

## Workshop & Retreat Descriptions • SEYM Gathering 2023

Program Spaces are located in Kline Hall and St. Thomas Chapel.

### Thursday, April 6, 10 – 11:30 am

---

#### Retreat #1: Opening to the Source

**Multi-Purpose Room**

The experience of deeper worship, discernment, vocal ministry, and leadings for action all arise from the same Source, and we can learn practices which help us to open to that wellspring within. We do this through building a trusting community, being more intentional in how we live our lives and prepare for worship, and through learning experientially to open our hearts more to each other and to the Divine. Most of us know this place. But we tend to have differing degrees, person to person and within a given person on different days, in our ability or choice in accessing the Source of depth and spiritual connection. In this retreat we will explore ways of entering into and sustaining ourselves in those depths. **Facilitator: Christopher Sammond**

### Thursday, April 6, 2 – 3:15 pm

---

**AFSC Florida** *title & description coming soon*

**Multi-Purpose Room**

#### Finding our way back to our peaceful self

**Classroom A**

Since 2016 there has been a steady stream of difficult and disruptive events. Divisive elections, pandemic, increased intolerance of people, have all impacted our ability to stay grounded and peaceful. With some lecture and much discussion, this workshop will depend on the presenter and the participants to share their personal peace. We will look at how it escapes us and how we can track it down and take it back. **Facilitator: Cheryl Demers-Holton**

#### Friendly Bible Study

**Classroom B**

We will use the Friendly Bible Study method to explore some passages from the bible. We will read a passage from the Bible from several different translations. Each participant will then be invited to answer five (5) questions about the passage for themselves. 1) What is the author's main point? 2) What new light do I find in this particular reading of this passage? 3) Is this passage true to my experience? 4) What are the implications of this passage for my life? 5) What problems do I have with this passage? After answering the questions participants are offered the opportunity to share their answers with the group. **Facilitator: Joel Cook**

### Thursday, April 6, 7 – 8:30 pm

---

#### Preparedness 101: Zombie Apocalyptic

**Multi-Purpose Room**

“If you're prepared for a zombie apocalypse, you're prepared for any emergency.” Natural disasters, disease outbreaks, and emergencies can have widespread and even long-lasting impacts on supplies, services, and the public health and health care systems. Let's use this time to talk about gathering essential supplies, learning of self-help skills, and building the confidence needed to respond quickly and constructively in a crisis. This is an intergenerational, community-building workshop! Bring your ideas and experiences. **Facilitator: Beverly Ward, SEYM Field Secretary for Earthcare**

## Friday, April 7, 10 – 11:30 am

---

### **Retreat 2: Keeping the Watch**

**Multi-Purpose Room**

A core dimension of Friends practice is seeking to be guided and led. We do that through accessing and staying connected to the Source. Early Friends called maintaining that connection “keeping the watch.” In this retreat we will focus on key practices which enhance our capacity to stay spiritually grounded and open, thus being receptive to being led. We will also work to become more conscious of our individual internal blocks to maintaining that state of connection.

**Facilitator: Christopher Sammond**

## Friday April 7, 2:00 – 3:15 pm

---

### **Extended Worship**

**St. Thomas Chapel**

Early Friends often sat for hours at a time in worship. In limiting our worship time to an hour or less, has the power of the experience been diminished for today’s Friends? What might we discover by sitting in worship for an extended period of time? Come and see!

**Facilitators: members of the Worship & Ministry Committee.**

### **F/friends in Unlikely Places: Engaging with Those Who Don't Agree with You**

**Multi-Purpose Room**

Does talking to friends, family, and lawmakers who don’t agree with you feel like an exercise in futility? How can we draw on the root of our Quaker faith and other resources to stay centered while being in relationship with people holding different views? In this workshop, we’ll make the case for engaging legislators and other people with differing views and discuss how to have those conversations faithfully and effectively. Drawing on theoretical, strategic, and spiritual frameworks from Quaker tradition, this workshop will equip F/friends with new skills for communicating across political divides, practicing seeing that of God in people we disagree with, and building relationships to make change in and beyond Congress. **Facilitator: Bobby Trice, FCNL Quaker**

**Engagement Program Manager**

### **Racial Wealth Gap Simulation**

**Classroom A**

The Racial Wealth Gap simulation is an interactive tool for understanding the connections between racial equity, hunger, poverty, and wealth, and to give us a deeper understanding of structural inequality. Participants learn how federal policies created structural inequalities—property ownership and education are just two among many areas affected—and how these policies increase hunger and poverty in communities of color.

