



Othona

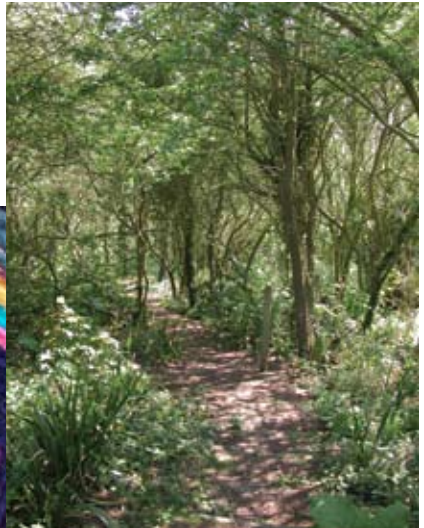
WEST DORSET

Programme of Events **April to October 2010**



- **Retreats**
- **Workshops**
- **Family holidays**
- **A welcoming community**
- **A spirituality open to all faiths and none**

"It's different from anywhere else... the vibe, the feeling in the air, the sense of peace emanating from the walls."



Through dappled light to the sea

"A balance of solitude, companionship and beauty – grounded once more!"



Creativity flourishes in the art room

"Good company, fine food and meaningful worship in an atmosphere of friendship, chat, laughter, chores – all with an often unspoken, underlying spirituality."



Othona serves all ages – sometimes al fresco!

Mission Statement: The Othona Community is an open Christian community, whose purpose is to provide, mainly through its two centres in Essex and Dorset, a welcoming, accepting place with a pattern of work, worship, study and play where people of different beliefs, cultures, classes, abilities and ages can discover how to live together, learn from each other, explore together the relationship between faith and life with a view to more positive action in the world, and encourage one another in caring for the world and its people. Othona was established in 1946.



Rooted in the Christian heritage... open to the widening future

this centre is one of two operated by the Othona Community

A PLACE

West Dorset is rich in history, wildlife and culture – a joy to visit, but not ruined by tourism. We occupy 7 acres of gloriously untamed grounds on an unspoilt stretch of coast.

In Community House you'll find simple but comfortable accommodation, with wide sea views and a homely log fire. The beach is 10 minutes walk away through National Trust meadows.

A PLACE TO BE

Othona is a great place just to be. Leave the stress of your daily life behind. Let go of a few responsibilities. Relax in surroundings that lift your spirit.

Wake each morning to birdsong from the woods that surround us. Fall asleep to the rhythm of waves on the beach below.

A PLACE TO BE REAL

In this beautiful setting many people find a surprising quality of acceptance. When image and status don't matter, we're free to be who we are, without judgment or expectations. Free to look within and recognise, perhaps, parts of ourselves that have lain dormant.

A PLACE TO BE REAL TOGETHER

So you relax. The real you finds breathing space. And maybe you will also discover a rare depth of connection with other people.

Othona's a place with lots of unforced laughter, easy sharing of each other's life stories, and not a few unembarrassed tears. This is a taste of community – something so often missing in today's world. (All spiritual traditions recognise this. One Christian name for it is the fellowship of the Holy Spirit.)

Our hope is that this experience carries over as a practical blessing in your everyday life.

*For some **Frequently Asked Questions** see page 10*

The Deep Magic of Easter

1-6 Apr (Thurs-Tues)

A family-friendly Easter with a difference. *Mark Townsend* is a talented professional magician and author, and also a Christian priest with a global sense of spirituality. He will lead our reflections and celebrations from Maundy Thursday to Easter Day, in a highly individual style which brings together illusion and inspiration. Expect the unexpected. And a renewed sense of Easter as a challenge to conventional ideas of success or victory. Homemade hot cross buns, Easter bunnies, painted eggs, walks and plenty of creative fun complete the mix. Oh, and Mark has a tendency to show the children tricks at the breakfast table...

More about Mark: www.magicofsoul.com

CHARGE CODE: GG COURSE FEE: £30 (adult) £10 (child)

Community Weekend with Tapping (EFT) NEW 8-11 Apr (Thurs-Sun p.m.)

Here's a long family weekend in community with fun and relaxation, all ages welcome. Within it, for those who are interested, *Alison Hull* offers an introduction to Emotional Freedom Technique. This is a simple non-intrusive technique to relieve fears, phobias, pain and emotional blockages. It involves tapping on selected energy meridian points of the chest, face and hands. It doesn't take long to learn and children can make use of it too. Over the weekend we will be working on our own 'personal peace procedure' to start the process of clearing out a lifetime of accumulated emotional debris. Alison first learnt about EFT five years ago, found it invaluable in her own life and enjoys sharing it with others.

