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23 January 2026

Dear Parents

I would like to invite you to join us on a Parents Retreat Day (which run the day before each Year group's Parents Day).

Parents tell us that the retreats are a much-valued opportunity to step outside the normal rhythms of life (we do appreciate it's a work day), to get to know better parents of the same year group and enjoy time together, and to explore together aspects of the depth of offering we make to your children here at Ampleforth. This year the retreats focus on the theme of Peace.

For many, these retreat days are a welcome relief, a good preparation for the Parents Day, and a chance to spend time with others who don't get the chance often or ever to make a retreat - the day assumes absolutely no prior knowledge/expertise on your part.

It's the whole day starting with Mass in the Abbey Church with the monastic community at 9am, followed by coffee and welcome, input and discussion, time to read and reflect, a good and relaxed lunch, walk, followed by tea and peaceful conclusion around 5pm.

The retreat takes place in the Monastery Grange (guest house), and it's free of charge. To join the retreat contact Ali Gardiner at [aga@ampleforth.org.uk](mailto:aga@ampleforth.org.uk). If you have any questions, do be in touch with me.

The Year 10's Parent Retreat is on Friday 23 January, Year 11's on Friday 30 January, and Year 12's on Thursday 12 March (as the Higher Education Conference is on 13 March).

With every good wish

Fr Ambrose

**Ambrose Henley OSB, Dean of the College**