

“Our Quaker Spirituality and Community”

A free New Haven Friends Meeting Retreat

Saturday, June 1, 2019

At our Meetinghouse

Purpose:

To build on our 3 spiritual storytelling gatherings this year (in October, January, and March) and provide a way for all of us in our Meeting to:

- strengthen our connections with one another individually,
- deepen our spiritual experience in community with one another,
- express our faith through collective action.

Agenda:

8:30 - 9:00: Arrival. Coffee, tea, bagels, cream cheese and grapes on side table downstairs. After a little breakfast, the children either go outside or stay downstairs for their own children's retreat. (See children's schedule at end of this agenda.)

9:00 – 9:20: Mini Meeting for Worship (upstairs)

9:20 – 9:30: Break (and rearrangement of chairs in groups of four)

9:30 – 10:30: Spiritual Storytelling: Groups of four people (upstairs) who are a mix of newcomers and old timers. Each person takes 10 minutes followed by 5 minutes of discussion to answer:

1. What does it mean for you to be a Quaker?
2. What is important to you about our history and traditions, form of worship, spirituality, testimonies, and ways of being in the world?
3. How are you spiritually nourished by our Meeting?

10:30 – 10:45 Break (and arrangement of chairs in a large circle)

10:45 – 11:30: Worship Sharing: One large group circle (upstairs) to gather preliminary ideas on the following question:

How might we all deepen our spiritual experience in community with one another?

11:30 -12:30: Critter Caravan animal show for the kids outside (if it's nice) or downstairs (if it's raining). Adults are welcome to watch the show if they wish or socialize with one another if they prefer.

12:30 – 1:15: Potluck lunch

(Afterwards, many parents with young children who need to nap are likely to go home.)

1:15– 3:30/4:00 pm: Anyone who can stay is welcome to work in a small group on one of the following:

EITHER:

- A group art project for our Meeting- led by Michael Anderson
or
- Indoor and outdoor chores at our Meetinghouse- led by Rodney Palmer
or
- Farm work at Massaro Community Farm in Woodbridge, CT- led by Jon Gorham

Kids' Retreat- Theme: "Loving our Natural World"

8:30 – 9:00 Breakfast (downstairs)

9:00 – 9:30 Activities downstairs- such as some good stories involving Nature, or an art project with natural objects, or playground time outside

9:30 – 10:30 Nature Hike/Scavenger Hunt in the back woods.

10:30 – 10:45 Snack (and possible check in with parents who will be on break)

10:45 – 11:15 Art Project/Stories/playground

11:15 – 11:30 Prep for Critter Caravan Show and/or playground time

11:30 – 12:30 Critter Caravan Show (in back yard if the weather is nice, or downstairs if not)

12:30 – 1:15 Potluck Lunch

1:15 – 3:30/4:00 Those kids who are old enough are welcome to join the adults on any of the above three projects. Those who are very young may need to go home for naps.

"Critter Caravan" will bring chinchillas, hedgehogs, rabbits, lizards, guinea pigs, tortoises, snakes, and more. See: <https://www.crittercaravan.com/index.html>

While we hope that everyone will arrive at 8:30 to take full advantage of the whole day, please note that all families with young children need to arrive no later than 9:15 in order for the parents to participate in the spiritual storytelling and the kids to participate in the nature hike/scavenger hunt in the woods.