More about tapping: www.emofree.com

CHARGE CODE: EE

Body Mind Spirit Detox

12-18 Apr (Mon-Sun p.m.)

Can you afford to give yourself a week seriously free from a lifestyle that's wearing you down? Can you afford not to? This is much more than just a holiday with time to chill.

Body: you'll have the option of yoga, beautiful walks and professional massage (charged extra). We offer no extreme heroic diets but a chance to eat local, eat healthy, eat homecooked... and eat with awareness.

Mind: there's no TV or wifi at Othona and this week we strongly suggest you do without radio and even leave the mobile at home or switched off. This is the first step towards relaxing our addictive mental processes.

Spirit: through simple contemplative practices (compatible with all faith traditions) you may find a renewed sense of calm and of being at home in the universe. Spirit is not just individually experienced but unites us with each other and ultimately with all that is.

N.B. Nothing this week is obligatory or coercive – you have responsibility for your own choices. The title should not be taken to mean this is an opportunity to detox from problem drinking or other drugs where specialist support is vital to a good outcome.

CHARGE CODE: NN

"Hugely enjoyable and deeply transforming. Thank You."

The Gift of Mindfulness

NEW

22-25 Apr (Thurs-Sun p.m.)

In Mindfulness Meditation we are training ourselves to pay full attention, on purpose, to the present without judging. This can bring us to a point of deep concentration and stillness, where we receive the Gift of Mindfulness, the potential to wake up to our lives, to our world and to the divine. *Helen Drever* leads this retreat including lengthy periods of silence (and moments of pure joy!) Simple meditation instructions will be given but no previous experience is needed.

Please note: to support the deep stillness created among us, all participants are asked to avoid trips out from Othona during this course.

CHARGE CODE: EE

No Course Fee but free will donations (dana) in thanks for Helen's work.

Dawn Chorus, Mothwatch... and Full English!

26 Apr (Mon 4.30 a.m.!)

Hear the woods and hedgerows around Othona come alive. Whether you're a regular birdwatcher or a novice, *Dominic Couzens* is a superb guide. His knowledge is encyclopaedic, his style very engaging. He'll also introduce us to whatever moths visited overnight (all weather-permitting). And then we share a slap-up breakfast, finishing by 9.00.

More about Dominic: www.birdwords.co.uk

£12 for the morning or £22 with a bed for Sunday night (indicate when booking).

Walking Week: Vale, View and Village

30 Apr – 6 May (Fri-Thurs)

This year our Spring walks will take in not only some gorgeous countryside but five classic and contrasting Dorset villages... with the occasional teashop.

This is the season for bluebells and blossom, when all is still springing green.

Please be prepared for walks between 3 and 8 miles in length, inevitably with some hilly sections.

CHARGE CODE: H

Clowning Around

NEW

7-9 May (Fri-Sun p.m.)

Clowning bridges the mundane and the magical with a sense of wonder and innocence. It teaches you to be authentic and to connect with others in a light-hearted way. At its best, clowning can speak the language of the heart and touch your soul. In this energetic introductory workshop you'll discover your inner clown in a way that is organic, freeing and fun. We'll explore physical and emotional expression, inspire our natural humour and learn again the value of play in our lives. Discover the red nose – the smallest mask in the world.

Richard Dunkerley has been leading clowning and creative play workshops for 7 years. He found clowning was a natural progression from accountancy! He also teaches the Alexander Technique and is co-director of "Alternatives" at St James' Church, Piccadilly, London.

More about Richard: www.foolsense.co.uk

CHARGE CODE: C COURSE FEE: £30

Open Space... with sound healing option

15-22 May (Sat-Sat)

Classic Othona 'time out': restful days in a friendly community setting. For Open Space you can book and pay for as many or few days as you wish. From Tuesday to Friday there will be optional group sessions with sound therapist *Lucy Starchild*. Lucy's workshops, 'Freeing the Inner Voice' will be an opportunity for you to rediscover your unique inner sound. Through the use of natural sounds, toning, simple movements and chants you will move with ease into an expression of your own authentic voice. Lucy's gentle and sensitive approach provides a safe and supportive environment. Expect to be both surprised and delighted. (There will also be an opportunity to experience a 'sound bath')

CHARGE CODE: B COURSE FEE: £20 for sound healing option

Springwatching

28-31 May (Fri-Mon p.m.)

