

# Music Retreat Centre Quaker de Congénies 2020



**Centre Quaker Congénies, located in a small French village between the Cevennes and the Camargue, is the oldest Meeting house in continental Europe. It was built almost 200 years ago by French Quakers with support from American, British and Irish Friends. Visitors have included Elizabeth Fry and her brother Joseph Gurney.**

**The Meeting house became an international Quaker Centre about 20 years ago and offers bed and breakfast, self-catering or camping stays for visitors from all over the world and hosts a range of events and retreats.**

**Monday 15<sup>th</sup> to Monday 22<sup>nd</sup> June**

Our retreat facilitator is Quaker volunteer, Mike Adcock. He works with people of all ages and levels of musical experience. He has developed a programme that is open to anyone interested in exploring different aspects of music. There are discussions and practical sessions, the chance to make music together and the space to work on your own. Whether you are self-taught or have had lessons, whether you read music or play or sing by ear there is a warm welcome for you on this retreat.

Feel free to bring a musical instrument with you and a particular piece of music you would like to share or just come with your voice and your love of music.



**Our Facilitator**



**Mike Adcock**

Mike is a musician, composer, teacher and writer. He has worked as a professional musician for around thirty years. His main instruments are piano and accordion. As well as composing music he has a particular interest in musical improvisation collaborating with various improvisers in live performance and in recording. He has played in several bands, in varying musical genres, and has released numerous recordings, as a solo performer, a duettist and in larger groups.

His music teaching has taken different forms. He has undertaken private and peripatetic teaching for around twenty years and has run various workshops, for children and adults in the UK, Germany and Norway.

## What's involved?

Introductions are followed by dinner on Monday. The music begins on Tuesday morning. The last facilitated session is on Friday. Each week day there is a picnic lunch and a trip to a local place of interest. There is the option to explore the area independently or just relax in our beautiful garden. We have bikes available and the opportunity to go swimming. In the evenings we share a three-course meal and there is an optional evening activity. Our guests often stay on to continue making music or to walk, cycle or go sightseeing. Each week day morning there is a short meeting for worship that some guests like to attend. All aspects of the retreat are optional. This is your retreat so you decide what you want to do and when you just want to relax, wander or work independently.

## The Accommodation

We have 5 bedrooms, some are en-suite, some share bathroom facilities. Two of our rooms are located on the ground floor to ensure ease of access for guests with mobility problems and we have a shower room adapted for guests with disabilities. Guests can book either a private or shared room. The meeting room has a piano which guests are welcome to play. We have a large attractive garden with many sunny and shady spaces.



## The Food

We offer a buffet breakfast each morning from 8.30 am. At lunch time there are individual picnic lunches generally comprising of a salad, a quiche or other savoury dish, a dessert, fresh fruit and drink. In the evening there is a three-course meal with wine. Throughout the day there are a selection of teas and coffee available as well as biscuits and fruit. All our meals are vegetarian

## To Book or Contact us:

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## The Cost

**Facilitated Programme:** 5 nights - 595 euro private / 475 euro shared accommodation, includes all meals, transport to local sites, accommodation

**Additional Days:** 92 euro per day private / 68 euro per day shared accommodation includes accommodation, transport to local sites, breakfasts and dinners.

**Deposit:** 200 euro per person, balance payable 8 weeks before arrival. You can pay by euro currency cheque or bank transfer in euro or we can take a cheque in your own currency which we will hold and return to you in exchange for euro cash when you arrive.

### For Transfers in euro:

An easy and inexpensive way to send your dollars or pounds to us in euro is to use transferwise

<https://transferwise.com/>

For transferwise or bank transfers in euro:

Assoc Centre Quaker de Congénies

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**Deposits are non-refundable except in the event of the retreat being cancelled by Centre Quaker**

