



**WCCM**  
IN THE UK

## SOUTHWEST 2023 RETREAT



**Metanoia: Let your minds be remade**

**Speaker: Canon Patrick Woodhouse**

Friday 22nd Sept. - Sunday 24<sup>th</sup> Sept. 2023

At the Ammerdown Centre,  
Radstock, Somerset BA3 5SW

# Metanoia : Let your minds be remade

In his letter to the Christian community in Rome, St Paul appealed to his readers "not to be conformed to this world, but to be transformed by the renewing of your minds." And in his letter to the Corinthians he wrote: 'If anyone is in Christ, there is a new creation ... the old has passed away, behold the new has come!'

Over this weekend, and against the background of our very damaged and disturbing contemporary world, we shall explore what it might mean to 'let our minds be remade'. What could these extraordinary far-reaching words mean - in our own experience? And what role does the practice of meditation play in this process of 'metanoia' - this process of 'remaking'?

Between the talks there will be times of silence and meditation as well as opportunity to explore the gardens and space that Ammerdown offers.

**Patrick Woodhouse** is an Anglican Priest and the author of several books, and a regular speaker at WCCM events. Most recently, he has published *Etty Hillesum, a Life Transformed*, and *Life in the Psalms, Contemporary Meaning in Ancient Texts* (Both by Bloomsbury.) He lives with his wife Sam in Somerset.

**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)

## 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.

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 £279 per person. A shared room is £269. Caravanners and campers £199.

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**

**07970 039007**

[john.wilcott@gmail.com](mailto:john.wilcott@gmail.com)

**WCCM SOUTH WEST MEDITATION RETREAT**  
**The Ammerdown Centre, Radstock, Bath BA3 5SW**  
**Friday 22nd September - Sunday 24th September 2023**

**Booking Form**

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

Address \_\_\_\_\_

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

Email \_\_\_\_\_

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

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

For single bookings [ ] £279 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 (£269) per person) tick here [ ]

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

For couples booking a double-bedded room [ ] £269 per person

Disabled room [ ] Easy access room [ ] £279 per person

Camping place [ ] Caravan place [ ] £ 199 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, Tel :07970 039007 email [john.wilcott@gmail.com](mailto:john.wilcott@gmail.com)  
**Paying by Bank Transfer (BACs)** is the preferred method of payment details: WCCM South West Retreats, sort code 089299 account no. 65786796, indicating here [ ] that you are doing so. Or you may prefer to by cheque, made payable to WCCM South West Retreats  
An online booking form is available please contact John