If we tread quietly and watch carefully, what can we observe together of the natural world enjoying warmer days? Birds? Butterflies? Fox cubs? Slowworms? We'll be in the expert hands of *Dominic Couzens*, a renowned natural history author and an Othona favourite for his dawn chorus mornings. His latest book "My family and 50 other animals" tells how Dominic, his wife and children spent a year on the trail of 50 British mammal species in the wild. Who better to lead this long weekend event suitable for all the family?

More about Dominic: www.birdwords.co.uk

CHARGE CODE: D COURSE FEE: £25 (adult) £10 (child)

Guild of Health Quiet Day:

The Mystery of the Present Moment

3 June (Thurs 10.00-4.00)

With *Simon Small* (see below). Please bring packed lunch; soup, tea and coffee provided. More details from Josephine Pearse on 01308 897784.

£5 per person on the door.

The Mystery of Contemplation

4-6 June (Fri-Sun p.m.)

Through a gentle combination of talks, silence, prayer and companionship, this retreat will invite your mind to enter the place it never actually leaves – the present moment – and discover the awesome mystery that awaits. This is the central practice of contemplative prayer. It suggests that there is always only now and that this is the only place that God can be found.

Simon Small is the author of "From the Bottom of the Pond: the forgotten art of experiencing God in the depths of the present moment". This personal reflection on the experience of contemplative prayer has been an Amazon UK 'spiritual' bestseller. Simon worked for ten years as an Anglican priest, after exploring modern spirituality in its many manifestations, including the great eastern traditions and the New Age/Alternative scene. He now lives in Glastonbury and works independently in the field of spirituality – writing, leading retreats and seminars, and acting as spiritual companion to individuals.

More about Simon: www.simonsmall.info

CHARGE CODE: C COURSE FEE: £25

Open Space with peacemaking... and basketmaking 11-18 June (Fri-Fri)

Classic Othona 'time out' in company with special guest *Jonathan Herbert*, until last year warden of our near neighbours the Pilsdon Community. Jonathan will share his recent experience as an 'ecumenical accompanier' in Israel/Palestine, standing alongside Palestinians and Israelis who oppose the Israeli occupation through non-violent presence and advocacy. Before that he walked the pilgrimage route to Santiago de Compostella, another rich source of story and reflection. Add to that an introductory course which he offers in simple rustic basket-making and you'll see why we're eager to welcome Jonathan in our midst. (For Open Space you can book and pay for as many or few days as you wish.)

More about Ecumenical Accompaniment: www.quaker.org.uk/eappi

CHARGE CODE: B COURSE FEE: £15 for basketmaking option

The Sound of Musicals NEW 18-20 June (Fri-Sun p.m.)

Tony Jaques, Othona warden and former arts broadcaster, is a lover of the musical theatre. He presents a weekend asking whether some musicals are more than just entertainment. Can they be genuinely moving, meaningful, perhaps even spiritually enlightening? He'll consider two current shows: "Les Miserables" and "Whistle Down the Wind"; both are touring the UK this year and Les Mis continues in London. But don't worry if you've not seen them. As well as discussing, we'll watch and listen to recordings, and perhaps even enjoy a bit of live performance.

CHARGE CODE: C COURSE FEE: £10

Sacred Nature: Encountering the Inner and the Outer

NEW 30 June – 4 July (Weds-Sun p.m.)

An opportunity for self exploration; through our experience of the natural world and through our awareness in meditation. We will explore how the outer may touch and illuminate the inner and how the inner world influences our experience of the outer. As we discover how Nature can engage us spiritually, sensually and emotionally, we will discuss what importance this has for us individually and for humanity as a whole. As well as spending time outdoors, we will dip into writings from a range of sources including nature writers, indigenous spirituality and ecopsychology.

From her background in ecology and psychology, *Julie Walker* has a particular interest in the ways in which our interaction with the natural world can support our psychological as well as physical well-being. *Elizabeth Sayers* will help us explore meditation practices to support and deepen the experience. Elizabeth engages with the natural world through walking and expresses her response in her textile landscapes. She meditates regularly and is an experienced meditation teacher.

More about Elizabeth: www.hapticart.co.uk

CHARGE CODE: F COURSE FEE: £25

"Left my scepticism behind... engaged with content, people and experience fully. Left with new transforming knowledge, compassion and clarity... and a bit more."

Enneagram Summer School: Nine Candles of Creativity

10-15 July (Sat-Thurs p.m.)

