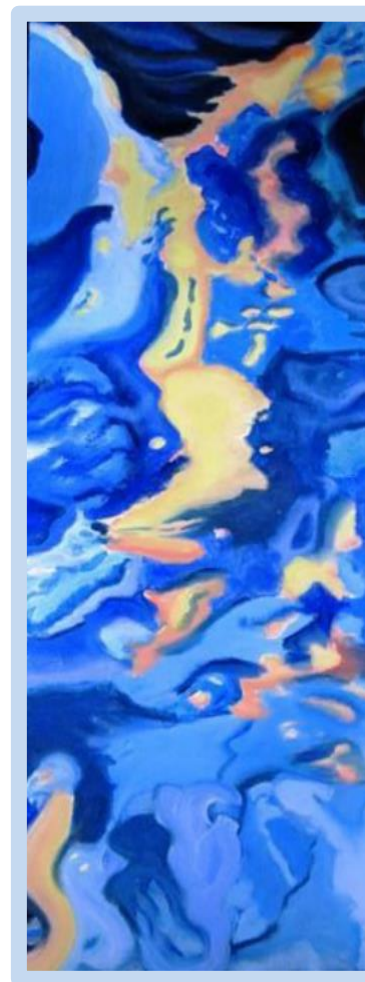


***Prefer to book by e-mail and digital transfer?***

- *e-mail **richardstim@hotmail.com** your booking details, including any special/dietary requirements and the banking reference you used (see suggestion below)*
- *send your deposit payment to:*  
Bank account: **53754867**      Sort code: **60 13 37**  
Ref: **Retreat2017-----**  
*(replace ----- with your initial and surname for identification)*



*Free to Believe*

# **Ebb and flow – the rhythm of Life**

**a retreat at  
Launde Abbey  
Leicestershire**

***4<sup>th</sup> to 7<sup>th</sup> September 2017***

**Led by:  
Alison Reed Richards and  
Peter Varney**

**Launde Abbey** is medieval but with comfortable accommodation in the adjacent stable block. It has formal and walled gardens and sits in a quiet fold of the Leicestershire Wolds. There are rich deciduous woodlands, wildflowers, a variety of birds and animal life, and glorious hilltop views. It can be a place where we may become aware of the deep connection to the natural cycles of the seasons; dark & light; day & night; ebb & flow of life energy; the breath of wind echoed in our own breathing.

Our retreat will give the opportunity to be inspired by the colours and landscape, the abbey, the gardens, the forces of nature. We'll suggest creative ways to respond, and we will have the use of a dedicated space for art and other creative work. We'll have the opportunity to experience creativity, stillness, silence, meditative practices, and different ways of worship, reflection and sharing.

**Programme outline** (*arrival mid-afternoon on Monday, ending with lunch on Thursday*):

- A quiet – and optional - meeting for worship before breakfast.
- An introductory session after breakfast – beginning in stillness and quiet, and planning the activities for the day.
- During the day time to write, to paint, to read, or to follow some of the planned walks, or just to be and perhaps reconnect with the flow of life. An opportunity for short excursions to the medieval Lyddington Bede House or Uppingham.
- A gathering session before the evening meal, sharing discoveries in words or in creative ways.
- After supper: a more relaxed session drawing the day to a close. Please bring anything you would like to share.

**Alison Reed Richards** is a counsellor with a deep, abiding interest in developing our individual spirituality and nurturing the resonance of our connection with the natural world and rhythm of living. She works at present with the bereavement support team at St Margaret's Hospice, Somerset and as an Associate Counsellor with Taunton Counselling Service (a not-for-profit Agency).

**Peter Varney** has led retreats in Britain and abroad, for Quakers and for the Creative Arts Retreat Movement. He enjoys exploring the connection between spirituality and creativity and aims to explore the steps we make along our individual creative journeys. He welcomes the inclusivity of Free to Believe and hopes all will feel welcome on this retreat. He is a member of the Religious Society of Friends and a retired Anglican priest.

*If you would like further information, please contact Peter by e-mail on: [varney@waitrose.com](mailto:varney@waitrose.com)*



## Free to Believe Booking Form

### **Ebb and flow - the rhythm of Life a retreat at Launde Abbey**

Name .....

Address .....

.....

Telephone .....

E-mail address .....

I wish to book ..... place(s) for the '**Ebb and flow - the rhythm of Life**' retreat at Launde Abbey from 4<sup>th</sup> to 7<sup>th</sup> September 2017.

I heard about this event via: 'Briefing' booklet / FTB website / other (please **circle** as appropriate)

Total cost of conference per person including single ensuite accommodation and all meals (*from Monday mid-afternoon to Thursday lunch*) is **£295 per person**

Please tear-off, complete, and return this side only [retaining the information for your records] with a non-refundable deposit of **£45 per place (£250 balance due by end June 2017)**, cheque made payable to *Free to Believe*, sent to: Revd Tim Richards, Orchard View, Townsend, Curry Rivel, Langport, Somerset TA10 0HT

**Do you have any special requirements?** (disability, mobility, hearing, dietary, etc). If so, *please tick and write details on the reverse of this form.*

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**Prefer to book & pay by digital transfer? please see back cover**