




















Serving the Dioceses of  
Leicester and Peterborough

# PROGRAMME

JANUARY TO DECEMBER 2011

**Launde Abbey East Norton Leicestershire LE7 9XB**

Tel: 01572 717254 • Fax: 01572 717454  
info@launde.org.uk • www.launde.org.uk

Dates	Title	Leader	Price	Colour Code	Page
4-7 Jan	Life Coaching Retreat	Adrian Holdstock	£335		11
14-16 Feb	3 Day IGR	Glenn Martin	£175		7
7 - 10 Mar	Music Retreat	Emily Walker	£260		12
14-18 Mar	Lent Retreat	The Deputy Warden	£330		7
28 Mar - 1 Apr	5 Day IGR	Glenn Martin	£335		8
18 - 22 Apr	Holy Week Retreat	Margaret Silf	£295		8
22 - 24 Apr	Easter Retreat	Margaret Silf	£190		8
25 - 29 Apr	Spring Working Holiday	Launde Community	£150 Adults £90 under 16s		19
25-29 Apr	CARM Embroidery & Prayer	Fran Battin & Janet Knox	£290		12
25 - 29 Apr	CARM Creative Writing, Poetry & Prayer	Fran Battin & Christopher Payne	£290		13
25 - 29 Apr	Retreat for All In Ministry	The Warden	£265		9
1 - 3 Jun	Spiritual Director's Supervision Course	Andrew Walker	Price on Application		20
24 - 26 Jun	Retreat for First Time Retreatants	The Warden	£150		9
25 - 27 Jul	3 Day IGR	Glenn Martin	£200		9
25 - 29 Jul	Walking Holiday	The Warden	£260		19
8 - 12 Aug	CARM Photography & Prayer	Roger Clifton & Peter Boorman	£295		13
15 - 19 Aug	CARM Painting & Prayer	Mary Gilbert & Pam Bowen	£290		14

Dates	Title	Leader	Price	Colour Code	Page
22 - 26 Aug	August Working Holiday	Launde Community	£150 adults £90 under 16s		19
5 - 7 Sep	3 Day IGR	Glenn Martin	£200		10
3 - 7 Oct	5 Day IGR	Glenn Martin	£335		10
7 - 9 Oct	Prayer Basics Course	The Warden	£150		10
24 - 28 Oct	Retreat: Of Things Seldom Spoken	John Bell	£400		6
7 - 10 Nov	Music Retreat	Emily Walker	£260		14
7 - 11 Nov	Painting Holiday	Martin Cottam	£360		20
28 Nov - 2 Dec	Advent Retreat	James Shakespeare	£330		6
16 - 18 Dec	Still Before Christmas	Liz Babbs	£180		11

Key:

-  General Interest
-  General Interest/Periods of Silence
-  Periods of Silence
-  Special/Creative Interest
-  Special/Creative Interest/Periods of Silence
-  Holidays
-  Training Course

Details of Quiet Days and Day Courses can be found on pages 21- 24 .

Launde Abbey goes from strength to strength, striving to be the market leader in Retreat houses. The facilities have been totally updated but is still in keeping, allowing Launde to provide for the foreseeable future.

The renovation and conservation work has seen the house 'phased' in terms of how it is used allowing the house to be quieter. The bedrooms have been made en-suite and they have wired internet access. Disabled access has been created throughout the ground floor and up to the first floor by the installation of a lift. The meeting rooms and offices are now separate from the bedrooms and are all located on the ground floor while the kitchen and dining rooms, which have internal access to the Main House, have been moved out into the courtyard. A new, second Chapel known as the Chapel of the Resurrection, has been created in one of the cellars – ideally suited to such a use with its vaulted brick ceiling. This gives the Abbey three dedicated Chapels of different sizes allowing us to cater for the needs of both groups and individuals who come to Launde. We also now have two sitting rooms which are equally appealing to a group or an individual while other more discreet areas have been created allowing an individual to sit and enjoy the quiet. A library, which will concentrate on spirituality and prayer, is also in the process of being established. It has been amazing to watch the transformation of this wonderful building so that it will truly answer the needs of those who will use it both now and into the future.

The work though has not just been confined to the Main House itself in that a large amount of external work has also been carried out. The gardens have been made much more accessible by the introduction of paths which are wheelchair friendly.

All of this work builds on earlier phases redeveloping Launde. In 2007 – 2008 we redeveloped the Stables making 19 en-suite bedrooms while in 2009 we created a self-contained Hermitage with its own kitchenette and sitting area. With the work that we have done to the Main House giving a further 19 en-suite bedrooms Launde is able to provide an amazing retreat experience for the individual or a group.

It could not have been done without the support of those who pray for Launde, those who work here and those who come on retreat. The Launde 'Stretchers' have held all of us in prayer and will continue to do so in the future. Their work, praying for everyone who comes here and for those who work here, is invaluable. The openness of Launde continues in so many different ways whether through the work of the Friends of Launde or through the Bursary Scheme that we have enabling all to come here whatever their financial position. Launde is truly open to all and is there for all to use whoever they are, whether they are of faith or no faith. All that the Abbey is will be celebrated on Monday, 30 May 2011 when the Bishop of Leicester will re-hallow Launde re-dedicating it to God and giving thanks for all that Launde is. Everyone is invited to what will be a great day of celebration.

We have a programme in 2011 which will live up to the high standards of previous years and the generous level of support shown to the Abbey. We have added to the strength of the programme by appointing to the residential community the Reverend Audrey Atkinson as Deputy Warden who will be here to help with spiritual direction and the leading of retreats, having been some time as Deputy Warden at the Abbey House, Glastonbury and Emily Walker as our residential musician who will be able to help with worship music and who has previously served on the staff at Iona. Come along and enjoy Launde Abbey whether on one of the programmed retreats, as part of a group or as an individual guest.

**The Warden and the Launde Abbey Management Team**

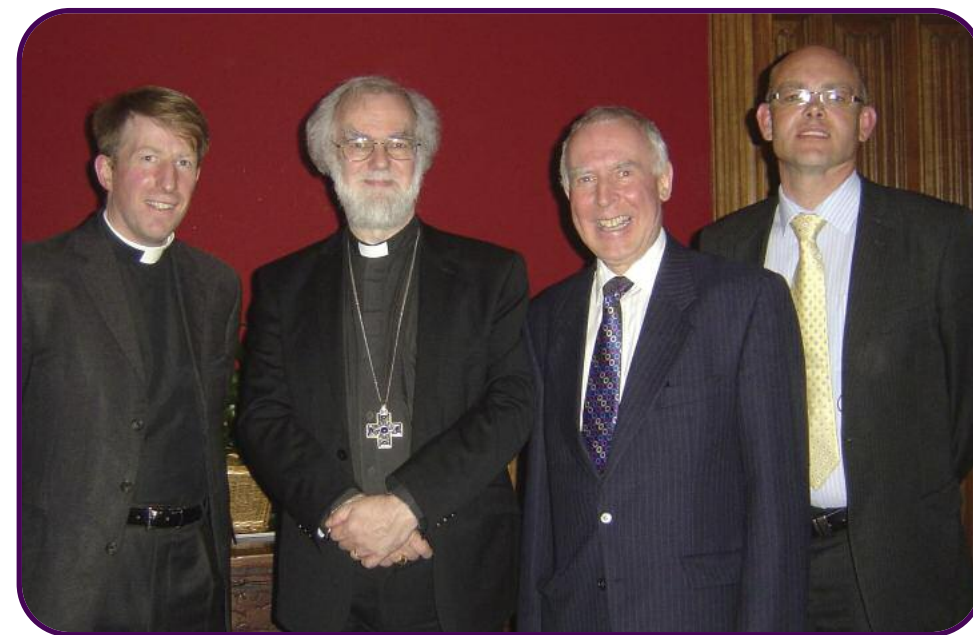
## The Launde Prayer Father,

Here may the faithful find salvation  
and the careless be awakened;  
Here may the doubting find faith  
and the anxious be encouraged;  
Here may the tempted find help  
and the sorrowful comfort;  
Here may the weary find rest  
and the strong be renewed;  
Here may the aged find consolation  
and the young be inspired;  
Through Jesus Christ our Lord.  
Amen.