A second-stage workshop with *Karen Webb* (see 4-7 Mar and 14-17 Oct) for anyone who knows their Enneagram type and relishes exploring further. Karen writes: "All human beings are creative. To create simply means 'to bring into existence; to cause', and so every thought, feeling or action is a creative act. In every moment we are all bringing something into existence: a unique expression of ourselves that did not exist before. Candles are used in every society that has them as symbols of our link with the divine; our prayers, aspirations, intentions and inspiration are carried heavenwards in the leaping or steady light of the flame. A candle's beauty symbolizes our yearning to be as whole/healed/holy as we can be.

"This workshop explores the nine Enneagram types in the light of how we express ourselves in the world (whether we feel 'creative' or not) and ways in which we can allow the flame that is our truest self to inspire our everyday lives. We might use the art room at some point, we might even have some music, and some movement, but do not think 'That's not for me, I'm not creative.' You are, whether you want to be or not! Come and discover how."

CHARGE CODE: H COURSE FEE: £115

Quiet Weekend

16-18 July (Fri-Sun p.m.)

A shorter version of our Quiet Week format (see September for description). Just long enough to rest the parts of you that need rest... and awaken the parts that have dozed off! A good introduction if you are considering a longer retreat another time.

CHARGE CODE: C

Picture This: understanding media in a fast-moving world

NEW 24-31 July (Sat-Sat)

This week is about creativity, having fun and learning how to use the communication tools of our age. *Jane Chandler* is a TV Producer and Senior Reporter with BBC Spotlight in Plymouth. She's covered stories ranging from the Hungerford Massacre to interviewing Tony Blair about Europe, and has seen the internet and new technology change her job completely.

Jane will take us behind the scenes (without leaving Othona!) to learn a bit about filming news reports and charity events like Children in Need, to try our hands at interviewing or newsreading. Find out how your own camera, mobile or ipod could generate material for use on TV. We hope to have some professional equipment on loan too and visits from one or more of Jane's colleagues. This family-friendly week is particularly geared for young people in their teens.

CHARGE CODE: I

"Little did I know that what actually awaited me was a carefully structured, deeply rejuvenating gentle programme of physical and spiritual nourishment that would touch and restore the mind, body and heart. Hilarious and nurturing company of sensitive, thoughtful people from all different places. The accepting, caring welcome of the core community."

All Together Now (1)

NEW

1-7 Aug (Sun-Sat)

Rather than a single theme, the emphasis is on variety and on being a community – of all ages, backgrounds and tastes – together for these few days. We'll have all the resources of Othona (including art room, table tennis, treehouse) and the surrounding countryside and coast to choose from. And whatever happens will truly be up to us – all of us. There will be some experienced Othona hosts to help shape the week – but not to plan it all in advance. What can we learn from each other? Achieve together? How can we entertain ourselves? Nourish our spirits? You'll never know if you're not here! This family-friendly week is also open to singles and couples.

CHARGE CODE: H

All Together Now (2)

NEW

8-14 Aug (Sun-Sat)

As above.

CHARGE CODE: H

Life is a Carnival

NEW

16-23 Aug (Mon-Mon)

This is an exciting first for Othona – the chance to take part in Bridport Carnival, with its grand parade, fete and funfair, and a Sunday evening procession with some 2,000 flaming torches snaking our way down to West Bay harbour for fireworks and festivities. We plan to have an Othona 'walking float' in the parade, preparing together through the week. So if you like making costumes and banners or dressing up, music, face paints, learning simple circus skills – there'll be something for you. Great fun for all ages; there's nothing quite like being in a procession with friendly crowds applauding and urging you on. Check our website for more details as our plans develop.

More about the Carnival: www.westbay.co.uk/diary/events/bridport-carnival.php

CHARGE CODE: I

A Musical Farewell to Summer

NEW

24-30 Aug (Tues-Mon)

A relaxed week in community, with a particular welcome to musicians. Special guest is *Colin Hodgetts*, composer of (among other things) the Othona Psalms, and equally at home in jazz, folk and classical idioms. He'll be with us to help animate some creative music-making among any singers or instrumentalists who turn up. (Don't worry if you're not a musician – you're still welcome.) For a different activity on the Thursday there's our wonderful local agricultural show – a wealth of displays, demonstrations, competitions, local food and craft stalls... and some really very handsome goats (among all the other prize animals). On the Saturday we say goodbye to the summer with an informal concert at Othona to which many of our local friends are invited too. This week is principally for adults – but any young musician who reads music and is a confident instrumentalist or singer is welcome to apply.

