



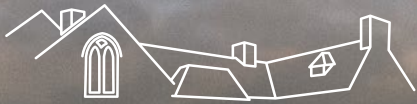
Charney Manor

conference and retreat centre

Programme 2023

Charney Bassett • Wantage • Oxfordshire • OX12 0EJ
01235 868206 • admin@charneymanor.com
www.charneymanor.com

2023 programme at a glance



With its rural setting, spacious grounds and sense of history - parts of the Manor date back to the 13th Century - Charney Manor offers a supportive setting for relaxation, reflection, and renewal. We offer a warm welcome to all our guests, tempting home-cooked meals, and a unique atmosphere of peace and tranquillity.

6-8 January

Completely fulfilled! Right from the start
Sam Settle and Sandy Chubb

6

3-5 February

Finding a balance:

How can our spiritual lives encompass the demands of everyday life?

Jennifer Kavanagh

6

3-5 March

How do Quakers talk about God?

Rhiannon Grant

7

17-19 March

Exploring forgiveness through storytelling

Marina Cantacuzino

7

31 March-2 April

Mindful weaving

Jenny Webb

8

15-17 May

Experiencing Shakespeare*

John Lampen

8

11-13 August

Opening to silence

Sam Settle and Sally Buxton

9

25-28 August

Charney Manor's 75th anniversary weekend

9

1-3 December

Honouring darkness: a winter retreat

Alex Wildwood and Rachael Kellett

10

***Please note: the Experiencing Shakespeare retreat involves a certain amount of walking. If you are unsure as to your ability to participate, please contact Charney Manor at sales@charneymanor.com, or phone 01235 868206**

Facilities at Charney Manor

Conference rooms

Charney Manor has two large conference rooms, both upstairs: the Solar in the Manor and the main meeting room in the Barn (accessible by lift). Also available in the Manor are a library and a sitting room.

Accommodation

Charney Manor can accommodate 35 guests in one double, eleven twin and eleven single rooms. All ensuite except two bedrooms, which have their own private bathrooms. Nine rooms are in the Manor house itself, ten are in the Vokins building and four are in the Barn. One single room and one twin room in the Barn, both on the ground floor, are adapted for wheelchair users.

The Gilletts, a cottage in the grounds, provides self-catering accommodation for groups of eight in five bedrooms, or additional accommodation for conferences (see page 12 for more detail).

Catering

Residential groups are fully catered for, with arrangements made for guests with special diets. Every bedroom has facilities for making hot drinks.

Library

We have a small well-stocked library mainly focused on Quakerism and contemporary spirituality. Guests are welcome to borrow books during their stay.

Internet access

Wi-fi internet access is available throughout.

Garden and walks

While staying with us you'll be able to enjoy three acres of beautiful, peaceful gardens, orchard and paddock largely maintained by volunteers. We are increasingly moving towards a more sustainable, organic management of our land, improving habitats and planting more trees. We are also restoring the Manor's kitchen garden to provide more produce for use in our kitchens.

There are good walks locally and many places of interest nearby, including the Uffington White Horse, Wayland's Smithy and the Ridgeway, and Kelmscott Manor: the country home of William Morris.

The village pub

The friendly, family-run Chequers Inn is a short walk from us, and has a delicious home-cooked menu.



Programme useful information

The Charney Manor programme

This programme seeks to nourish the spirit through silence, discussion, listening deeply, and exploring chosen themes with both mind and heart. All are open to everyone, including those of other denominations and faiths or with no religious affiliation.

We also offer attendees an option to have a few extra days of relaxation on a bed-and-breakfast or fully catered basis.

Booking

To check availability and to request the specific booking form, call us on 01235 868206, or visit our website. To secure a place, we ask for a non-refundable deposit and completed form.

For a provisional booking, please contact the office: the booking will be confirmed on receipt of your deposit and booking form.

Payment

We accept credit card, debit cards and bank transfers. Please contact the office to make a payment or ask for bank details.

Bursaries

Bursaries of up to 50% are available (one bursary per person per year); please apply when booking. Regrettably no bursaries are available for the 'Experiencing' event.

Contact

Retreat administrator: Jade Sutherland.

Please contact us for further information: admin@charneymanor.com.



Programme in detail

6-8 January Completely fulfilled! Right from the start Sam Settle and Sandy Chubb

This is a weekend of deep meditation and yoga, where you can discover that – amazingly – you are completely fulfilled from the start. Sam Settle and Sandy Chubb will offer plenty of silence to give you a chance to become intimate with the presence of who you are. As the mind and heart becomes quiet, the ego rests itself too. Then it all begins... The asana and pranayama sessions will free the body so you can sit easily in meditation. Charney Manor is set in a beautiful landscape. There will be times to enjoy it by day and under the full moon and stars by night.

