

# BS Daienshu 2023



Worth School 18<sup>th</sup> - 20<sup>th</sup> August 2023



WELCOME PACK FOR

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# Shinsei

*New Life*

with Masashi Minagawa

*Calligraphy by Masashi Minagawa*



Welcome to the British Shintaido 2023 Daienshu event.

This is our first event at Worth School, so a lot of preparation has been put into planning it. Please take time to read this welcome pack. It will answer many questions before they need to be asked and will help you to quickly orientate yourself in an unfamiliar location.

If you get lost please call, text or WhatsApp Charles or Viola (they know the venue best).

## Event Staff

Event Manager:	Charles Burns – 07803 085637
Venue Liaison:	Viola Santa – 07717 027869
Transport Assistance:	Nagako Cooper – 07906 586674
On-site Registration:	Marianne van der Tas
Sensei Care Team:	Nancy Billias, Sarah Baker & Craig Thorn
Japanese Interpreter:	Nagako Cooper
Dojo Care Team:	Mirabelle de Palma & Sally Mitchell
Exam Coordinator:	Ula Chambers
Exam Dojo:	Alex Hooper
Timekeeper:	Tony Jenni
Tea Corner Team:	Terry Bickers & Marianne van der Tas
Event T-shirts:	Nancy Billias
Evening Social Event:	Carina Hamilton
Event Treasurer:	Craig Thorn, assisted by Peter Furtado
Reportage:	Susan Lacroix
Photography:	David Franklin
First Aid Team:	Connie Borden & Jamie Hamilton
Without Portfolio:	Geoff Warr

## About Worth Abbey and School

Worth Abbey is home to a small community of Benedictine monks, established at the same time as Worth School was opened in the 1930s. Worth School is an independent school and during term time is home to 650 boarding and day pupils.

The oldest school buildings were home to Viscount Cowdray, namesake of the Cowdray Arms pub just down the road. The estate was purchased by the Catholic community at Downside, Somerset in order to establish a new Sussex-based school and priory. The priory is today an independent monastery and the Abbey Church was completed in 2005.

# Shinsei 新生, *new life*

This event continues our kangeiko theme of Shinsei (*lit: new life*). It allows us to look beyond the darkness of our turbulent times to find the hope that new life always brings.