More about Colin: www.colinhodgetts.co.uk

CHARGE CODE: H

"Surely the greatest service station on life's motorway. I leave refreshed, refuelled and ready for my journey to tomorrow. I shall hold for a long time the love and care of a very special group."

Roll Up Your Sleeves

5-11 Sept (Sun-Sat)

If you've never tried one of these weeks you may not realise how good they are. Helping with umpteen jobs round the house and grounds we all get a real sense of achievement – working hard (up to 6 hours a day) but 'playing hard' too with plenty of laughs and diversions. We aim to vary the jobs to suit all abilities.

CHARGE CODE: J

Quiet Week

12-19 Sept (Sun-Sun)

Do you long for quiet, but not enough to go on a completely silent retreat? This week offers a depth of tranquillity, a quality of presence which will rest parts of you that need rest... and awaken parts that have dozed off! No shared rooms (unless you book together). Some meals in silence. A long empty beach. A cosy library. A peaceful chapel. An accepting, creative community. Go on, take the plunge.

CHARGE CODE: I

The Healing Breath: the Aramaic Beatitudes and the Spirituality of Jesus

24-26 Sept (Fri-Sun p.m.)

A weekend retreat on the Beatitudes in Matthew, using chant, movement and contemplation. The Beatitudes in Aramaic (their original language) present a subtle psychological process of healing and empowerment. The 'music' of healing that Yeshua (Jesus) plays appears in one form in Matthew, in another in Luke. As well as hearing *Neil Douglas-Klotz* speak, we will meditate, chant and dance our way through this process of healing, re-experiencing the empowerment that Yeshua offered his original listeners. (The dance involved is the gentlest of movement, accessible to anyone who can stand and walk!)

Dr Neil Douglas-Klotz, scholar, author and musician, is the foremost explorer of what Jesus taught in his mother tongue and of the significantly different Christ – compared with some traditional images – who emerges. His books include "Prayers of the Cosmos", "The Hidden Gospel" and "The Genesis Meditations" which proposes common ground for peace between Christians, Jews and Muslims. A Sufi himself, he offers Christians and indeed all spiritual seekers a great treasure, as key passages from the gospels are dusted off and acquire a renewed lustre. Book early, as his 2009 visit to Othona was over-subscribed.

More about Neil: www.abwoon.com

CHARGE CODE: D COURSE FEE: £40

Walking Week: in the steps of Thomas Hardy 27 Sept – 3 Oct (Mon-Sun)

Five walks inspired by the novels of Thomas Hardy, visiting places he knew and featured (always with names slightly disguised) in stories such as "Tess of the D'Urbervilles" and "Far from the Madding Crowd". Much of the Dorset which Hardy described so lovingly is unspoilt and certainly best visited on foot.

No literary knowledge necessary, but a little reading in advance can only add to your enjoyment. We'll share a few choice scenes from the novels as we go. Walks may vary from 3 to 8 miles in length and, this being Dorset, will involve some hills!

CHARGE CODE: H

Enneagram II – Subtypes and Essence

14-17 Oct (Thurs-Sun p.m.)

A workshop to deepen your understanding of personality and soul – your own and other people's. Renowned teacher and writer *Karen Webb* offers this workshop for anyone who attended the Introduction (4-7 Mar) or otherwise knows the Enneagram and their own type. Understanding the subtleties of our subtype lets us confront what really holds us back from awareness of our Essence, thus aiding our spiritual growth.

CHARGE CODE: E COURSE FEE: £69

Half Term Breather

23-27 Oct (Sat-Weds)

Our much-loved short break for families (and others). Different activities each day... or just make new friends in the relaxed accepting atmosphere of community.

CHARGE CODE: F

An Alternative Hallowe'en Retreat

NEW 28-31 Oct (Thurs-Sun p.m.)

This weekend we get back to our roots and celebrate Hallowtide, the gateway to the dark part of the year. It is marked by a fascinating trilogy of festivals: Hallowe'en or Samhain (which means summer's end), All Saints or All Hallows, and All Souls. Our guide will be *Tess Ward*, author of "The Celtic Wheel of the Year" and an Anglican hospital chaplain. In this retreat we will welcome the contemplative darkness, recognised in all mystical traditions, and consider what we are incubating this winter. Grounding ourselves in the season, we are encouraged to remember with gratitude a loved one or another who has left a lasting imprint on our souls. There'll be some time outdoors, including celebrations round a fire, some time indoors with silence and poetry and words from Tess's Celtic Wheel book. We will particularly honour the Christian and pre-Christian Celtic traditions in our exploring together.