## The Normal Abbey Daily Routine

07:45	Morning Prayer
08:15	Holy Eucharist
08:30 – 9:00	Breakfast
11:00	Mid-Morning Coffee and Biscuit
12.45 – 13.15	Buffet Lunch Served
16:00	Afternoon Tea and Cake
17:30	Evening Prayer
18:30 – 19:00	Dinner
22:00	Night Prayer

NB. Although these are our scheduled timings, we are happy to amend them to suit individual groups where possible, and to fit in with other guest requirements.

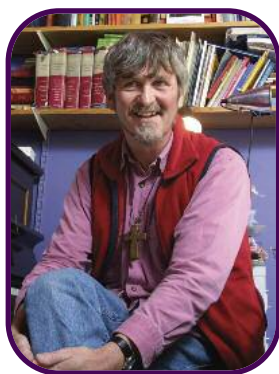


Rowan Williams, the Archbishop of Canterbury, with Tim Blewett (the Warden), Colin Towell (the Accountant) and Nick Quinn (the Business Manager) from Launde Abbey, at a social event held at Lambeth Palace for those organizations the Archbishop of Canterbury personally supports.

**October 24th** (from 12.00pm) –  
**28th 2011** (until 2.00pm)  
**John Bell: Of Things Seldom Spoken**  
£400.00

There have always been 'reserved areas' of discourse for Christian people. In previous generations these would have included death, sex and women. A more contemporary trinity might be money, time and technology. The credit crunch found us with a limited vocabulary for praying about the economy, overwork prevents many from speaking about time, and the ever changing face of Facebook and accessories has prevented a measured reflection in how this kind of technology affects our lives for good or ill. These, along with other 'great unmentionables' will be the substance of seminars, worship and songs led by John Bell of the Iona Community.

*John Bell, prior to ordination, worked in voluntary capacities in London and Amsterdam. His professional ministry began with a post in youth work in Glasgow. During a subsequent period of youth ministry under the aegis of the Iona Community, John and his colleague, Graham Maule, were drawn to concentrate on the areas of congregational song, liturgy and the sharing of scripture. With his colleagues, John has produced collections of original songs, compilations of music from the World Church, and books of worship, resources and sermons. John works throughout*

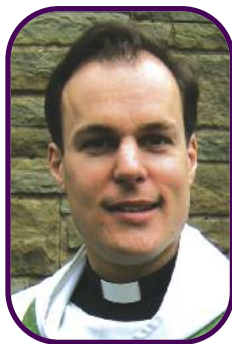


*Europe, North America, Australia and New Zealand for churches of all denominations. He is an occasional broadcaster on BBC radio and television.*

**November 28th** (from 12.00pm) –  
**December 2nd 2011** (until 2.00pm)  
**An Advent Retreat** Price: £330.00  
James Shakespeare

**An Advent Retreat: Advent as a Liminal Space – an in-between time of turning and waiting, pain, promise and fulfillment.**

This Retreat will explore Advent as a Liminal Space, an "in-between" time of promise and waiting, hope and despair, and of journeying through the wilderness. Our human experience of Liminal Space, which Advent speaks into, is often an uncomfortable one, but it is also deeply creative. Pain and suffering are often (unexpectedly) our greatest spiritual teachers. Following the journey of some of our Biblical fathers and mothers in faith, we will consider how embracing such a Liminal Space can be transformational, as we open ourselves of the great "I am". Prayer and silence, story, poetry and reflection, as well as seeing the world around us with fresh eyes, will all inform our desert journey, open to a God of surprises.



*James Shakespeare is an Anglican priest in the Diocese of Leicester, presently associate member of the Market Harborough Team. He is also a Franciscan Tertiary, drawn to the contemplative life and active Christian solidarity with those who are suffering. He*

*enjoys walking and pilgrimage, and has recently walked the St. Cuthbert's Way to Holy Island, as well as leading a parish walking pilgrimage to Lincoln. He also has experience of inter-faith relations and working with socially excluded groups. James is concerned to encourage the renewal of Christian prayer and meditation, drawing especially from the contemplative and monastic traditions.*

**March 14th** (from 12.00pm) –  
**18th 2011** (until 2.00pm)  
**A Lent Retreat:  
Time for your spiritual MOT?**  
The Deputy Warden Price: £330

Today it would seem that we are more likely to take care of our cars or our bodies than our souls. This Lenten retreat offers us the chance to take time out to explore ways - old and new - to deepen our relationship with God, to tap into that well of living water Christ promised us, and to blow away the dust which settles on our souls obscuring the inner divine light He brings. Using music, icons - and the opportunity to be creative - as well as reflective prayer and contemplation, in periods of silence and in fellowship, we will each create for ourselves an 'action plan' to support us as we continue our journey through Lent and Holy Week renewed and ready to recommit ourselves to the Risen Lord.



*Audrey Atkinson is our newly appointed Deputy Warden. Ordained in 2008, she comes to us from a curacy in North Northumberland - a place steeped in the memory of the great Celtic saints. Prior to her*

*training at the College of the Resurrection, Mirfield, Audrey was Deputy Warden at The Abbey House, Bath and Wells' retreat house in Glastonbury. Here she deepened her sense of vocation to a ministry of hospitality, retreat giving and spiritual accompaniment. Audrey has four grown-up sons. Her passions include Gaudi's architecture, the writings of Evelyn Underhill, and choral singing.*

**February 14th** (from 11.00am) –  
**16th 2011** (until 4.30pm)  
**Three Day Individually  
Guided Retreat**  
Glenn Martin Price: £175

A retreat just for you! A time to be still and a time to reflect. A time to listen and to be listened to. A time for you and a time for God. A time to rest and a time to be refreshed. An individually guided retreat is an opportunity to enjoy some time apart with a spiritual guide to accompany you each day. The retreat will be silent throughout to enable you to encounter the mystery of God in prayer, Scripture, worship and space. If you have enjoyed quiet days this could be an extended opportunity to reflect upon your spiritual journey and the presence of God in your life.

*Glenn Martin is an Anglican priest who has spent 18 years serving in the NHS as Hospital Chaplain and for 8 years as trainer and educator for hospital chaplains and NHS staff. He specialized in developing Spirituality and Religious Understanding in the Workforce. He worked for the Strategic Health Authority in developing Spirituality in the Workplace and led over 20 retreats for NHS staff of varying disciplines based across the East Midlands. Alongside this he has led many retreats for clergy and laity alike in varying*

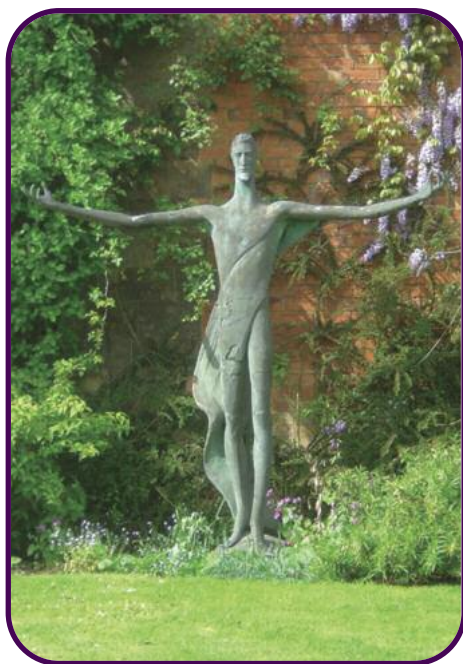


*centres and has a special interest in Ignatian Spirituality and led retreats at St Buenos in North Wales. He is also a spiritual director. He is currently a part time Priest-in-Charge in Southwell and Nottingham Diocese.*

**March 28th** (from 11.00 am) –  
**April 1st 2011** (until 4.30 pm)  
**Five Day Individually Guided Retreat**  
 Glenn Martin Price £335

See information under the Three Day Individually Guided Retreat in February.

