

PRESS RELEASE

UK release for feature documentary OUTSIDE THE CITY about the Trappist Monks of Mt Saint Bernard Abbey.

Outside the city will be released on 8th June on iTunes, Amazon, Google Play, and DVD. You can pre-order a DVD already at www.vivaverve.com/film/outside-the-city

The film documents the lives and deaths of the monks living behind the walls of this closed monastic community, as they transition from dairy farming to brewing the UK's first Trappist beer, the world famous Tynt Meadow.

The world premiere took place at the Off Cinema International Documentary Festival, Poznan, Poland on 18th October 2019. The film was selected from over 2500 entries and competed amongst a field of 14 international films for the prestigious Gold, Silver and Bronze Castle Awards.

The UK premiere was at Cinecity Brighton Film Festival on 9th November 2019.

The cinema release of Outside the city took place earlier this year, but was unfortunately cut short by the COVID-19 pandemic. Since then Verve Pictures have acquired the UK rights to distribute the film on Digital, DVD and Blue-ray.

It's been a long journey for filmmaker Nick Hamer, "I've been working on this film for 4 years now. I first heard about the monastery during the filming of my previous documentary Dear Albert which is about recovery from addiction, as many local addicts attend the abbey for spiritual retreats. I found the abbey such an interesting place and I knew I had to explore the idea of making a film there."

Gaining privileged access to this private and declining community wasn't easy, at first contact in 2014 Nick was set a reading list by Abbot Fr Erik Varden in preparation for 18 months of dialogue, which involved him living 'as a monk' within the community for a week, including extended periods of silence and getting up at 3am every morning to pray. After a community vote, it was agreed that he could spend a year filming at the abbey.

"Although we have had filming here a number of times over the years, this was quite different. Previous filming was concentrated to just a day or two and was carefully choreographed, but Nick was given unprecedented access to the monastery and community" said Father Joseph, the prior of Mount St Bernard Abbey.

Nick continues, "The film is about life and death, about the nature of renewal, and what it means to live a spiritual life. It's an intimate portrait of this unique community, and features the deaths and burials of two of the oldest members of the community, Brother William Strahan and Father Hilary Costello.

To keep up to date visit www.facebook.com/outsidethecityfilm or www.outsidethecityfilm.com

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About Outside the city

An absorbing documentary about a cloistered community, men who have given up everything in pursuit of an ideal. Turning their backs on the material, consumer society, instead to focus on mystical contemplative spirituality, and to maintain an age old religious tradition.

The monks of Mt St Bernard Abbey, a community of 25 men, more than half of them over 80 years old, are opening the first Trappist brewery in the UK. For their historic, counter cultural lifestyle to survive, the venture must succeed. As the monks reflect on spirituality, ageing and end of life, the number of burials in the Abbey graveyard grow exponentially...

So what does it mean to live a spiritual life? There's a tendency in our culture to imagine it as a journey of acquisition, that we add to ourselves: virtues, peace, knowledge, experience... But for the monks the spiritual life is actually a shedding, a stripping away. They surrender their whole lives, their very will to their brethren, and ultimately leave this world with no possessions or family, they're not even buried in a coffin, simply wrapped in their robe and placed in a shallow grave.

If you're interested in deeper questions about the human experience, if you want to know what it means to give up everything in search of something, then you'll love Outside the City.

Press about Outside the city

The Tablet

<https://www.thetablet.co.uk/arts/11/17592/a-not-quite-silent-movie?fbclid=IwAR1JbVaqLhFcarTJnfj6Cs7dFA70DDCBPNQB2D2RKI25jSdACnYM9DVYnxE>

Catholic Herald

<https://catholicherald.co.uk/its-my-response-to-consumerism-a-filmmakers-fascination-with-trappists/>

Premier Christianity

https://www.premierchristianity.com/Blog/Filming-inside-England-s-only-Trappist-monastery-changed-my-evangelical-faith?fbclid=IwAR0gWAZw_F-uUfhs_ynsHA77NmQfolsd-2QEAnyVPJXW0FyCA2QNOXiNi80