More about Tess: www.tessward.co.uk

CHARGE CODE: E COURSE FEE: £25

Sabbatical stays in June

During June you could spend anything from a fortnight to a month living here alongside the core community. You may or may not be on a sabbatical from paid work. But we take it you are looking for a few weeks 'off the treadmill' of whatever your normal daily life is. You might come here with specific intentions (to do some serious reading, to complete an embroidery project, to get fit by walking *n* miles a day etc.) or with more of an open mind.

You'll be *part of a community*, sharing in the pattern of our day. As regards work, we offer two 'levels' of sabbatical involvement: **hands-on** and **hands-off**. If you come for a **hands-on** sabbatical you'll be offering five mornings a week (or equivalent time) of voluntary help to whatever is going on in community (obviously we mean jobs suited to your fitness, skills etc.). For a **hands-off** sabbatical we'll ask you to do the kind of daily job we ask of anybody staying in the community, but no more than that.

Hands-on sabbatical: £16 per day.

Hands-off sabbatical: £32 per day.

Sabbatical spaces are very limited, so please contact us well in advance if you are interested. Email mandy@othona-bb.org.uk for more details.

We plan further sabbatical space in November 2010 and March 2011.

FAQs

Do you have single rooms?

Yes – and twins, doubles and family rooms (but no en-suites). Just tell us your preference on the booking form. Book early for single rooms – sometimes we will only have space left if you're prepared to share.

What time of day do events begin and end?

Residential events usually begin with supper at 6.30 or 7.00p.m. It helps us if you arrive after 4.30p.m. Departure times are mid-morning unless otherwise indicated (e.g. Sunday p.m.).

Can I arrive a day early or stay over an extra night?

This kind of extension is sometimes possible, particularly to bridge from one event to the next. Please ask us about the specific dates you have in mind.

Can I reach you by public transport?

Yes. For more information see the back cover.

How do I qualify for a concession?

You don't have to. Our concessionary rate is freely available to anyone who feels they need it. It is not just for people receiving state benefits. After all, some pensioners are comfortably off, while some people in full time work are very hard up because of their commitments. So we trust your judgment about your own needs.

Can I pay by credit or debit card?

Unfortunately we cannot process payments by card. You could use a cheque or postal order. Or you may find a bank transfer is best. Please phone or email us for details.

Do you offer individually guided retreats?

No. You can find places which do through www.retreats.org.uk or 020 7357 7736.

Do you offer private retreat time, within or outside advertised events?

This is not usually possible outside advertised events, but see below about sabbatical stays. Many people looking for a retreat experience find our Quiet Weeks and Open Spaces, with a balance of chill out and community, meet their needs.

Can I stay for a longer period?

Our new 'sabbatical stays' can be anything from a fortnight to a month. During November 2008 and March 2009 we have some places available on this basis. Please contact us to explore possibilities. We cannot offer prolonged stays where your main needs are therapeutic. As a rule Othona only has living space for those who work as part of the core community.

Do you hire out the centre for group use?

Yes, occasionally. We have a few openings each year for 'outside group' bookings not advertised in our own Programme. Please contact the warden to discuss possibilities.

How do you cater for people with disabilities?

All our communal rooms and two downstairs bedrooms are wheelchair-accessible. There is a hearing loop in the chapel. Guide dogs are an exception to Othona's general no dogs rule.

What's your food like? Will my diet be a problem?

We cater at all times for vegetarians as well as meat-eaters. Those on other dietary regimes will find we do our best but we can't guarantee special meals. You're welcome to bring supplementary food that suits you. Othona specialises in home-cooked, healthy, scrumptious meals. We grow some of our own food, and use a lot of produce that is local (West Dorset is a bit of a foodie heaven), organic or fairly traded.

Will I have to do the washing up?

Yes! Community life means we share a few simple tasks such as washing up and preparing vegetables, usually one each per day. Approached in a spirit of care and co-operation they can be more like gifts than chores.

Will I have access to media?

Othona offers a rest from the chatter of tv, radio etc. except occasional use for e.g. DVDs for discussion. If you listen to radio in your room we ask you not to disturb others. Also we ask that all electronic games machines are left at home. Mobile phone reception at Othona is improved but not entirely reliable. We don't currently have a computer or payphone for visitors' use.

Will my children like it?

Who can ever predict? But seriously, events during school holidays are usually designed to be family-friendly. Most children adjust quickly to community life and love its freedoms. We have an established child protection policy.