See above for information about Glenn Martin under the Three Day Individually Guided Retreat in February.



**April 18th** (from 6.00 pm) –  
**22nd 2011** (until 10.00 am)  
**Holy Week Retreat**  
 Margaret Silf & the Launde Community  
 providing the Liturgy Price £295

**Holy Week and Easter Retreats:  
 Through the Eye of the Needle**

A prayerful journey through the events of Holy Week and Easter, reflecting on what they mean in our personal experience and in the experience of our world today. The suffering and death of Jesus continue to be played out in our time and place, and his resurrected life continues to flow through the here and now, with undiminished power to change our lives. During these days together we will be seeking the grace to engage with these realities at a deep and personal level. The retreat will be conducted in an atmosphere of silence, including the option of silent meals for those who wish. Retreatants are welcome to join us for the whole or for parts of the retreat, and each day will be free-standing.

*Margaret Silf is an ecumenical lay Christian, trained in accompanying others in prayer and retreat, and the author of a number of books on the spiritual journey for 21st century pilgrims, both within and beyond the boundaries of formal religion. Formerly employed in the computer industry, she now devotes her time to writing and to facilitating retreats, workshops and days of reflection both in this country and abroad. She has one adult daughter, and lives in Scotland.*

**April 22nd** (from 11.00 am) –  
**24th 2011** (until 4.30 pm)  
**Easter Retreat**  
 Margaret Silf & the Launde Community  
 providing the Liturgy Price £190

Combined Price for both Retreats £435

**April 25th** (from 4.00 pm) –  
**29th 2011** (until 2.00 pm)  
**A Retreat for All in Ministry:  
 Your Journey in Ministry**  
 The Warden Price: £265

The retreat offers a good break from the pressures of ministry in whatever form it takes. Against the background of extended periods of silence, the Eucharist and Offices and the peaceful ambience of the house, people are invited to go deeper into the meaning of their faith and its expression in prayer. Drawing on both Biblical stories and the work of spiritual writers, the leader's talks, along with some group work, will invite private reflection by those participating on their individual journeys. He will also be available for personal conversations.

*Tim Blewett has been the Warden of Launde Abbey since 2004. Prior to becoming Warden he was Canon Residentiary of St Asaph Cathedral with responsibility as Diocesan Officer for Ministry, Adviser for Continuing Ministerial Education and Diocesan Director of Ordinands. Between the two posts he was mobilised by the Army to serve as a military chaplain in Iraq from December 2003 to June 2004 having previously served as a military chaplain in Bosnia in 1997 to 1998. He has served as a parish priest for a number of years. In 2008 he became Chairman of the Association for Promoting Retreats and in 2010 a Trustee of Action Homeless, a large regional homeless charity, based in Leicester. He has also served on ITV Central's Diversity Panel since 2007. He is married to Anne and they have three children.*



**June 24th** (from 6.00 pm) –  
**26th 2011** (until 4.30 pm)  
**Retreat for First Time  
 Retreatants and Others**  
 The Warden Price: £150

A retreat is an opportunity to step out of ordinary life to look at life afresh in quiet reflection and prayer deepening our relationship with God. See it, perhaps, as an opportunity to be open and available to God with a range of resources to help you, from the house itself and especially its chapel which stands on a site of prayer used for the last 900 or so years. Enter into the welcome, hospitality and pattern of prayer allowing it to wash over you. Allow the silence to resonate with your soul allowing a (possible) reawakening of the memory of the Divine in you. There will be a series of talks by the retreat leader interspersed with silence which aim to give you themes to work gently on during those quiet times. There is the companionship, even in the silence, of the other people on a similar journey. Underlying all that, for busy people, there is the offer of a good rest!

For details about Tim Blewett please see A Retreat for All in Ministry information in April.

**July 25th** (from 11.00 am) –  
**27th 2011** (until 4.30 pm)  
**Three Day Individually  
 Guided Retreat**  
 Glenn Martin Price: £200

See information under the Three Day Individually Guided Retreat in February.

See above for information about Glenn Martin under the Three Day Individually Guided Retreat in February.

**September 5th** (from 11.00 am) –  
**7th 2011** (until 4.30 pm)  
**Three Day Individually  
 Guided Retreat**  
 Glenn Martin Price: £200

See information under the Three Day Individually Guided Retreat in February.

See above for information about Glenn Martin under the Three Day Individually Guided Retreat in February.

**October 3rd** (from 11.00 am) –  
**7th 2011** (until 4.30 pm)  
**Five Day Individually  
 Guided Retreat**  
 Glenn Martin Price: £335

See information under the Three Day Individually Guided Retreat in February.

See above for information about Glenn Martin under the Three Day Individually Guided Retreat in February.

**October 7th** (from 6.00 pm) –  
**9th 2011** (until 4.30 pm)  
**Prayer Basics Course Retreat**  
 The Warden Price: £150

During the weekend retreat the Course will cover a number of different styles of prayer allowing those participating to actively explore them for themselves. The Warden will also lead the group in reflecting upon different Christian traditions. This mixture of input, reflection and experience of prayer will provide an environment in which everyone will be encouraged to explore their relationship with God. The weekend will consist of a mixture of silence and times of sharing. There will also be time to explore the gardens and relax in their tranquillity and the beauty of the Abbey.

For details about Tim Blewett please see A Retreat for All in Ministry information in April.

**December 16th** (from 6.00 pm) –  
**18th 2011** (until 4.30 pm)  
**Still Before Christmas:  
 Stop Fighting and Know  
 (Psalm 42:10 Good News Bible)**  
 Liz Babbs Price: £180

Many of us wrestle to make time and space for God, especially during the busy run up to Christmas. However, we are not meant to feel guilty – God loves any time we spend with Him. Drawing on the inspirational writings of Brother Lawrence, you are invited on a journey of discovery, where you will learn new ways of deepening your relationship with God which fit your personality and lifestyle. So come apart (before you come apart!) and enjoy God's presence.



*Liz Babbs (MEd) is an award-winning author, performer, spiritual director, and creative prayer consultant. She is author of ten non-fiction books and three CDs including the award-winning Into God's Presence (Zondervan 2005). Liz works as a*

*mission partner based at St Nic's, Nottingham and her aim is to Communicate Christ Creatively (CCC). She also advises the church on how to engage with our spiritual culture and is seen as a key influencer in this area. She is a member of the College of Evangelists and her ministry is authorized by the Archbishop of Canterbury. To further the outreach of her books, Liz performs and has even performed at the Edinburgh Fringe Festival. She is currently touring her new book 'Celtic Treasure' in concert with Simeon Wood. Liz is also a stand-up performance poet and has performed at many local festivals. She is currently touring her one-woman show 'Licensed to Chill' so that it can be used as a vehicle for outreach.*

**January 4th** (from 12.00 pm) –  
**7th 2011** (until 2.00 pm)  
**Life Coaching Retreat**  
 Adrian Holdstock Price: £335

Life coaching is emerging as a valuable helping strategy for setting direction, achieving ambitions, overcoming obstacles and turning dreams into reality. In this three day retreat the group will explore the nature of life coaching and its Christian basis and examine approaches to listening, questioning, core values and beliefs as perceptions. Individually, you will be able to work on a topic of your choice, in total confidence, with daily support from an experienced life coach and Christian minister.



