

THE WORLD COMMUNITY FOR CHRISTIAN  
MEDITATION IN THE SOUTHWEST  
2021 RETREAT



**Simplicity of Heart and  
Gentleness of Spirit**

**Speaker: Liz Watson**

Friday 24th Sept. - Sunday 26<sup>th</sup> Sept. 2021

At the Ammerdown Centre,  
Radstock, Somerset BA3 5SW



## **Simplicity of Heart and Gentleness of Spirit**

Liz Watson offers this phrase of Laurence Freeman's as the theme for our retreat. She notes that it rings true, even though simplicity and gentleness are not usually held up to us as important virtues, keys to success, or central components of well-being.

But maybe success and well-being are not the real goals of life anyway. Maybe there is something even more fundamental, which the simplicity of meditation gently reveals to us.

Liz has been a member of WCCM for nearly thirty years and has had a variety of roles over that time, including UK National Coordinator. These days she leads meditation groups and meditation retreats, does some speaking, writing and recording and offers spiritual direction. She has recently moved from London to Cornwall and is interested to discover how life will evolve in a new place after lockdown. Will it be simpler and gentler?

**The retreat** is an opportunity to deepen our meditation practice. Accordingly, central to the retreat will be several periods of meditation, and one period of lectio divina. To be further open to the presence of God we will be silent from Friday night until supper on Saturday...but there will also be times to discuss and to relax.

**Venue** The Ammerdown Centre is a Christian foundation dedicated to hospitality, spirituality and growth. It is located alongside a stately home, surrounded by gardens, parkland, and woods - steeped in tranquillity. The loudest noise is that of birdsong. There is plenty of scope for strolls and longer walks. The Centre has a beautiful chapel, a well-deserved reputation for good food, and a bar which will be open on Saturday evening.

Ammerdown is located 12 miles south of Bath. We will send directions to you prior to the retreat, but guidance is available at [www.ammerdown.org](http://www.ammerdown.org) (click on find us)

## Accommodation

Ammerdown has well-appointed modern bedrooms with ensuite facilities, situated on the first floor. There is a lift. The rooms are a mix of double, twin-bedded and single. Sharing a room will attract a £10 per head discount but this year a shared room can only be booked if you are a couple forming a bubble.

There are three "accessible" rooms, two of which are on the ground floor, one with a toilet and bath for the disabled.

On site camping (informal) and caravanning are possible.

## Costs

The standard cost for the weekend is £216 per person. A shared room is £206. Caravanners and campers £138.

Way outside your budget? Well, we can help. **We want all to come who wish to do so, irrespective of means.** We have a fund to enable substantial concessions for those who need them. Please do contact John to discuss.

## Booking

Please use the booking form.

Places will be allocated on a first come, first served basis once John has received your deposit of £25 per person. John will acknowledge your booking. Joining and travel guidance will be sent to you later.

Please send to John the balance of your fee by August 1<sup>st</sup>. **We cannot refund any money after that date unless we can find someone else to take your place.**

Enquiries to:

**John Roberts, Sanctuary Cottage,  
Newtown Lane, West Pennard,  
Glastonbury BA6 8NL  
01458 832704  
[john.wilcott@gmail.com](mailto:john.wilcott@gmail.com)**

**WCCM SOUTH WEST MEDITATION RETREAT**  
**The Ammerdown Centre, Radstock, Bath BA3 5SW**  
**Friday 24 September - Sunday 27 September 2021**

**Booking Form**

Name \_\_\_\_\_ Title (Rev.Mr.Ms..Etc) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_

Tel. No. \_\_\_\_\_

**Room requirements** – please tick as appropriate:

For single bookings [ ] £216 per person. You will be allocated a single room or a two person room for single occupancy.

]

If you are booking to share a twin room (£206 per person) tick here [ ]

If you have agreed to share with someone, state his/her name.....

Are you both part of the same bubble? Y/N

For couples booking a double-bedded room [ ] £206 per person

Disabled room [ ] Easy access room [ ] £216 per person

Camping place [ ] Caravan place [ ] £ 138 per person

**Food for special diets** has to be pre-ordered. To do so please tick the appropriate box below:

Vegetarian [ ] Vegan [ ] Dairy Free [ ] Gluten Free [ ] Wheat Free [ ]

Ammerdown will do its best to cater for these special diets at no extra charge. However, there may be a charge for diets it considers highly complex.

**Summary of Payment Details:**

A deposit of £25 per person is payable with the booking form, non-refundable after 1st August, unless we can fill your place. The balance is due by 1st August - please make a diary note to make this payment.

If you wish to donate (say, £20) to the bursary fund to enable others to come, please tick here [ ] and include the donation with your initial payment.

Please return your completed form to: John Roberts, Sanctuary Cottage, Newtown Lane, West Pennard, Glastonbury BA6 8NL 01458 832704 [john.wilcott@gmail.com](mailto:john.wilcott@gmail.com)

Enclose a cheque, payable to WCCM South West Retreats **or** you can pay by bank transfer, to WCCM South West Retreats, sort code 089299 account no. 65786796, indicating here [ ] that you are doing so.

An online booking form is available please contact John