How inclusive are you?

Othona values diversity and aims to break down barriers of age, sex, race, ability and background. We were pioneers among Christian centres in actively welcoming people regardless of sexual orientation.

What if I'm not Christian, or not even religious?

You don't have to be Christian to enjoy Othona or to be welcome here. Many Othona people are Christian, but some are of other faiths. And many others are reluctant to be identified with any one religion, seeing themselves on a spiritual search. Only if you were indifferent or hostile to any such search would we suggest you think again about visiting Othona.

How 'holy' is the atmosphere in your community?

Spiritual health is about being fully human – which may or may not include being religious. Othona supports anybody who takes spiritual health seriously (by which we don't mean solemnly!) But you won't encounter a lot of pious talk, nor pressure to share other people's beliefs. We hope you'll find 'soul nourishment' in our chapel – as well as on the beach, in the art room, round the dinner table. Our library is a treasure house of books (and now some audio) to stir the heart and feed the mind, particularly strong in progressive theology and multi-faith spirituality.

So in what sense is Othona Christian?

In a profoundly open sense – open-hearted and open-minded – which we believe Christianity at its best is. Here at Othona West Dorset we speak of being "rooted in the Christian heritage... open to the widening future". We honour the revolutionary heart of Jesus' teaching, when Othona embraces and learns from people of all faiths and none. Could a Christianity evolving for the 21st century settle for less? How crucial it is that the world's great faiths should relax their defensiveness and explore common ground. Othona is one tiny step in that direction.

What does the name Othona mean?

Nobody knows! Except that it was the Romans' name for a fort they built on the Essex coast. Out of the ruins of that fort rose a Christian church in AD654. Close by that church is the other (and first) Othona centre at Bradwell-on-Sea in Essex. Today the Othona Community is a far-flung network of people with a love for one or both centres. Newcomers and non-members are just as welcome as long-established Othona members.

Booking Form

Booking for *(event title)*:

Arrival date:..... **Departure date:**.....

Please use a separate form for each person, unless you are applying as a couple or a family and paying together.

Your name(s): **Age(s):** *(exact age for children, decade is OK for adults)*

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Your address including postcode:

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Phone: **Mobile:**

Email:

If you give an email address we assume you check it fairly regularly, so that we can advise you of changes, pre-arrival details etc. We do not pass on your details to third parties.

Are you willing to share? Yes Only if necessary Not at all

Limited space can mean sharing rooms with other compatible visitors. Please tick.

Do you have any special needs (physical, dietary etc.)?

Please say if you eat no meat and/or fish. We always cater for vegetarians. We cannot promise special meals to suit other diets, but you are welcome to bring your own supplementary foodstuffs. Is there any physical/psychological condition you'd like us to be aware of?

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Is this your first time at Othona? If so how did you hear of us?

.....
.....

P.T.O. for payment details

How To Pay

To find the deposit and full accommodation cost of any event, note its Code from the calendar and consult the Charges at a glance table (page 15). Any Course Fee quoted in the calendar is a separate payment during the event and *should not* be paid in advance.

Are you booking more than 4 weeks ahead?

You only need send the non-refundable deposit. We will confirm to you when to pay the balance and how much it is. (Of course paying in full at this stage cuts down administration time and cost for you and us.)

Are you booking less than 4 weeks ahead?

Please send full payment now with your booking.

If you cancel less than 4 weeks before the event, Othona retains part or all of the full payment (see page 16). You could insure against this loss. We can supply details of a suitable holiday insurance plan.

Either

I enclose my deposit (*non-refundable and non-transferable*) of

£ _____

or

I enclose full payment (*excluding any Course Fee*) of

£ _____

Plus a donation (*to help fund concessions/bursaries*) of

£ _____

Total: £ _____

Please do/don't (*delete*) **send me details of an insurance plan**

Please send a receipt by post/an acknowledgement by email/neither (*delete*)

I am over 18 and agree to the terms and conditions on page 16

Signed: **Date:**

Please enclose an SAE (11x22cm) – *unless you have given an email address above or have paid in full and need neither a receipt nor insurance details by post.*

*Cheques payable to "The Othona Community" please.
We are not able to accept payment by card.*

Now send this form to: **Bookings, Othona Community, Coast Road
Burton Bradstock, Bridport, Dorset DT6 4RN**

Charges at a glance

Code	Standard Adult £	Concession Adult £	11-18 £	3-10 £	Adult Deposit £	Child Deposit £
A	42	32	24	18	30	15
B	Multiply A above by number of nights booked				30	15
C	90	69	52	39	30	15
D	127	96	74	55	30	15
E	133	101	77	57	30	15
F	170	128	99	73	30	15
G	213	161	124	92	30	15
H	255	193	148	110	30	15
I	297	226	172	128	30	15
J	70	70	30	30	n/a	n/a
EE	125	95	72	54	30	15
GG	201	152	117	86	30	15
NN	290	220	167	124	30	15

If you arrive late or leave early we usually charge for the full event (unless explicitly agreed otherwise in advance). Code B events are an exception – you can book for as few days as you wish.