*Adrian Holdstock is a business coach, mentor and life coach trading as Galilee Coaching and Mentoring. Adrian builds his expertise on thirty years of leadership and management in the Royal Air Force and Severn Trent Water. He holds diplomas in both life coaching and*

*business coaching. In 2003 he gained an MA in Theology and Pastoral Care, was ordained and serves in the Benefice of Market Bosworth. He has recently been accepted by the Diocese as a Spiritual Director. For further information about Adrian and his work please go to:  
[www.galileecoaching.co.uk](http://www.galileecoaching.co.uk)*

**March 7th** (from 12.00 pm) –  
**10th 2011** (until 2.00 pm)  
**How Can We Keep From Singing:  
 Music Retreat**  
 Emily Walker Price: £260

When we meet every week and think and pray for those in need in our communities and across the world, when we rage over war and injustice and lament at the violence in our cities and the destruction of our countryside, when we celebrate new life and shared joy with friends and lovers, when we stand in awe at the beauty which surrounds us, when we wonder at life's big questions, when we bring all this into our faith, and attempt to live out what we believe, how can we keep from singing? Drawing from the wealth of music from the world church and from a variety of communities and denominations closer to home, we will explore through congregational song the story of our experience and the journey of our shared faith. There will be a variety of themed sessions and the opportunity to weave our music into the regular prayer life of the Launde Abbey community. As this programme is focused on congregational song, all who have a love of singing – whether from the choir stalls or the pews – are welcome.



*Emily Walker has been appointed Launde's first resident musician taking up her post in January 2011. Having grown up within a very broad expression of the Church of England, Emily has since sung with rural Anglicans, suburban Methodists, urban Catholics, and experimental ecumenists, in praise bands and choirs, with people who have sung all their lives and people who have only sung for a day, the length and breadth of the UK, and further afield. Previously resident musician for the Iona Community, at Iona Abbey, Emily has spent the past six years living in London, working as a Music Therapist, community choir leader, church choir conductor, workshop leader, and piano teacher.*

**April 25th** (from 4.00 pm) –  
**29th 2011** (until 2.00 pm)  
**CARM: Embroidery & Prayer**  
 Fran Battin (Chaplain) & Janet Knox (Tutor)  
 £290.00

#### **Take a Letter: Beauty and Poetry in the Bible and Celtic Tradition**

Janet Knox, your Tutor, will introduce the colourful world of decorated letters both ancient and modern, and suggest textile techniques for stitchers and non-stitchers alike. If you like you can bring your sewing machine and a requirements list will be available. CARM is Christian and Ecumenical. We welcome people from all traditions, and hope that they will find spiritual refreshment in a relaxed atmosphere. Communal worship forms the framework of each day, beginning with an act of worship before breakfast and ending with Night Prayer. Silence is kept from Night Prayer until the Chaplain's address following breakfast. Each day's short address will be based on the theme. After creative activity, there is an opportunity for group recreation in the evening.

The Embroidery Group will combine with the CARM Creative Writing and Poetry Group in stillness and prayer in this Retreat to seek God at the point of needle and pen, the moment of creativity and recollection.

*Fran Battin (Chaplain) was priested in 1999. Since then she has not only worked in parishes but also as a chaplain in a woman's prison. She has led several the Creative Art Retreat Movement (CARM) retreats and enjoys creating inspiring worship. In the past she has taken several art courses including the Open College of Arts Foundation course. She has now started a long course in photography leading to a BA in Creative Arts. Fran has had a good deal of experience in listening and has just completed a two year course in Spiritual Direction. Janet Knox (Tutor) is an ecclesiastical embroiderer and has taught hand embroidery and sewing machine techniques for many years. She has been a retreat leader for CARM for 17 years and thoroughly enjoys helping old hands and first timers alike.*

**April 25th** (from 4.00 pm) –  
**29th 2011** (until 2.00 pm)  
**CARM: Creative Writing,  
 Poetry and Prayer**  
 Fran Battin (Chaplain) &  
 Christopher Payne (Tutor)  
 £290.00

The retreat is open to anyone from very experienced poets and writers to those with no experience at all but who have always longed to try in a safe place. CARM is Christian and Ecumenical. We welcome people from all traditions, and hope that they will find spiritual refreshment in a relaxed atmosphere. Communal worship forms the framework of each day, beginning with an act of worship before breakfast and ending with Night Prayer. Silence is kept from Night Prayer until the Chaplain's address following breakfast. Each day's short address will be based on the theme. After creative activity, there is an opportunity for group recreation in the evening.

The Creative Writing and Poetry Group will combine with the CARM Embroidery Group in stillness and prayer in this Retreat to seek God at the point of pen and needle, the moment of creativity and recollection.

See above for information about Fran Battin (Chaplain) under the CARM: Creative Embroidery and Prayer Retreat in April which she will Chaplain alongside this retreat.

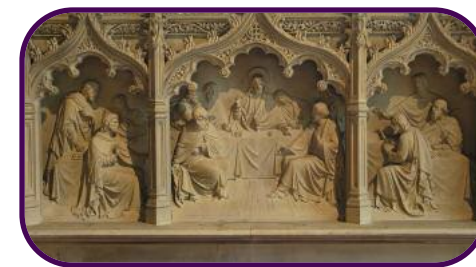
*Christopher Payne (Tutor) retired from General Practice after 22 years at the Bermondsey Medical Mission. Previously he and his wife, Paddy, served with the Church Mission Society at the Christian Hospital, Shiraz, until the Revolution ended their 7 years in Iran. He has been writing poetry since 1999, and became active in CARM Retreats shortly afterwards, greatly enjoying the learning and sharing.*

**August 8th** (from 12.00 pm) –  
**12th 2011** (until 2.00 pm)  
**CARM: Photography and Prayer:  
 Light and Dark**  
 Roger Clifton (Chaplain)  
 & Peter Boorman  
 £295.00

The theme of this year's addresses will be 'Light and Dark'. We shall explore their traditional symbolism in all cultures and religions, especially Christianity, as well as their central role in creating photographs. We shall look at the claim of Jesus to be the light of the world, and the challenge he gives us to be light to the world ourselves.

*Canon Roger Clifton (Chaplain) has recently retired from full time parish ministry in Wiltshire, and lives in Bath. His interests include painting, cycling and mountaineering. He has been a chaplain with CARM since its earliest days.*

*Peter Boorman (Tutor) is a photographer specialising in landscapes and gardens, still life and architecture, who believes firmly that it is the creative part of making a photograph – or any piece of visual art – that is the most important, not the technology used to do it. This is his fifth photography retreat that he has tutored at Launde.*



The Last Supper Altarpiece in the Chapel

**August 15th** (from 12.00 pm) –  
**19th 2011** (until 2.00 pm)  
**CARM: Painting and Prayer:**  
**The Extraordinary in the Ordinary**  
 Mary Gilbert (Chaplain)  
 & Pam Bowen (Tutor)  
 £295.00

Amidst the beauty of Launde this retreat will pick up the theme of seeing the extraordinary in the ordinary. Pam will encourage the use of a sketchbook to 'write' and illustrate the story of your life while Mary will give a series of talks to inspire you to see the extraordinary in the ordinary.

*The Revd Mary Gilbert (Chaplain) is an Anglican priest currently serving as vicar of St. Paul's in the Jewellery Quarter in Birmingham City Centre. She has been involved in the area of theology and the arts for the last few years, particularly looking at film and is currently exploring the relationship between creativity and spirituality. Mary is a photographer, jewellery-maker, cook, actor and poet.*

*Pam Bowen (Tutor) Studied Art at City of Coventry Teacher Training College. In recent years she has concentrated on Flower Painting and Sketchbook work. She enjoys sharing her enthusiasm with students home and abroad. She regards painting and sketching as a type of meditation and enjoys sharing her knowledge with all abilities. She will introduce the use of the sketch book as a 'story' of one's life in pictures and words. Retreatants will have the opportunity to explore many mediums as well as their own favourite.*

**November 7th** (from 12.00 pm) –  
**10th 2011** (until 2.00 pm)  
**Music Retreat**  
 Emily Walker Price £260

**Singing into the Season:**  
**Mist, music, silence and expectation**

As the seasons travel through autumn and into winter, we will explore a mixture of singing and silence, weaving music around reflection and meditation, and spending some time singing around the themes of expectation and waiting that characterise the coming season of Advent. Drawing on the music of faith communities from the UK and further afield, there will be programmed sessions during the day, and the encouragement to join with the Launde community in regular prayer in the chapel. As this programme is focused on enabling all to sing and participate in music, all who have a love of singing – whether from the choir stalls or the pews – are welcome.