The simulation guides participants to an understanding of why racial equity is so important to ending hunger and poverty in the US. The hope is that participants, in becoming more aware of structural inequality, can support policies that undo and/or reduce disparities. **Facilitator: Beverly Ward**, member of the Committee for Ministry on Racism, and SEYM Field Secretary for Earthcare.

### **Friendly Bible Study**

**Classroom B**

We will use the Friendly Bible Study method to explore some passages from the bible. We will read a passage from the Bible from several different translations. Each participant will then be invited to answer five (5) questions about the passage for themselves. 1) What is the author’s main point? 2) What new light do I find in this particular reading of this passage? 3) Is this passage true to my experience? 4) What are the implications of this passage for my life? 5) What problems do I have with this passage? After answering the questions participants are offered the opportunity to share their answers with the group. **Facilitator: Joel Cook**

## Saturday, April 8, 1:15 – 2:30 pm

---

### **Towards a Non-racist future**

**Multi-Purpose Room**

Participants will share how racism manifests itself in their daily lives, and will brainstorm strategies for creating a non-racist future. This is an intergenerational workshop, suitable for high school students and adults. **Facilitators: Kathy Hersh and other members of the Committee on Ministry on Racism and Youth.**

### **Connecting in Spiritual Community**

**Classroom A**

Using worship sharing and other group activities, we will explore how we have connected with spiritual community, or not, and what that has meant for us on our spiritual journeys. We'll invite participants to share when they have felt connected and when they have not. In what Quaker settings has that happened? local meetings? yearly meetings? the wider Quaker world? We'll explore what has made those connections vital for us. What have these Quaker communities contributed to our lives? What have we contributed to them? We'll also explore when and how Friends General Conference has been an important spiritual community for some of us, and what FGC has offered or could offer to support Quaker communities. **Facilitator: Ken Stockbridge** (Baltimore YM), co-clerk of FGC's *Gathering Together* Campaign Committee.

### **The Divine Conversation, Part 1**

**Classroom B**

This workshop will take Friends through an exploration of various types of conversation with God/Light/the Divine by examining different forms of prayer, having the opportunity to experience a number of them; and then (in Part 2 at 2:45pm) gathering for worship sharing using queries to help Friends deepen the expression of their spiritual journey. **Facilitators: Jan Dahm, Lisa Erazmus, & Worship & Ministry Committee members**

## Saturday, April 8, 2:45 – 4:00 pm

---

### **Welcome As You Are**

**Multi-Purpose Room**

In the 2014 Michener Lecture "Growing the Beloved Community," Deborah Fisch shared, "Meetings are being changed by simply saying, 'Let's tell each other our stories again.'" In small groups, Friends are invited to share some of their own spiritual journey and listen to others. **Facilitator: Joel Cook**

### **From Witness to Action**

**Classroom A**

We will explore the history of recent social change movements from the early 19th century to today, working from the premise that each builds upon the tactics and struggles which came before it. Quaker involvement in some of these movements will be touched upon. Workshop participants will be introduced to social change theorists and writers including Saul Alinsky, George Lakey, Erica Chenoweth, Gene Sharp, Bill Moyer, and Mark and Paul Engler. **Facilitator: Phil Stone**

### **Divine Conversation, part 2**

**Classroom B**

We will continue our exploration of various types of conversation with God/Light/the Divine, gathering for worship sharing using queries to help Friends deepen the expression of their spiritual journey. **Facilitators: Jan Dahm, Lisa Erazmus, & Worship and Ministry Committee members**