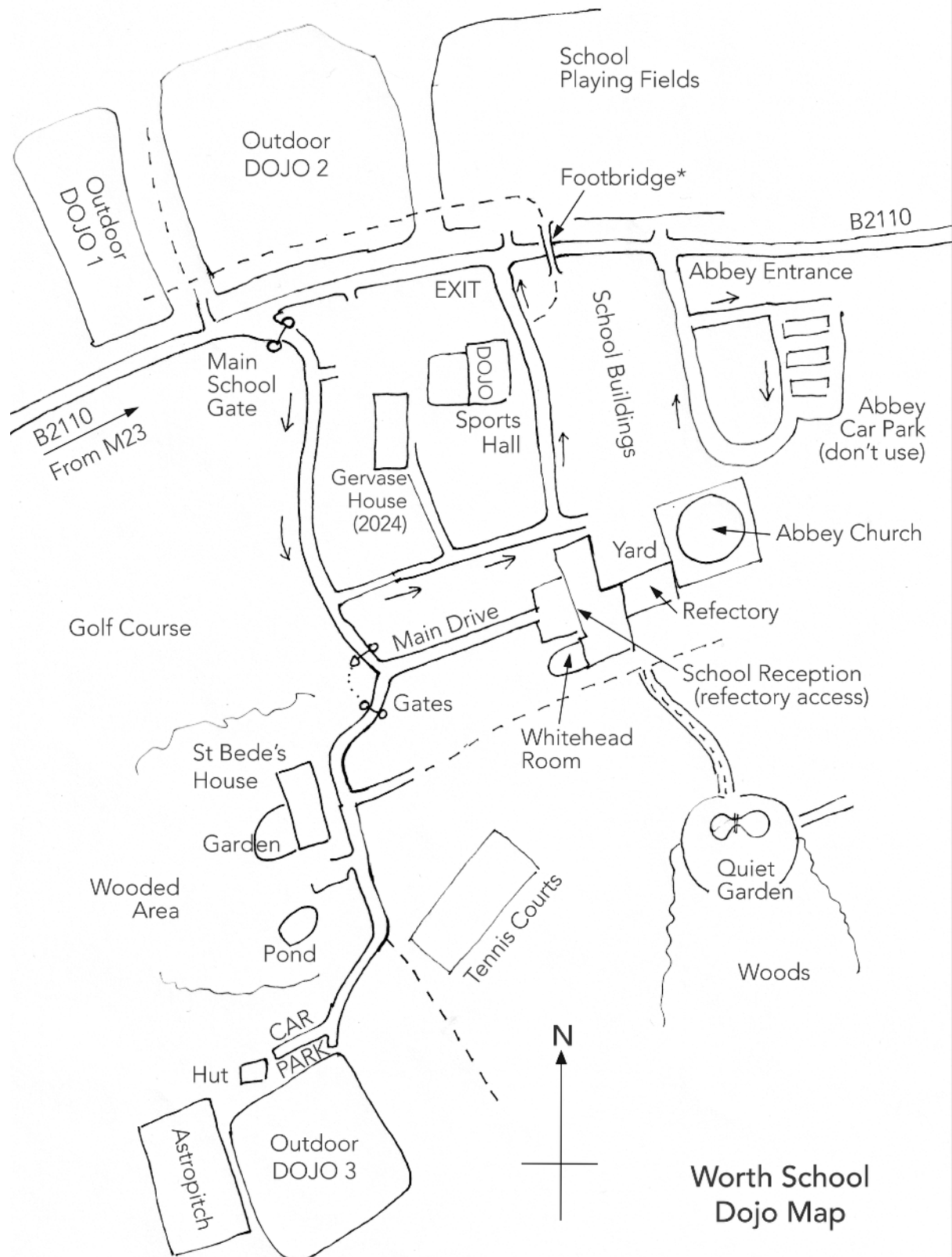
Joy, community and our encounters with one another are all strong themes in our Shintaido world. Let's imagine and experience future possibilities in our own lives, while enjoying the opportunities presented by another new venue for our ongoing practice.

*Charles Burns (gasshuku manager)*

## Shinsei Schedule

August 2023	Friday 18 <sup>th</sup>	Saturday 19 <sup>th</sup>	Sunday 20 <sup>th</sup>
07:15 - 07:45	<i>Travel safe (don't worry if late) then proceed to St Bede's</i>	Taimyo: outside	Taimyo: outside
08:15 - 08:45		Breakfast: refectory	Breakfast: refectory
09:30 - 12:00		Keiko 2: Outside or Sports Hall	Keiko 4: Outside or Sports Hall
12:30 - 13:00	Option A arrivals	Lunch: refectory	Lunch: refectory
13:00 - 13:30	Lunch (option A only)		
13:30 - 14:00	Option B arrivals		Closing ceremony: Whitehead Room
14:30 - 16:30	BSC keiko: outside or Whitehead Room Option C arrivals	Keiko 3: Sports Hall BS and ESC exams	15:00 Departures <i>Travel (get home safe)</i>
17:15 - 18:15	Opening ceremony: Whitehead Room		
18:45 - 19:15	Supper: refectory	Supper: refectory	
19:45 - 20:15	Tea corner	Evening social: St Bede's Common Rm	
20:15 - 21:30	Keiko 1: Sports Hall	Exam results (time tbc)	
22:00 - 23:00	Tea corner	Evening social continues...	
23:00 - 06:30	Quiet time	Quiet time	

## Dojo Locations, Site Map and Two Important Rules



### Two Rules:

- \* To access dojos 1 & 2 you MUST use the footbridge, crossing the B2110 is not allowed
- \* Please wear lanyards prominently when walking around the campus



## Directions

Worth School is just 5 minutes by car from M23 junction 10A and is easily accessible from Three Bridges train station and Gatwick Airport. We are staying at St Bede's House.