For information about Emily Walker, please see the Music Retreat from March 7th – 10th 2011.



The Sunken Garden in the Autumn

**PLEASE USE BLOCK LETTERS**

Please complete and return to:

**The General Office, Launde Abbey, East Norton, Leicester. LE7 9XB.**

**Tel: 01572 717254 Fax: 01572 717454 Email: laundeabbey@leicester.anglican.org**

Name of Retreat/Group/Individual: \_\_\_\_\_

Date arriving: \_\_\_\_\_

Date departing: \_\_\_\_\_

Surname (incl. title): \_\_\_\_\_

First name: \_\_\_\_\_

Other member(s) of party at time of visit:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Full Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel Number \_\_\_\_\_

Daytime: \_\_\_\_\_

Evenings: \_\_\_\_\_

Any other details: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

ALL SPECIAL REQUIREMENTS SHOULD BE STATED AT THE TIME OF BOOKING

BEDROOMS ARE ALLOCATED BY AVAILABILITY BUT IF WE CAN WE WILL TRY AND MEET YOUR

PREFERENCES.

I would like (if possible):  single room(s)  
 twin bedded room(s)  
 family room(s)

If a double bed is available would you like it? Yes / No

If a single room is not available would you be prepared to share? Yes / No

Special diets (i.e. medical or vegetarian) please state:

Have you any disabilities, eg. with mobility, hearing etc?:

Are you registered disabled? Yes / No

There are a limited number of ground floor rooms.

If you can climb ONLY one flight of stairs please indicate (tick):

Are you a Friend of Launde Abbey? Yes / No

How did you hear about Launde? If from an advert, which?

I enclose a deposit as follows: £  (Cheques payable to Launde Abbey)

You can also make payment by credit card (2% charge) or debit card (no charge) by telephoning the General Office during normal working hours

**I have read the Booking Information and accept its conditions.**

Signed:  Date:

#### FOR OFFICE USE ONLY

DATE:

REF:

INITS:

## The Friends of Launde Abbey

The aim of the Friends is to support the Abbey and its work, financially, practically and spiritually.

In 2008 The Friends donated more than £100,000 to Launde to fund the refurbishment and enlargement of the Stables, which now offers 19 ensuite bedrooms, including three ensuite bedrooms for disabled people and a carer's bedroom. This money came from The Friends's fund-raising and their individual donations.

Some members of The Friends give practical help in the gardens and grounds. Others act as stewards when the chapel is open to visitors over summer weekends.

Many Friends volunteer to run stalls and activities at Launde Abbey special events, such as the Flower Festival over the Late May Bank Holiday and the August Bank Holiday Fun Days.

Other Friends are also 'Launde Stretchers', committed to praying for people staying at or visiting the Abbey, week by week.

Friends receive a copy of Launde Leaves, the Friends magazine, twice a year, plus invitations to special occasions and events at the Abbey.

Friends can also enjoy the peace and tranquillity of Launde at the monthly Friends Quiet Days, held on the first Monday of each month, at a special rate of £25.00 instead of £30.00.

**Become a Friend of Launde Abbey by completing the application form overleaf and returning it to:**

**Mike Playdon**  
**186 Mountsorrel Lane**  
**Rothley**  
**Leicestershire**  
**LE7 7PW**

The annual subscription is £10.00 for individual members and £15.00 for couples.

If you Gift Aid any donations we can also recover the tax – please tick the Gift Aid box on the application form overleaf.



The Chapel decorated for the annual Flower Festival on the Spring Bank Weekend

**APPLICATION FORM****PLEASE USE BLOCK LETTERS**

Yes, I/we would like to become a Friend of Launde Abbey

Title: Mr  Mrs  Miss  Ms  Dr  Rev  Other 

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Parish: \_\_\_\_\_

I/we enclose the first annual subscription of: £10.00/£15.00. \_\_\_\_\_

I/we would also like to make an extra donation of: £ \_\_\_\_\_

(Please make your cheque payable to 'The Friends of Launde')

**Gift Aid:** I would like the Friends of Launde to reclaim the tax on this and all future donations until I notify you otherwise. I confirm that I am a UK taxpayer and that I pay as much income or capital gains tax as the Friends of Launde will reclaim in the tax year.

**Standing Order:** I would like to pay my subscription or make donations by standing order. Please send me a standing order form.

**Database:** I am happy for the Friends to pass my name and address on to Launde Abbey for occasional mailings about events.

Signature: \_\_\_\_\_ Date: / / \_\_\_\_\_

**April 25th** (from 6.00 pm) –  
**29th 2011** (until 4.00 pm)  
**Spring Working Holiday  
for the Fit and Healthy!**  
The Launde Community  
Price: £150 (Adults)  
£90 (under 16)

The Working Holiday will involve prayer and working around the Abbey. Each day those participating will have the opportunity to join the daily round of worship in the beautiful Abbey chapel. The work, mainly in the gardens, will be done under the direction of members of the Abbey's staff community. This will provide the opportunity for the group to have both great fun and fellowship within the context of prayer. There will also be time to relax in the company of the rest of the group in the evening. This Spring Working Holiday is now an established part of the Launde Abbey programme being the third year in which we have held one. It provides the ideal opportunity for all those taking part to have fun while also giving to this wonderful retreat house.

**July 25th** (from 4.00 pm) –  
**29th 2011** (until 2.00 pm)  
**Walking Holiday:  
A Journey of Exploration of God,  
of Self and the East Midlands**  
The Warden  
£260.00

The holiday will be a spiritual journey, involving prayer, meditation and worship. However, the main daytime activity, not surprisingly, will be walking. The East Midlands especially East Leicestershire and Rutland offers a host of walking opportunities. Although some of the walks may start and finish at Launde others may involve car journeys to the start / finish points. It is expected that car sharing between those coming on the holiday will be mutually agreed. Participants should be able to undertake walks of several hours duration (up to about 10 miles being walked in a full day with breaks although distances will be varied to suit the ability of the group) without suffering from any ill effects and are advised to be equipped with suitable footwear and weather attire. During your stay there will also be time to relax and enjoy the peace and quiet of Launde itself and to join in the cycle of daily worship. There will be the opportunity to read and meditate in private and to enjoy conversation and fellowship in the evening.

See above for information about Tim Blewett, the Warden, under A Retreat for All in Ministry in April.

**August 22nd** (from 12.00 pm) –  
**26th 2011** (until 4.30 pm)  
**August Working Holiday  
for the Fit and Healthy!**  
The Launde Community  
Price: £150 (Adults)  
£90 (under 16)

See information above under the Spring Working Holiday for the Fit and Healthy in April.

**November 7th** (from 12.00 pm) –  
**11th 2011** (until 2.00 pm)  
**Painting Holiday: Watercolours for Complete Beginners & Improvers**  
Martin Cottam  
Price: £360

This Holiday will be a thorough introduction into the basics of painting with watercolours, covering topics such as laying flat washes, colour mixing, information on different types of paper, tone, improvising with colour and exploring different techniques. There is absolutely no need for participants to be able to draw and improvers are also welcome and will be given tuition according to their ability. November at Launde Abbey is a particularly beautiful time of year and the timing of the holiday will take full advantage of the magnificent autumn colours available at this time of year.