Radio

https://soundcloud.com/dartington/outside-the-city?fbclid=IwAR1NC8mQbFt67QHeOTuAE9sul2OljcVO_GNUcy5tmeOFc5ni7MHFFUA0nz8#indiefilm

Crux

<https://cruxnow.com/church-in-uk-and-ireland/2019/06/24/documentary-shines-light-on-englands-only-cistercian-monastery/>

Rome reports

<https://www.romereports.com/en/2019/10/20/monks-change-from-farm-to-brewing-business-in-new-documentary/>

Sage

<https://www.saga.co.uk/magazine/entertainment/film/outside-the-city>

About Nick Hamer

Nick is a producer/ director based in the UK whose work has been screened by major broadcasters, international film festivals and independent cinemas. Nick's first film 'Dear Albert' was released in 2014. Nick established Intrepid Media in 2004 to produce factual

films and he now works with a superb team of creatives and technicians to direct successful shoots across the globe.

www.intrepidmedia.co.uk

About Mt Saint Bernard Abbey

A contemplative Roman Catholic Cistercian monastic community in the heart of rural Leicestershire. The community affirms a life of work and prayer; of radical discipleship and fidelity to the Gospel, the Rule of Saint Benedict and the Constitutions and Statutes of the Cistercian order.

www.mountsaintbernard.org

About Tynt Meadow

Tynt Meadow is the UK's first Trappist Ale, brewed by monks at Mount Saint Bernard Abbey in Leicestershire. It is one of only 12 officially recognised Trappist breweries in the world. It takes the learnings and traditions of Trappist breweries, but using English barley, hops and yeast to create an English Trappist Ale unique amongst the other monastic offerings. The resulting beer is mahogany coloured, with a subtle, warm red hue, and a lasting beige head. The aroma carries hints of dark chocolate, liquorice, and rich fruit flavours. Full-bodied, gently balanced dark chocolate, pepper, and fig. A warm and dry finish on the palate. Taste a piece of history.

Press about Tynt Meadow

<https://www.telegraph.co.uk/food-and-drink/features/fuss-monastic-brewing-introducing-worlds-first-english-trappist/>

<https://www.bbc.co.uk/news/uk-england-leicestershire-48854460>

<https://www.bbc.co.uk/news/uk-england-leicestershire-44581210>

<https://www.theguardian.com/world/2018/jul/08/leicester-monks-brew-first-uk-trappist-beer>

https://www.facebook.com/pg/Mount-St-Bernard-Abbey-120322257677/photos/?tab=album&album_id=10157483603197678

<https://www.theguardian.com/food/gallery/2019/aug/07/coalvilles-trappist-brewers-in-pictures>

<https://inews.co.uk/inews-lifestyle/food-and-drink/monks-trappist-beer-leicestershire-279609>

<https://www.leicestermercury.co.uk/whats-on/food-drink/uks-first-trappist-beer-tynt-1762466>

About Off Cinema International Documentary Festival

The 23rd International Documentary Film Festival OFF CINEMA has seen a record-breaking number of submissions this year: a total of 2,512 documentaries, spanning 1,700 shorts and 812 features from 112 countries around the world. The selection committee has chosen 30 pictures to take part in the competition (14 feature-length and 16 short films).

<https://offcinema.ckzamek.pl>

About CINECITY Brighton Film Festival

CINECITY brings the best in world cinema to Brighton and the South Coast with a festival programme of premieres and previews, artists' cinema and installations, treasures from the archive, live soundtracks, talks and special events.

www.cine-city.co.uk

About Verve Pictures

At Verve Pictures, we specialise in the release of independent film in cinemas and on DVD, offering audiences the chance to enjoy original and thought-provoking cinema from the UK and around the world. We are passionate about film and discovering new talent,

and are committed to releasing films that have become increasingly lost in today's multiplex culture. Since the company was founded in 2003, we have released award-winning films such as My Brother The Devil, Kelly+Victor, Red Road, The Arbor, Bullet Boy, Dogtooth and Shell, helping bring important filmmakers such as Kieran Evans, Andrea Arnold, Dominic Savage, Amma Asante, Saul Dibb, Clio Barnard, Scott Graham, and Sally El Hosaini to wider public attention.