Cost: £280 (deposit £140)

Sandy is a British Wheel of Yoga (BWY) teacher and Zen Teacher with the Oxford Zen Centre. She served as the Director of the Prison Phoenix Trust from 2000 to 2010.

Sam is a BWY teacher and a Zen student. He served as Prison Phoenix Trust Director from 2010 to 2020.

3-5 February Finding a balance Jennifer Kavanagh

How can our spiritual lives encompass the demands of everyday life?

We will explore the nature of a Spirit-led life, look at our gifts, and examine what underpins the choices we make. We will explore what gets in the way and what we might need to change to live a more authentic life.

Cost: £280 (deposit £140)

Since becoming a Quaker, Jennifer has run a community centre in London, worked with homeless people and refugees and worked as a research associate for the Prison Reform Trust.

Jennifer finds balancing an active life with a pull towards contemplation a continuing and fruitful challenge.



Programme in detail

3-5 March How do Quakers talk about God? Rhiannon Grant

As Quakers, we have a rich tradition of words for what we listen to in meeting for worship – the Spirit, the Light, God, Father, Mother, Energy, Love, and so on. Among all these options, how do we choose how to talk about theological and spiritual questions? When is the right time for silence? In this course, we'll explore challenges and possibilities through worship, discussion, and creative options.

Cost: £280 (deposit £140)

Rhiannon is tutor of Quaker Roles at Woodbrooke Quaker study centre. Her areas of interest include Quaker uses of religious language, changing Quaker practices, and multiple religious belonging. She writes about Quakers for general and academic audiences.

17-19 March Exploring forgiveness through storytelling Marina Cantacuzino

This weekend will provide learning and insights from the frontline of forgiveness as well as give participants the opportunity to share their stories and experiences. We will look at what forgiveness means: when can it help and when can it hinder? How can we transform psychological pain or upset, and how can we share personal narratives safely? This is an opportunity to grapple with the complex and fascinating subject of forgiveness as well as to explore what it means to each of us individually.

Cost: £280 (deposit £140)

*Marina is an author, journalist, broadcaster, podcaster and founder of The Forgiveness Project charity who has spoken and written widely about forgiveness and restorative storytelling. Her latest book *Forgiveness: An Exploration* was published in 2022.*

Programme in detail

31 March-2 April Mindful weaving Jenny Webb

Handweaving is one of the most ancient of crafts, both artistic and functional. It has a naturally meditative quality and so is ideally suited for the practice of mindfulness.

This course will cover basic weaving techniques, but it will also be appropriate for people who would like to develop their skills. The teaching of mindfulness will include practical exercises as well as a description of its roots in Buddhism and contemporary psychology. You will create a handwoven tapestry of your own design. All materials will be provided, but if you have a frame or yarns, you are welcome to bring them. People with disabilities are welcome.

Cost: £280 (deposit £140)

Jenny is a Quaker with an interest in Buddhism. It was of great interest to her when the practice of mindfulness entered the mainstream as an effective way to promote wellbeing. She has been an amateur weaver for many years, and delights in sharing the craft that she loves with others.



15-17 May Experiencing Shakespeare John Lampen

An opportunity to experience spring days at Charney Manor and Stratford-upon-Avon and enjoy seeing plays at the Royal Shakespeare Theatre. At Charney there will be opportunities for worship and to explore the themes of the plays we shall see, celebrating how Shakespeare explores the human condition. The fee includes theatre tickets and coach fares.

Play: *Cymbeline*, 16th May 7.15pm. Please contact the office in November 2022 for details: admin@charneymanor.com.

Cost: £380 (deposit £190)

John teaches the creative handling of conflict in Britain and overseas. His books include 'Mending Hurts' and 'Findings: poets and the crisis of faith'.



Programme in detail

11-13 August Opening to silence Sam Settle and Sally Buxton

Join us as we deepen our relationship with silence. We'll use the tools of meditation, yoga and the breath to create the conditions for peace and stillness, allowing us to open up to the silence within – and outside – ourselves. By day and under the stars we can experience the beauty and stillness of nature and 'just be'.

Cost: £280 (deposit £140)

Sally is a BWY teacher, and holds classes in HMP Eastwood Park. She is a member of the Oxford Zen Centre.

Sam is a BWY teacher and a Zen student. He served as Prison Phoenix Trust Director from 2010 to 2020.

25-28 August Charney Manor's 75th anniversary weekend

Activities for our anniversary weekend are still being finalised. Check our website and social media for details.

Cost: £280 (deposit £140)

1-3 December Honouring darkness: a winter retreat Alex Wildwood and Rachael Kellett

Traditionally winter is a time to slow down, reflect, and discern what is waiting to emerge. Our souls long to take a break from doing and savour our authentic being. This is a chance to be immersed in stillness and nourished by the power of deep stories told by candlelight.