Martin Cottam has worked for many years as a freelance Book Illustrator using a wide variety of media. He has also taught illustration and drawing at two different art colleges

and has been a tutor with CARM since 2000. He welcomes participants who would like to learn the very basics, as well as those who already have some knowledge and hopes to assist each person to take further steps of progress along their individual creative journey with a mix of instruction, enthusiasm and encouragement. Martin has lived in Norfolk since 2003 where he delights in the sight of wide skies, secret reedy places and the unparalleled multiplicity of medieval church towers.

**June 1st** (from 4.00 pm) –  
**3rd 2011** (until 4.30 pm)  
**Spiritual Director's Supervision Course**  
Andrew Walker  
Price on application

The Spiritual Director's Supervision Course is a training course specifically designed for those working as supervisors of spiritual directors and it can be combined with the Supervision for Supervisors Course on June 1st (see Day Course for more information). Combined Price for both Retreats £250 Residential £190 Non-Residential. It is not essential that participants attend both.



*Andrew Walker was ordained in 1985 and is Director of the Centre for Spirituality and a psychosynthesis trained supervisor and counsellor and his book Journey into Joy is published by SPCK. In his spare time he enjoys gardening, food and the cinema.*



View of Launde Abbey from the Wildlife Pond

## Launde Abbey Quiet Days

A monthly Quiet Day for those who need to take some time out from their busy lives. The Quiet Days are open to all and you do not need any prior experience of retreat to attend. They are an opportunity to learn, to meet others, spend some recuperative time and to meet with God. Quiet Days, may, as the name suggests, involve some periods of silence and there will be free time for you to spend on a favourite activity or just relaxing in the Abbey and its grounds.

Price: £25 for Friends of Launde £30 for others

The outline for the days is usually as follows:

TIME	ACTIVITY
10.00	Arrive and Coffee
10.30	First Talk
12.30	Midday Office
13.00	Lunch
14.00	Second Talk
15.30	Eucharist
16.00	Tea and Depart

### The dates of the Quiet Days are:

10 January	The Warden
7 February	The Deputy Warden
7 March	James Shakespeare
4 April	Mike Harrison
9 May	The Warden
6 June	James Shakespeare
4 July	Michael Covington
1 August	The Deputy Warden
5 September	James Shakespeare
3 October	Valerie Joyce
7 November	The Warden
5 December	The Deputy Warden

**January 29th, February 26th, March 26th, April 16th 2011**  
The Warden  
**Encountering Spiritual Companionship**  
£160 for 4 Sessions or £55 each

This course, which is now in its fifth year, is designed to enable participants to explore both key elements of their faith and a variety of different Christian traditions of prayer and spirituality. It will allow people to ask the central question of how you relate life and faith to God, through prayer and reflection. Through exploring different traditions of prayer and spirituality, both an encounter with God and spiritual growth will be possible.

### There will be time for:

- Prayer – giving time to pray and to reflect on our journey of faith through a range of approaches;
- Reflection – this has two dimensions: firstly, the personal reflection in relation to what has happened and is happening in the participant's life, and faith in their prayer and relationship with God; secondly, the corporate reflection of how the Christian spiritual tradition can inform and help our understanding of the personal experience;
- Sharing – faith sharing in the sense of sharing with another person something of our experience of prayer and reflection helps us to articulate our lived faith and so deepen our awareness of God in our lives. Done in a 'safe place' this can help us to share our faith in more public places.

Each day will begin with morning coffee and finish with afternoon tea. Although it is possible to book each day separately it is strongly encouraged that participants attend all four days to get the most from the course.

### The outline for the days is usually as follows:

TIME	ACTIVITY
10.00	Arrive and Coffee
10.30	First Session
11.15	Coffee
11.30	Second Session
13.00	Lunch
14.15	Third Session
16.00	Tea and depart

**March 11th & September 23rd 2011**  
(from 10.00 am until 4.30 pm)  
**Holistic Quiet Days – Open to All**  
Jane Franklin  
Price: £45 per day or £80 for both days

Jane offers an Holistic approach in her retreats, focusing on the mind, body, soul and spirit in encounters with the inner self and with the Divine. Using a variety of tools including Scripture, pictures, music, poetry, nature and silence Jane invites each attendee to meet with God in a deep way during their time of retreat. There is an opportunity to explore contemporary spirituality, complementary therapies and a variety of healing techniques with reference to the Celtic traditions as well as the mystics. Jane is also available to listen as individuals work out what God has to say to them for that time.



*Jane Franklin is a Retreat Leader, Spiritual Director, Licensed Lay Minister (Reader) in the Hackney Marsh Team, London and a Massage Practitioner. She is involved in the Healing Ministry in the Team and leads quiet days and guided*

*prayer weeks. Jane offers various tools to help people understand themselves better and to reconnect with their inner being and with God. These quiet reflective days will provide space for those attending to rest, relax and pray with an opportunity to explore and experience complementary therapies within a Christian context.*

**Holistic Quiet Day**  
**March 11th 2011**  
**Nature of the Divine**

An opportunity to explore the sacred in our surroundings and in ourselves. During the day there will be 3 short talks, times of silence, some ideas for reflection, prayer and creativity. A time to refresh and restore your spirit.

**Holistic Quiet Day**  
**September 23rd 2011**  
**Lost and Found**

Working with Rembrandt's picture of the return of the prodigal son.

**The outline for the days is usually as follows:**

TIME	ACTIVITY
10.00	Arrive and Coffee
10.30	First Talk
13.00	Lunch
14.00	Second Talk
16.00	Tea and Depart

**May 5th 2011**  
The Warden  
**How to Lead a Quiet Day**  
Price: £35.00 (£30.00 for members of the Retreat Association)



This day course will enable those attending to explore how to lead and facilitate a 'Quiet Day'. During the course of the day there will be input on the practicalities of organizing a Quiet Day to thinking about the space that is to be used. There will be a discussion of how the input is given by the 'Quiet Day leader'. The day will consist of a mixture of input, group discussion and sharing along with times of silence with the aim of giving those attending the confidence to go away and lead a 'Quiet Day'. The day is open to both those who are thinking of organizing and leading a Quiet Day to those who have experience of doing so who wish to both share their experience and think through new ideas.

**May 14th 2011**  
The Warden  
**Introduction to being a Spiritual Director**  
Price: £35

Spiritual direction, or accompaniment, or guidance, is the assistance of another through listening with them to the guidance of the Holy Spirit. Through hearing them the Director encourages the person to become more aware of how God is present to them and in doing so discern his calling of them. It is consequently a powerful tool in Christian discipleship as it enables a person (the directee) to come to know better who they are in relationship to God and others and how they are called to grow in God through prayer and the gifts that they have been given. This 'taster day' will allow those attending to discern if they might be being called to this invaluable ministry within the Church.

**The outline for the day is as follows:**

**TIME ACTIVITY**

10.00	Arrive and Coffee
10.30	First Session
11.15	Coffee
11.30	Second Session
13.00	Lunch
14.15	Third Session
16.00	Tea and depart

**June 1st 2011**  
Andrew Walker  
**Supervision for the Supervisors**  
Price on application

The Supervision for the Supervisors Day will be a day of reflection for those within the ministry of Spiritual Direction involving meditation, discussion, input and personal experience. This day course can be combined with the Spiritual Director's Supervision Course from 4.00 pm on June 1st to 4.30 pm on the 3rd. The combined price for both Retreats is £180.00 residential and £140 non-residential.

