**Young Adult Spiritual Nurture Series: QIVC Weekend**

**Weekend Info Packet**

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Payment:** We request that you submit all payments ($50 full cost) for the weekend upon arrival to a member of the Planning Committee. You can pay in cash or by check. Please note that checks will be made out to Marissa Badgley personally as she has been frontloading the costs for the weekend. All funds will go directly towards the cost of the weekend.

**Spiritual Accompaniment:** Sign up for a one-on-one or small group Spiritual Accompanimentsession with our elders in our central meeting location

**Facilitators for Weekend:** Marissa Badgley, Jens Braun, Glenn Josey, Chloe Tomlinson

**Elders for Weekend:** Anne Pomeroy & Lu Harper

**CURRENT AGENDA (subject to change)**

**Friday**

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| **Time** | **Activity** |
| 5:00-6:30 | Arrival, Small activities for “passing the time” |
| 6:30-8:00 | Potluck dinner with community |
| 8:00-9:00 | Worship & Welcome |
| 9:00 | Group singing, bonfire, Dessert/bedtime snack |

**Saturday**

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| **Time** | **Activity** |
| 7:30-8:30 | Breakfast |
| 8:30-9:30 | Icebreaker followed by Worship Sharing |
| 9:30-10:30 | Introduction to QIVC |
| 10:30-10:45 | **BREAK** |
| 10:45-11:00 | Icebreaker/Game |
| 11:00-12:00 | The mechanics of how this community happens + Walking tour of land |
| 12:00-1:00 | **LUNCH** |
| 1:00-2:30 | Spiritual Nurture Time |
| 2:30-3:00 | **BREAK** |
| 3:00-4:30 | Participating in the community/community work-time |
| 4:30-5:50 | Bystander intervention |
| 6:00-7:00 | **DINNER** |
| 7:00-8:00 | Hear from Community Members - Interactive storytelling |
| 8:00-9:00 | Worship Sharing and/or Art Reflection |
| 9:00-9:30 | Bonfire, Dessert/bedtime snack |

**Sunday**

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| **Time** | **Activity** |
| 8:00-8:30 | BREAKFAST |
| 8:30-9:00 | Community Building Activity/Game |
| 9:00-10:30 | Connecting what we’ve learned to where we’re going. |
| 10:30-12:00 | Head to and Worship with Old Chatham Monthly Meeting |
| 12:00-1:30 | Lunch, Goodbyes, Closing Exercise/Send-off |

**Worship Sharing**

Worship sharing focuses on a particular question and helps us to explore our own experience and share with each other more deeply than we would in normal conversation. It seeks to draw us into sacred space, where we can take down our usual defenses, and encounter each other in “that which is eternal.”

Worship Sharing Guidelines (from Friends General Conference)

* Reach as deeply as you can into the sacred center of your life.
* Speak out of the silence, and leave a period of silence between speakers.
* Speak from your own experience and about your own experience. Concentrate on feelings and changes rather than on thoughts or theories.
* Do not respond to what anyone else has said, either to praise or to refute.
* Listen carefully and deeply to what is spoken.
* Expect to speak only once, until everyone has had a chance to speak.
* Respect the confidentiality of what is shared.

**Saturday Morning Queries for Consideration**

What does it mean to be a Quaker?

What is it like to be a Quaker?

What do you wonder about being a Quaker?

What would it be like to be raised a Quaker? How were you raised? How do you feel your upbringing aligned or did not align with Quaker Faith, practice, & values?

What does it mean and how does it feel to be a Young Adult Friend?

**Saturday Night Queries for Consideration**

Write, draw, or create something in response to the questions:

After today, what is rising for you?

What feels right?

What doesn’t feel right?

What questions do you have?

**UPCOMING EVENTS**

**November 9-11 NYYM Fall Sessions – Rochester, NY**

**November 16-18 Powell House Retreat: Connectivity Young Adults – Old Chatham, NY**

**December 1 Young Adult Spiritual Nurture Series – New York, NY**

**February 23 Meetings for Discernment – Poughkeepsie, NY**

**February 24 Young Adult Spiritual Nurture Series – Poughkeepsie, NY**

**Spiritual Accompaniment can be scheduled with Lu Harper or Anne Pomeroy between retreats by emailing them directly:** [**luharper@gmail.com**](mailto:luharper@gmail.com) **and** [**apomeroy10@gmail.com**](mailto:apomeroy10@gmail.com)