



Ampleforth College

York, YO62 4ER

Tel: 01439 766000

ambrose@ampleforth.org.uk

www.ampleforthcollege.org.uk

09 October 2026

Dear Parents,

I would like to invite you to join us on the Year 9 Parents Retreat Day which will take place on Friday 13 November, the day before Year 9 Parents Day. Parents Retreats are much-appreciated opportunities to step outside the normal rhythms of life (I appreciate it's a work day) and get to know parents of the same year group. As well as enjoying some time together, we explore aspects of the depth of offering we make to your children here at Ampleforth. This year, the retreats focus on the theme of *rootedness*, based on the Benedictine life of stability.

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 otherwise would not often (or ever) make a retreat. The day assumes absolutely no prior knowledge or expertise on your part.

It lasts 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, and then a good and relaxed lunch. After lunch we go for a walk, followed by tea, and then a peaceful conclusion around 5pm.

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

With every good wish,

Fr Ambrose

Ambrose Henley OSB, Dean of the College