks.

This day of yoga further explores the Chakras or energy system. The workshop is open to all levels of ability and experience of yoga. Hatha Yoga teacher Hazel Faithfull teaches locally and regularly offers days with us.

For full details or to book please call **07931 743 785 or oxford.yoga@yahoo.co.uk.**

FUNCTION ROOM HIRE

Our Function rooms provide the ideal venue for meetings, workshops, weekend retreats and private functions. They are available for one-off and regular hire.

We would be pleased to show you around St Ethelwold's and discuss your requirements.

Please call 01235 555486

Function room hire charges:

The Garden Room / The Hearth

Capacity 25 people per room
£25 per part day, e.g. 7-10pm (negotiable for regular booking)

The Sanctuary

£10 per hour

A non-returnable deposit of £10 is to be made on each room booking. Full payment is required a minimum of 1 week before the event is due to run.

To book, please call 01235 555486

BED AND BREAKFAST

We have a range of comfortable single, double and twin rooms, a family room and a self contained flat. **Prices from £37 per night**

Contact us on 01235 555486 or ethelwoldhouse@btinternet.com.

For further information please visit:
www.abingdonbedandbreakfast.com

SPRING 2010 Programme of Events

January – April 2010



St. Ethelwold's House

30 East St Helen Street,

Abingdon OX14 5EB

01235 555486

ethelwoldhouse@btinternet.com

www.ethelwoldhouse.org.uk

www.abingdonbedandbreakfast.com

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