

## EVENTS AT ST ETHELWOLD'S

### JESUS AND THE POWER OF NOW

**Six Tuesday evenings starting 4th May 7.30pm**

This series led by Adrian Rance, who has a long standing interest in contemplative Christianity, will explore Jesus and his teaching from the understanding that the teachings of the Kingdom of God are an invitation for each person to awaken to his or her true identity as being one with God.

Suggested fee £5 per evening on the door.

For further information email  
**adrian.b.rance@btinternet.com**

### OXFORDSHIRE ARTWEEKS FESTIVAL

**15th - 23<sup>rd</sup> May 11am - 5pm**

As part of The Oxfordshire Artist's Festival, The East St Helens Group of artists will be exhibiting at St Ethelwold's House from **15th - 23<sup>rd</sup> May**. Exhibition open daily 11am - 5pm. Teas available on Sunday.

For further information please contact **Liese Cattle** on **01235 524 307** or **the.cattles@btinternet.com**

### YOGA AND CHAKRAS

**Saturday 3 June 2010 10am - 3.30pm**

A days' yoga with breath, moving and relaxation. Working with the unseen body to deepen our yoga and understanding. £45 includes lunch.

For further details & booking please call **Hazel** on **07931 743 785** or **www.hazelfaithfull.co.uk**

### COUNTY HALL & MUSEUM FUNDRAISER

**Saturday 10<sup>th</sup> July 10am-1pm**

As part of an event to raise money towards the refurbishment of the Abingdon County Hall & Museum St Ethelwold's garden will be open.

### INTER FAITH BARBEQUE LUNCH

**Sunday 18<sup>th</sup> July**

An enjoyable opportunity for local people of all faiths and none to meet. Salads & sweets to be provided by willing volunteers.

Please contact **Susie Howard** on **01235 533278** if you are able to contribute. £5 minimum entry to cover costs.

### YOGA AS MEDITATION

**Saturday 7 August 2010 10am -3.30pm**

A day of flowing yoga and stillness. Explore the different techniques from breath awareness to using imagery and sound as meditation. £45 includes lunch

For further details & booking please call **Hazel** on **07931 743 785** or **www.hazelfaithfull.co.uk**

## COMING UP IN SEPTEMBER....

### **DEPRESSION, COMPASSIONATE COMMUNICATION AND ACCESSING EMPATHY - 1st-5th September**

Learn a practical process to support yourself and others through the experience of depression

This course will introduce the Nonviolent Communication (NVC) process in a practical and enjoyable way before building on the tools and concepts to help break patterns of thinking that lead to depression, guilt and anger. Participants will develop skills to identify the self-talk that helps trigger depression and learn to communicate more effectively in challenging situations (including conflict).

For more info and booking options contact:  
**lauraharvey@sharedspace.org.uk** 07986 581952 **www.sharedspace.org.uk**

## COURSES & GROUPS AT ST ETHELWOLD'S

### CHRISTIAN MEDITATION GROUP

Meditation is the way of prayer beyond words. It is the way to be open to the transcendent reality beyond all that we see. Meditation is found in all the main religious traditions as a way to wisdom, understanding, peace and inner strength. There is an ancient Christian tradition of meditation and you are invited to come to experience this for yourself. Full support and encouragement is given to people new to meditation.

Fridays at 12.15pm, starting 16<sup>th</sup> April. For further information please contact **Adrian Rance** on **adrian.b.rance@btinternet.com**

### MEDITATION CIRCLE

Wednesday 12<sup>th</sup> May 7.45 - 8.45pm, £5  
Guided meditation open to all seeking relaxation. Beginners welcome. For more information contact **Pauline Dewhirst** on **07821 013684** or **pdewhirst@smeguk.com**

### MEDITATION IN THE SANCTUARY

Mondays from 8-9pm. Please contact **Tony Hicks** on **07910 407237**

### MIND WOMEN'S WELLBEING GROUP

Thursdays 6pm -8pm. For more information contact **Lorraine Collis** on **01235 770411**

### CARBON CUTTERS

Abingdon Carbon Cutters continues their series of meetings on how to help reduce the carbon footprint of Abingdon. All welcome.

Wednesdays from 7.30pm – 9.30pm on 19th May, 16th June, 21st July. For more information please contact **Sally Reynolds** on **01235 526265**

### **MOSTLY BOOKS - BOOK GROUP**

Mostly Books Wednesday book group has grown so much that we now meet at St Ethelwold's on the **first Wednesday of every month at 7.30pm.**

We discuss a book chosen by members to keep us all up to date with all the latest and best reading around. For more information please visit [www.mostlybooks.co.uk](http://www.mostlybooks.co.uk).

### **ABINGDON SPIRITUALITY GROUP**

Tuesdays at 7.30pm on 11<sup>th</sup> May, 8<sup>th</sup> June and 13<sup>th</sup> July. For more information please contact **Pauline Sykes on 01235 523492**

### **YOGA CLASSES**

Mondays (Beginners) from 6.30 – 7.30pm starting 12<sup>th</sup> April for 10 weeks. £7 per lesson  
Tuesdays (Mixed Ability) from 7- 8pm & then 8-8.30pm starting 20<sup>th</sup> April for 10 weeks. £7 per lesson  
For more information contact Sophie Christopher on 01235 529266, [sustainable.ecoplanning@yahoo.com](mailto:sustainable.ecoplanning@yahoo.com)

### **INTRODUCTORY T'AI CHI & CHI KUNG**

Wednesdays from 6.30pm – 7.30pm on 21<sup>st</sup>, 28<sup>th</sup> April and 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> May (6 sessions)  
Thursdays from 2pm – 3pm on 29<sup>th</sup> April and 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> May 2010 (5 sessions)  
For more information please contact **Jennie Sapsford on 07713 637742**

### **MIDSUMMER T'AI CHI**

Wednesday 23<sup>rd</sup> June 6.30-7.30pm  
Thursday 24<sup>th</sup> June 2-3pm  
For more information please contact **Jennie Sapsford on 07713 637742**

### **SHARE-A-POEM**

Tuesdays in the Hearth at 7.30pm on 18<sup>th</sup> May, 15<sup>th</sup> June and 20<sup>th</sup> July. For more information please contact **Pauline Sykes 01235 523492**

## **ST ETHELWOLD'S HOUSE**

The house itself can provide....

### **MEETING ROOM HIRE**

Our Meeting rooms provide the ideal venue for meetings, workshops, weekend retreats and private functions.

They are available for one-off and regular hire at the rates of £10 per hour, £25 half day, £60 whole day

We would be pleased to show you around and discuss your requirements.

### **BED AND BREAKFAST**

We have a range of homely and comfortable single, double and twin rooms, a family room and a self contained flat. Prices start from £41 per night.

### **GARDENING OPPORTUNITIES**

St Ethelwold's House always needs gardening volunteers to help manage and maintain the garden. Any contribution at anytime is greatly appreciated. Please ring or email for further information.

For further information on meeting rooms, B&B or volunteering opportunities please contact us on:  
**01235 555486 or**  
**[ethelwoldhouse@btinternet.com](mailto:ethelwoldhouse@btinternet.com)**

# **SUMMER 2010**

## **Programme of Events**

### **May - August 2010**



## **St. Ethelwold's House**

30 East St Helen Street,

Abingdon OX14 5EB

01235 555486

[ethelwoldhouse@btinternet.com](mailto:ethelwoldhouse@btinternet.com)

[www.ethelwoldhouse.org.uk](http://www.ethelwoldhouse.org.uk)

[www.ethelwoldhouse.co.uk](http://www.ethelwoldhouse.co.uk)

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