### Arriving by car:

- Take the M23 south from London and exit at junction 10A
- At the roundabout bear left onto Balcombe Rd, B2036
- Slow down on seeing the Cowdray Arms and turn sharp left, immediately after the pub, onto Paddockhurst Rd, B2110
- Worth School main gate is on the right after less than a mile
- If closed, approach the gates slowly; they will open automatically to let you in
- Follow the drive to St Bede's House using map opposite

### Parking on site:

- Going down the drive you will go through a second set of gates and then bear right, through a third set of gates, towards St Bede's House
- You may stop briefly outside the house to unload luggage and passengers, then
- Proceed to our allocated parking spot near the astroturf pitch
- Park on the reinforced grass verges either side of the short road leading to the hut



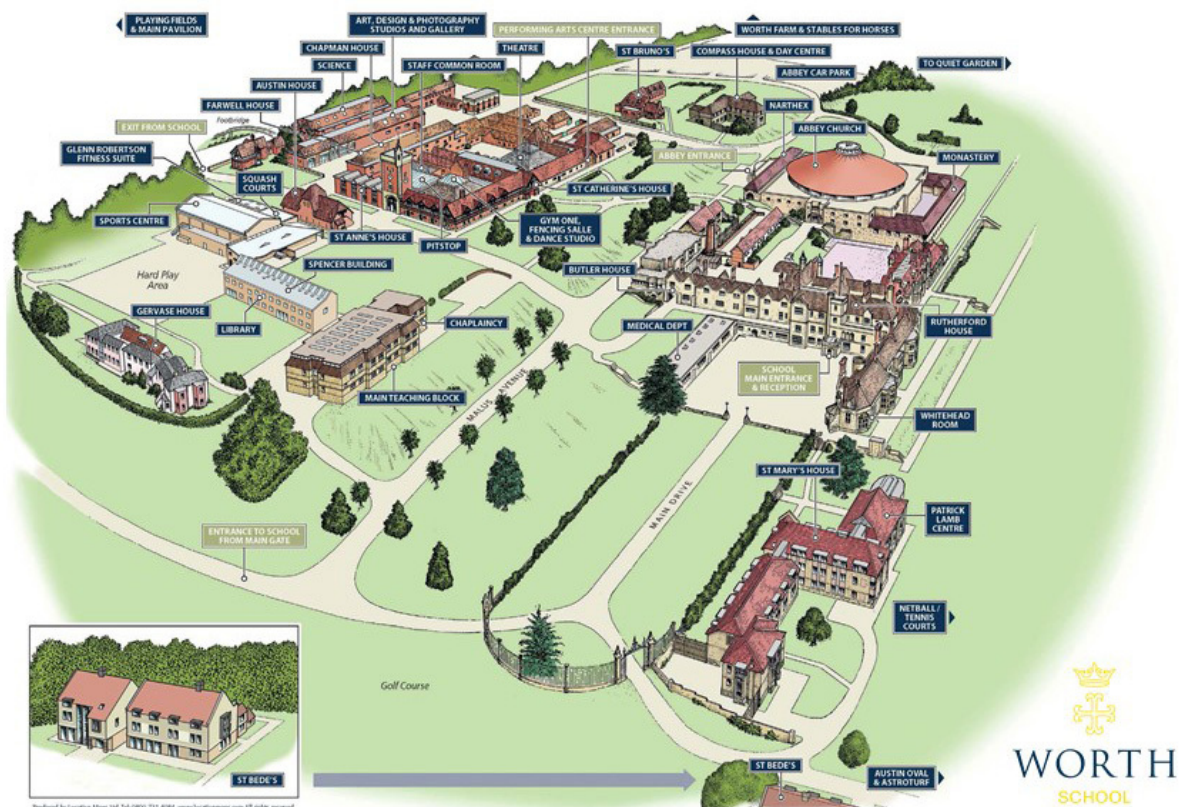
*Please park on these grass verges either side of the road near outdoor dojo 3*

