

Workshop & Retreat Descriptions • SEYM Gathering 2026

Thursday, April 2nd, 10:15 – 11:45 am

Retreat #1: Cultivating Compassion

Multi-Purpose Room

In our first retreat, we will look at how we can cultivate compassion, with a focus on forgiveness and repair of relationships. Leslie will engage us in interactive exercises, some journaling prompts and movement to increase our ability to stand in increasing discomfort without losing our equanimity or connection with the Divine. **Facilitator: Leslie Manning**

Thursday, April 2nd, 1:15 - 2:30pm

Affinity Group – Only Black, Indigenous, and People of Color (BIPOC)

Classroom A

Come to meet and talk with other BIPOC Friends and attendees. We will create our own agenda, which may include sharing our experiences as Friends. **Hosted by Friends from the Committee for Ministry on Racism.**

Affinity Group - White (European American) Friends Confronting Racism

Classroom B

Our racial justice work is sustained in part by staying connected with others doing this work. Gather with other White (European American) Friends and attendees who are addressing racism and Whiteness in our lives and in our Quaker communities. **Hosted by Friends from the Committee for Ministry on Racism.**

Centering Prayer

Tripp Room B

We will talk about using Centering Prayer as a Quaker practice, and then have a class in actually doing Centering Prayer, using the teachings of Thomas Keating as a model.

Facilitators: Chris Ruhnke and Herman Holley.

Nature Walk, Led by Bill Carlie

Meet up at deck outside the Lounge

Music Practice for the Friday night dance

Multi-Purpose Room

Thursday, April 2nd, 2:45 - 4:00 pm

Meeting for Remembrance

Classroom A

Meeting for Worship for sharing our memories, stories and prayers for Friends who have passed in the last year. **Facilitated by Nancy Rose Logan.**

Toward Right Relationship with Native Peoples

Classroom B

Description tbd. **Facilitated by Paula Palmer and Beverly Ward.**

Illegal orders in the military

Multi-Purpose Room

Wayne Finegar, Executive Director of Quaker House, will talk to us about the controversy around illegal orders in the military. Please come hear about how Quakers can support those that stand up against taking orders that do not protect civilians.

Friends Fiduciary

Tripp Room B

A representative from the Friends Fiduciary Corporation will discuss their work with constituents and their success stories of engaging with corporations to assure that investments are aligned with Quaker values. **Facilitated by Eston Griffin**

Friday, April 3rd, 10:15 – 11:45 am

Retreat #2: Upholding Conviction

Multi-Purpose Room

In our second retreat, Leslie Manning will lead us in we will exploring how we can uphold and sustain our hope and conviction, by looking at our own motivations, and by reviewing the work and challenges faced by other Friends and where they found the capacity to keep moving faithfully through the world. Perhaps these excerpts from Paul's second letter to the Corinthians can sustain us:

"We can grow and be made better by everything: by endurance, by hardships, by difficulties, by labors, by sleepless nights, by times of hunger, by knowledge, by patience, by kindness, by the Holy Spirit, by sincere love, by the word of truth, by the power of God, through glory and dishonor; grieving, yet always rejoicing; poor, yet enriching many; having nothing, yet possessing everything."

Friday, April 3rd, 1:15 – 2:15 pm

Reflections from Heart and spirit

Classroom A

Description tbd.

Facilitators: Jan Dahm & Lisa Erazmus

Four roles needed for a successful social movement

Classroom B

Drawing from articles written by George Lakey, Jenn will lead a conversation about those roles and help people explore which ones feel comfortable for them and what that might look like in their activism. **Facilitator: Jenn Ambrose.**

Nature Walk/Geo Caching, Led by Beverly Ward

Meet up at deck outside the Lounge

Music Practice *for the Friday night dance*

Multi-Purpose Room

Adult Swim

pool & pool baths are behind Kline Hall

Friday, April 3rd, 2:30 – 3:30 pm

The Psalms: the breadth of human emotions

Classroom A

Cece Yocum and Robert Allenson will offer readings from 5 Psalms and lead open sharing on how these passages inform our experience with our enemies and our growing awareness of self and of God.

Florida Impact to End Hunger

Classroom B

The Mission of Florida Impact to End Hunger is dedicated to advancing health equity by ending hunger for all Floridians. They mobilize access to federal, state and local food and nutrition programs with a focus on Florida's most vulnerable populations. Come see what they are up to and how you might help feed the hungry. Facilitated by Kim Johnson

Finance Explained

Multi-Purpose Room

Joel Cook and members of the Finance Committee explain how SEYM finances work, and answer your questions.

First Day School Collaboration

Tripp B

Members of the Youth Committee and Rachel Dellinger, Youth & Young Adult Coordinator, will share resouces for Young Friends' First Day School.

Saturday, April 4th, 1:15 – 2:30 pm

Extended Worship

Classroom A

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? **Facilitator: Jan Dahm.**

The Gathered Meeting

Classroom B

Thomas Kelly is Jerry's favorite author and *The Gathered Meeting* his favorite pamphlet. This short pamphlet tells us what could be happening when worship is full of the Spirit and ways to improve worship to make this more likely. **Facilitator: Jerry Knutson.**

Earthcare Power Mapping *intergenerational workshop*

Multi-Purpose Room

Power mapping has been described as a way of understanding who has influence over an outcome and how that influence moves through relationships. It can help to identify the decision-makers, the people who decision-makers listen to, and their connections. This helps to focus energy and efforts when working on campaigns, problems, and building coalitions. Friends are invited to this interactive workshop to: Identify an Earthcare issue or concern; learn to power-map to work on solutions; and share the issue or concern and tools.

Facilitator: Beverly Ward, Field Secretary for Earthcare.

American Friends Service Committee - Miami

Tripp Room B

AFSC-Miami staff will discuss critical issues of their work with immigrants in South Florida.

Facilitator: Guadalupe de la Cruz

Saturday, April 4th, 2:45 – 4:00 pm

Extended Worship (continued)

Classroom A

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? **Facilitator: Jan Dahm.**

Why Are Quaker Meetings So White? - Improving Inclusivity

Multi-Purpose Room

After watching a short video, participants will divide into small groups, each facilitated by a CMOR member, to probe a series of queries which address the title of the workshop. Ground rules will be established to promote honesty, insights, and tenderness as we move towards becoming an anti-racist yearly meeting. **Facilitated by the Committee for Ministry on Racism**

Saturday, April 4th, 7:00 pm

The Walton Lecture with Leslie Manning

Multi-Purpose Room

Hold Fast the Hope that Anchors the Soul

"Hold fast the Hope that anchors the soul, which is sure and steadfast, that you may float above the world's sea." ~from George Fox's Letter to Friends in America (Epistle 314)

Leslie will speak from the silence, and from her experience, on how we can find and offer hope and healing to a world in need of both — how to balance the call to Spirit-led action with the need for contemplation and reflection, and how to cultivate compassion, uphold conviction and sustain community for the long term. She hopes that we will listen together for not only "what is" but also for "what is about to become."