



WCCM
IN THE UK

SOUTHWEST 2025 RETREAT



'Waking up to Who We Are:

From Separation to Union'

Chris Collingwood, Canon Emeritus of York
Minster and an authorised Zen teacher

Friday 19th Sept. - Sunday 21nd Sept. 2025

At the Ammerdown Centre,
Radstock, Somerset BA3 5SW

'Waking up to Who We Are: From Separation to Union'

There comes a time when most of us realise that our problems and difficulties in life can be traced to one false belief: that we are separate, independent, isolated individuals. The spiritual path opens up before us when we begin to see that spiritual practice, especially meditation, enables us to discover who we really are, and that we are beings in unbreakable communion with one another and with all that is. This retreat will provide the opportunity to experience this directly through the practice of meditation and living in community and by drawing on the wisdom of Christianity and Zen, in particular the parables of Jesus and Zen koans.

Chris Collingwood is an Anglican priest and is Canon Emeritus of York Minster, where he was Canon Chancellor until his retirement in August 2020. Chris leads the UK-based Wild Goose Zen Sangha, which consists of a number of Zen groups in England and Scotland. In demand as a spiritual director and retreat leader, Chris is the author of *Zen Wisdom for Christians* (2019), reviewed in the *Church Times* as a 'beautifully written book.'

The retreat is an opportunity to deepen our meditation practice.

We welcome experienced meditators and newcomers alike. There is an introduction to the Christian meditation practice at the beginning of the weekend. 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

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 £285 per person. A shared room is £275. Caravanners and campers £205.

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. If you could pay by BACs, it would be appreciated as it considerably reduces admin. Joining and travel guidance will be sent to you later.

Please send to John the balance of your fee by August 1st. **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

WCCM SOUTH WEST MEDITATION RETREAT
The Ammerdown Centre, Radstock, Bath BA3 5SW
Friday 19th September - Sunday 21st September 2024

Booking Form

Name _____ Title (Rev.Mr.Ms..Etc) _____

Address _____

_____ Postcode _____

Email _____

Tel. No. _____

Room requirements – please tick as appropriate:

For single bookings [] £285 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 (£275) per person) tick here []
If you have agreed to share with someone, state his/her name.....

For couples booking a double-bedded room [] £275 per person

Disabled room [] Easy access room [] £285 per person

Camping place [] Caravan place [] £ 205 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

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