Adult concessions are freely available for all who need them (up to 21 days per person per year). They are not tied to eligibility for any state benefit. We leave it to your discretion whether you need a concession.

We don't quote **concessionary rates for children**, but are happy to consider a reduction if your family needs it. Please contact us to discuss.

If even the concessionary rate is a problem for you, we have a **bursary fund**. Applications for bursaries – to the warden please – are treated in confidence.

If you need extra booking forms and cannot photocopy, call us on 01308 897130 or visit <http://www.othona-bb.org.uk/booking.htm>

Othona reserves the right to change or cancel events as necessary

Terms and Conditions

Please read this page carefully before booking. It relates to your financial security and personal safety. By making a booking you will be agreeing to all these terms. Without your agreement to them (by signing on page 14) we cannot accept your booking.

Cancellation Costs

If I have to cancel I accept that Othona returns a varying proportion of my payment:

More than 4 weeks ahead of the event start date:	all but the deposit
Less than 4 weeks, more than 1 week ahead:	50%
Less than 1 week ahead:	10%
On or after start date:	nil

I am aware I could take out insurance against loss due to cancellation.

Recreation at Othona

One of the delights of Othona is its relatively 'wild' outdoor environment. We want to keep this open to all and safe for all. Please read this carefully as it constitutes part of your terms and conditions for booking.

By booking to stay at the Othona Community at Burton Bradstock DT6 4RN I am agreeing to all of the following:

Any or all of the members of my family or party listed on the booking form may want to play and engage in other recreational activities in the grounds of the Othona Community, including use of the equipment known as the Treehouse.

I understand that:

- a. The grounds include varied terrain on which care is needed to avoid accidental injury. They are largely 'undomesticated' for the sake of wildlife and bio-diversity. There may be plants growing wild which are poisonous if eaten.
- b. As in any wild environment, common sense is needed to enjoy the surroundings and avoid danger.
- c. The possibility of injury to myself and others will always exist.

I confirm that:

- a. I am aware and accept that there are potential risks to myself and others and I will not deliberately endanger myself or others.
- b. I acknowledge and accept the responsibility for the supervision of any child of mine who plays in the grounds, including use of the Treehouse.
- c. I will comply - and ensure any child of mine complies - with the Othona Community guidelines as to use of the Treehouse or any other play equipment.
- d. I will only allow my child(ren) to use the Treehouse when I have satisfied myself that it is safe for them to do so.

I hereby release, remise and forever discharge from any claims and liabilities whatsoever without limitation the Othona Community, its employees and volunteer helpers and any other person playing in the grounds who might injure me or my child(ren) howsoever arising, and I make this release on behalf of myself, my heirs, executors and administrators.

In this chapel our guiding light
is the example of Jesus
He offered a welcome to all
regardless of status or preference
of sex, race or religion
We seek to honour all faiths
as responses to the divine
as paths to liberation
We look for the Christian tradition
to evolve with new understandings
and to join hands with all
who hunger for justice and peace



We have no one set form of chapel service. Sometimes a volunteer will lead by choosing music, a simple chant, sharing experience and thoughts, contributing readings, poems or prayers. Sometimes we just enjoy a companionable silence.



Othona is about a mile east of Burton Bradstock village on the coastal side of the B3157. You can reach us by train (or coach) and bus. We send further travel details in the month before your visit.

Othona Community
Coast Road
Burton Bradstock
Bridport
Dorset DT6 4RN

Office: **01308 897130**

Email: mail@othona-bb.org.uk
Website: www.othona-bb.org.uk

Check availability for any event on our website www.othona-bb.org.uk

Community House is in the care of a small resident group, the Core Community. Day to day management rests with the warden, Tony Jaques, backed by a deputy, a Committee and Trustees drawn from the Othona Community at large.



“All my friends commented that my sparkle had returned after a very long absence. I’m still glowing a week on.”