Cost: £280 (deposit £140)

Alex Wildwood is a Quaker author and educator influenced by several spiritual lineages.

Rachael Kellett is a Gestalt Psychotherapist and group facilitator who works in an embodied, relational and creative way.

Charney Manor

bed and breakfast

Escape the hustle and bustle of city life and enjoy the peace and tranquillity of the countryside with a stay at Charney Manor. We offer comfortable en-suite accommodation with tea- and coffee-making facilities, TV, hairdryer and a continental breakfast.

If you would like to 'eat in', the lower barn is available to B&B guests and is equipped with tables, chairs, crockery, cutlery, fridge and microwave.

Special dietary requirements can be catered for.

The library can be used by guests, if it is available, as can the three acres of peaceful gardens, orchard and paddock.



Charney Manor

a quiet place to stay

Bed and breakfast

Includes a continental breakfast.

Single: £70 per room per night

Twin/double: £75 per room per night

Triple/family room: £85 per room per night

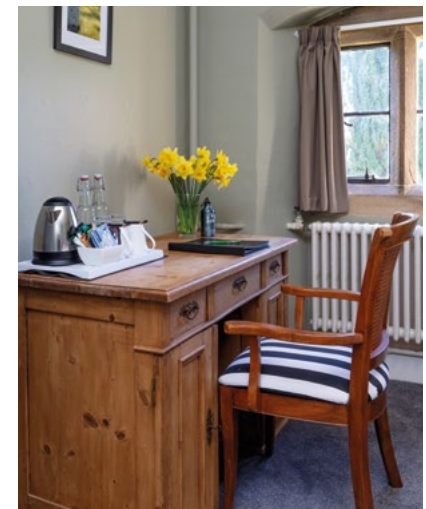
Special offer for Quaker Meetings

Quaker Meetings are invited to experience Charney Manor's excellent facilities. Groups of at least 20 adults (aged 14+) can enjoy a two-night weekend or mid-week stay, including all meals, at a reduced price and with no charge for children aged up to 14 who share a room with their parents.

Cost: £260 per person for a minimum of 20 adults (aged 14+). Additional guests at £200 per person.

Offer available January-April.

Terms and conditions apply.



Self catering The Gilletts

This charming detached cottage in the grounds of Charney Manor provides a quiet space for rest and relaxation. It is available for use on a self-catering basis by families and groups of up to eight people.

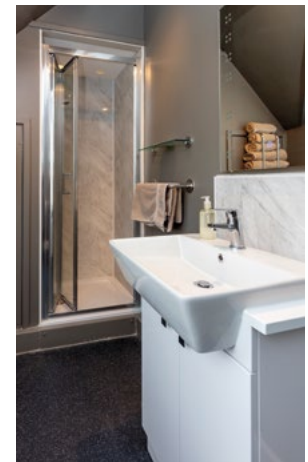
The cottage consists of five bedrooms (one twin, two twin/double and two singles), a living room with TV and DVD player, games and books. There is a separate dining room,

fully equipped kitchen with a dishwasher, washer/dryer, shower room, bathroom and downstairs toilet. A lovely outdoor seating area overlooks our sheep paddock.

For further information, prices and availability please visit our website at www.charneymanor.com, or alternatively contact Jade Sutherland on **01235 868206**, or email on admin@charneymanor.com.



Self catering The Gilletts



Charney Manor

events



Charney Manor

events

Have you considered hosting a private event?

Charney Manor is the perfect location to host any event, from away days to family celebrations; from our historical Solar and dining room to our more modern barn and gorgeous marquee, we've got the facilities to suit your small-and-intimate or medium-sized event.





Charney Manor

conference and retreat centre

Charney Manor is used by a wide variety of organisations such as businesses, educators, charities and faith groups, who meet for conferences and training; by musicians, artists and writers, who seek a peaceful and inspiring place to work together; and by people involved in conflict resolution and international affairs, who need a quiet and private venue in which to talk.

To check rates and availability, please telephone or email

Charney Bassett • Wantage • Oxfordshire • OX12 0EJ

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Charney Manor is easily accessible by car from the M40 and the M4. It is 12 miles from Oxford and from Didcot railway stations. There are bus services from Oxford to Southmoor or Wantage. Taxis can be arranged to pick up from these destinations.

Charney Manor is a registered charity, owned by the Religious Society of Friends (Quakers). It is managed and run by a professional team of staff and supervised by an independent board of Trustees.

*Deb Arrowsmith - Burford Meeting
Stewart Jeffrey - Headington Meeting
Nigel Braithwaite - Burford Meeting
Robert Kyte - Charlbury Meeting*

*Katharine Nicholas - Oxford Meeting
Catherine Hilliard - Oxford Meeting
Peter Wilkinson*