## Music Days – Open to All

£12.50 per person

**Music is for everyone! As this programme of music days are focused on congregational singing, all who have a love of singing – whether from the choir stalls or the pews, whatever their ability – are welcome. The days will pick up certain themes giving greater confidence to allow music to be taken into the life of the Church – both small and large alike!**

Emily Walker has been appointed Launde's first resident musician taking up her post in January 2011. Having grown up within a very broad expression of the Church of England, Emily has since sung with rural Anglicans, suburban Methodists, urban Catholics, and experimental ecumenists, in praise bands and choirs, with people who have sung all their lives and people who have only sung for a day, the length and breadth of the UK, and further afield. Previously resident musician for the Iona Community, at Iona Abbey, Emily has spent the past six years living in London, working as a Music Therapist, community choir leader, church choir conductor, workshop leader, and piano teacher.

The dates of the Music Days with Emily Walker, Launde's resident musician, are as follows:

**2 April – Depth in simplicity** – inclusive and accessible singing with children

**7 May – The harmonised congregation**

Reclaiming the voices in the pews

**4 June – Singing with the world church**

**9 July – Singing our stories...** stages of life

**10 Sept – Taize, Anglican chant and Gospel blues!**

**8 October – How shall we sing the Lord's song?**

Music for the journey... lament, experience and hope

The outline for the days is usually as follows:

**TIME    ACTIVITY**

10.00    Arrive and Coffee

10.30    First Session

13.00    Lunch (Soup and Sandwiches)

14.00    Second Session

16.00    Tea and Depart

## Cookery Demonstration and Supper Evenings

A series of Cookery Demonstrations with local Chefs, including a two-course supper. The evenings are a great way to learn new skills and spend time with friends, with the added benefit of being able to try the food being demonstrated.

**March 23rd**      Cooking With Herbs

**April 6th**        Special Guest Chef

**May 4th**         Special Guest Chef

**June 8th**        Outdoor Cookery

**September 14th**    Special Guest Chef

**October 12th**     Ready Steady Cook

**November 9th**    Christmas Cookery

Price: £15.00 per person, including two-course supper

Each evening will start at 7.15 pm for 7.30 pm with supper, followed by a demonstration of how to cook the food guests have just eaten.

## Valentine Suppers

Why not come to Launde for a leisurely supper with someone special to enjoy the peace and tranquillity of Launde. Supper will be served at 7.30 pm on Saturday, 12th and Monday, 14th February 2011, both of which can be linked to an overnight stay. Please book in advance.

**Price:** £17.50 per person or £47.50 per person, including an overnight stay.

## Snowdrop Spectacular

Come and enjoy the beautiful snowdrops in the lovely Launde Abbey gardens on 20th, 21st, 27th and 28th February or 6th and 7th March 2011. The gardens are 14 acres in size, including a Victorian walled Kitchen Garden, which is an acre in size. Having walked around the gardens you can then enjoy a delicious afternoon tea. There is no need to book, unless you are planning to bring a large group, in which case, advance notice would be appreciated.

**Price:** £3.50 to include tea, scone and jam

## Mothering Sunday Lunch

Come to Launde Abbey to celebrate Mothering Sunday with a wonderful lunch on 3rd April. Afterwards guests are free to enjoy the beauty of the gardens or relax in one of our Sitting Rooms. Book early to avoid disappointment.

**Price:** £17.50 per person or family ticket (2 adults + 2 children £50.00)

## Easter Lunch

Enjoy a festive lunch at Launde Abbey on April 24th, with some time to spend in the Launde Gardens or Main House afterwards. There will also be activities for children, including an Easter Egg hunt. Book early to avoid disappointment.

**Price:** £17.50 per person or family ticket (2 adults + 2 children £50.00)

## Official Launde Abbey Grand Opening

30th May 2011 – Bank Holiday Monday

Everyone welcome

**Entrance:** £5.00 per car

## August Bank Holiday Fun Days

Come and enjoy a fantastic, fun family weekend, with stalls and activities for all the family.

**Entrance:** £5.00 per car

## Christmas Lunches

Now a regular favourite in our special events calendar, our Christmas lunches offer the perfect antidote to the 'busyness' of Christmas preparations and allow guests the opportunity to spend quality time with friends and family in a magical and traditional setting. Forget the shopping, cooking and present wrapping for one afternoon and join us for a celebration of all that is special about Christmas. Book early to avoid disappointment.

## Concerts

There will be a number of concerts – of different styles of music – during the year. Please visit the website for further information or give the Office a ring.



Friends and families relax at the Fun Days

## How Do I Book?

In the first instance contact the General Office at Launde Abbey on 01572 717254 to check availability for events listed in our Programme or if you would like to come on a personal retreat. If there is availability, please complete the booking form on Page 15 and send it to us with your deposit of £50.00 per person, per retreat or individual stay. If you are booking a Quiet Day or Day Course, please enclose full payment.

## Booking Conditions & Notes

All bedrooms are en-suite, centrally heated and have a shaver socket. The Oxford and Cambridge Hermitage can also be used for self-catering stays. There is a licensed bar for the use of residents. Guests are not permitted to bring in their own alcohol, but good quality wines, beers and spirits are available. Please note that on the day of arrival bedrooms may not be available before 3 pm and on the day of departure guests are requested to vacate their rooms by 9.30 am. Weekend guests are requested, unless otherwise specified by the retreat, to arrive no earlier than 6 pm on Friday evening. Mobile phone signals are very weak at Launde Abbey. However, there are payphones available for guest use. If you need an emergency contact for Launde please use 01572 717254. A member of the residential community will pass on messages outside normal office hours, but please use this facility in an emergency only, particularly late at night.

## How Much Will it Cost to Visit Launde Abbey?

If you are staying as an individual the cost will be £70.00 per person per 24 hour period, which includes all meals and accommodation within that time.

You can also visit as a day guest from as little as £15.50, which again includes coffee, lunch and tea and use of the Abbey and grounds. If you wish to use a private room or you are coming as a small group and need somewhere to meet, then the cost is £25.75 per person.

## FAQs

**I would like to stay at Launde but I don't think I can afford it?**

A bursary fund is available for those on certain government benefits or low income who might otherwise be unable to visit us. Please contact the General Office in confidence for more information about how to apply.

**Can I come to Launde just for the day?**

We offer a number of day courses and Quiet Days and we also welcome individual guests who just wish to spend time at Launde in their own way. There are extensive gardens and grounds and plenty of places to sit and relax in the House and Grounds. There are also several local walks for those who are feeling more energetic.

**Can I visit Launde as a residential guest without joining one of your programmed retreats?**

You can visit Launde Abbey as an individual outside of our programme. It is also possible to have your retreat guided by a Spiritual Director by prior arrangement. There will be a small charge for this.

**I would like to visit for the morning/afternoon or have lunch at Launde Abbey. Is that possible?**

We offer a wide selection of options for guests visiting Launde Abbey. Guests can enjoy a morning coffee, afternoon tea or have lunch in our dining room. Why not organise a coffee morning or lunch with friends?

**How should I pay?**

We accept cheques and cash, but please do not send cash in the post. We also accept both debit and credit cards, but there is a small charge (2%) for payments by credit card.

**Can I bring a friend or a group to Launde Abbey?**

Everyone is welcome at Launde Abbey. If you are a small group you can all book individually or as a group, or for larger groups, please contact the General Office to check on availability and to obtain specific booking forms.

**What do I do if I need to cancel my booking?**

When you book your stay with us you are entering into a legally binding contract and cancelled bookings do cause significant financial loss to the Abbey, particularly if we are unable to refill the space. With this in mind we can offer a competitive insurance package to cover your booking. If you would like further information about this insurance cover please ask at the time of booking. We feel it is very important that you are adequately protected against unforeseen eventualities, both prior to your stay and during it. Accordingly we shall be including details of one such suitable method of insurance with your booking confirmation. We strongly recommend that you read the information and seriously consider taking insurance.

**Please note that in the event of cancellations the above policy is enforced.**

**Are children allowed to visit Launde Abbey?**

We actively encourage children at Launde Abbey, both within school groups and with their families. Children under 16 must be accompanied by an adult at all times, who will be responsible for their supervision.