### Arriving by train:

- Take the Thameslink train from London to Three Bridges; you can board the train at St Pancras International, Farringdon, Blackfriars or London Bridge (50 minutes)
- If we can arrange for somebody to pick you up, we will; please contact Nagako
- If you arrive during the BSC keiko (or did not arrange a lift) there are plenty of taxis outside the station; cost is about £15 to St Bede's House, Worth School (10 minutes)

## Worth School Campus Map

This map will help you explore the rest of the school and abbey buildings if you have a mind to do so. This is time well spent as we'll be back next year (staying at Gervase House) for the longer International Shintaido event: Dokan 2024.



Worth School, Paddockhurst Road  
Turners Hill, W. Sussex, RH10 4SD

[www.worthschool.org.uk](http://www.worthschool.org.uk)

## Finding Your Way Around

Please make your way first to St Bede's House, where we are staying (inset on map).

You will be met by Marianne and provided with a welcome pack and an electronic key with a lanyard. The key will open not just your room, but all other rooms we need access to during the event (St Bede's front door, Sports Hall, Whitehead Room, etc) so keep it safe.

The lanyard doubles as a security device. You should wear it prominently when walking around the campus as it identifies you as somebody with a reason to be on site. Please keep a respectful distance from other groups who may be using the site.

At mealtimes the refectory can be accessed via the main reception door (which your key will open) or the back entrance via the archway and yard (if coming from the sports hall).



## Things to See

### Worth Abbey Church

Do make time to visit the abbey church. From the outside it seems to nestle low into an unremarkable Sussex Downs hillside, yet from the inside it seems literally to defy gravity and soar to amazing heights. The church is always open and can be found close to the refectory, so you can easily visit after mealtimes.



*Worth Abbey emerging from the Sussex Downs*

### Quiet Garden

Less spectacular and far less easy to find is the elusive Quiet Garden. Look for a path between hedges. You'll find the garden low in the valley, hidden entirely by trees.

Once inside you'll be immersed in calm, cool tranquility. The garden is well laid out, yet oddly unkept, making it a unique space to collect your thoughts and commune with nature.



*The Quiet Garden is laid out around a double pond crossed by bridges*

## Things to Bring

Bedding and one towel will be provided by the venue. Please also bring:

- Keiko-gi or comfortable clothing for practice (white if possible)
- Clean shoes for indoor practice
- Bokken and /or bokuto (available to borrow if needed)
- Sunglasses, sun cream, protective clothing for outdoor practice (it may be hot)
- Refillable water bottle for use during keiko
- Portable chair (optional, if needed to rest during outdoor practice)
- Notebook and pens
- Mug for use in tea corner (optional, some will be available)
- Extra blanket &/or hot-water bottle (optional, if you feel the cold at night)
- Soap and toiletries
- Song or story to share during evening social event (optional)
- Snacks to supplement meals provided (optional, for those on restrictive diets)

You are responsible for the security of your personal belongings (both in rooms and cars). Please keep valuable items in a bag left at the edge of the dojo during keiko.

## Things you wish you'd brought

For next year...

## Participants

Sarah Baker	Luke Hamilton
Terry Bickers	Alex Hooper
Nancy Billias	Tony Jenni
Connie Borden	Laurent Lacroix
Paul Buck	Susan Lacroix
Charles Burns	Masashi Minagawa
Jackie Calderwood	Masahiro Minagawa
Ula Chambers	Sally Mitchell
Kim Chan	Georg Müller
Nagako Cooper	Nathalie Reboux
Mirabelle de Palma	Gianni Rossi
David Franklin	Viola Santa
Peter Furtado	Laura Sheehan
Robert Gaston	Craig Thorn
Carina Hamilton	Marianne van der Tas
Daniel Hamilton	Geoff Warr
Jamie Hamilton	