**Do you have facilities for disabled guests?**

We make every effort to meet the needs of all our guests. We have designated disabled bedrooms in our Stable Block as well as ramps for access to our buildings and wheelchair friendly paths. Our conference facilities and Main Chapel are also accessible for disabled visitors. In addition to this we have a lift in our Main House, which allows access to higher floors. We also have a designated disabled dining space and a hearing loop in our Chapel and conference rooms.

**Do you allow pets to visit Launde Abbey?**

Regrettably no pets or animals, except Guide Dogs are allowed at Launde Abbey.

**Is there Internet Access at Launde Abbey?**

There is Wi-Fi access at Launde Abbey in the meeting rooms and wired access in the bedrooms. Please contact the General Office for more information.

**What do you provide for guests in bedrooms?**

Towels, bed linen and soap are provided in each bedroom, as well as desks for those who wish to work during their stay. There is also a hospitality tray in each room providing tea and coffee making facilities. If you are unsure about the facilities at Launde Abbey, please contact the General Office for more information.

**Chapel Times**

Community Worship is open to all and usually takes place at the times listed below:

**Monday**

<b>8:15am</b>	Morning Prayer
<b>5:30pm</b>	Evening Prayer
<b>10:00pm</b>	Night Prayer

**Tuesday to Friday**

<b>7:45am</b>	Morning Prayer
<b>8:15am</b>	Holy Eucharist
<b>5:30pm</b>	Evening Prayer
<b>10:00pm</b>	Night Prayer

**Saturday**

<b>7:45am</b>	Morning Prayer
<b>8:15am</b>	Holy Eucharist
<b>5:30pm</b>	Vigil Office (including the Proclamation of the Gospel)
<b>10:00pm</b>	Night Prayer

**Sunday**

<b>7:45am</b>	Blessing of the Water and Renewal of Baptismal Vows
<b>8:00am</b>	Holy Eucharist with Homily

Please also note that when possible at 12:30pm on Wednesday the Midday Office is said in the Chapel by the 'Launde Stretchers'.

**Meal Times**

<b>Breakfast</b>	8:45am (9:00am on Sunday)
<b>Coffee with biscuit</b>	11:00am
<b>Lunch is served from</b>	12.45pm to 1.15pm
<b>Tea with cake</b>	4:00pm
<b>Dinner</b>	6:30pm (7:00pm on Friday)

**The Friends of Launde Abbey**

The Friends support the work of the Abbey by prayer, practical help in the house and garden, financial help and by joining in social events held at Launde or elsewhere.

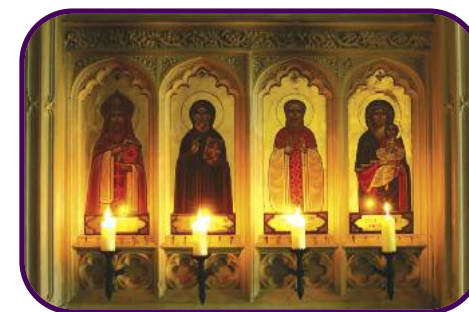
A bursary fund has been set up to assist those who might otherwise be prevented from staying at the Abbey, and many extra amenities and improvements have been financed over the years through the efforts of the Friends. For instance, with the Garfield Weston Foundation, Leicestershire County Council and Harborough District Council the Friends have paid for the refurbishment of the Stable Block and assisted with fundraising towards the current redevelopment of the Main House for which the Trustees and the Warden of Launde Abbey are very grateful. If you would like to become a Friend of Launde Abbey, please complete the application form on page 18.

Could you help Launde by for instance:

- Assisting in manning a stall at the August Bank Holiday Open Days at Launde and helping in other voluntary capacities?
- Publicising in your parish what Launde has to offer and what help is needed?
- Acting as a House or Chapel Guide when either the House or Chapel are open to casual visitors?

**The Stretchers**

The 'Launde Stretchers' are a group of people who receive details of the weekly bookings so that these can be included in their time of prayer. They also meet regularly at Launde for prayer, worship and mutual support. They have recently become responsible for leading the Wednesday Midday Prayers. They are called the 'Launde Stretchers' because they recognise that they need to be stretched in their Christian life, because Christ stretched out his arms for us on the cross and because the Risen Christ statue stretches out his arms to welcome guests to Launde.



The four Icons to the south side of the altar in the Chapel

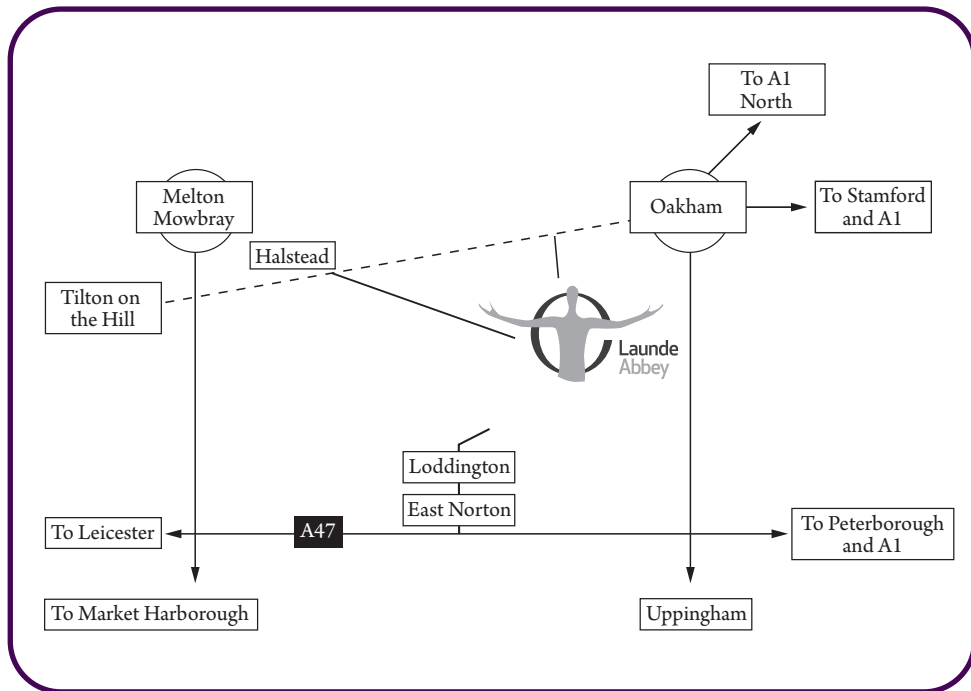
**Volunteering**

We often need help in our gardens and throughout the year at our regular fund-raising events. Could you spare some time regularly to help out in our gardens with weeding, pruning and general tidying or do you have specific horticultural expertise that might assist our gardening team?

Could you help at one of our fund-raising events? There are many opportunities for people with different skills to get involved with the fund-raising work of the Abbey, either by manning stalls, helping us prepare for events or clearing up afterwards? Could you perhaps act as a steward or help us prepare lunches and teas?

Whatever your skills we would love to hear from you if you have some spare time during the year, either on a regular basis or for one-off events.

Please contact the General Office at Launde Abbey on 01572 717254 for more information.



Launde Abbey is 14 miles east of Leicester and is signposted in East Norton (just off the A47). Follow signs turning right in Loddington, in about one mile cross the cattle grid, and you will see Launde Abbey on the right.

Launde is also easily accessible from the A1, through Oakham, over the level crossing turn left signposted Leicester, then second left, signposted Leicester and Braunston, through Braunston village, in about one mile turn left signposted Launde, cross two cattle grids, Launde Abbey is on the left.





The Rear of the Main House and Chapel at Launde Abbey from the gardens

**Launde Abbey East Norton Leicestershire LE7 9XB**

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