



## Upcoming Courses

### Telling our Own Tales: Exploring and deepening our understanding of what it is to be human, through traditional oral storytelling.

Friday 26 August 2016 - Sunday 28 August 2016

A rich and exciting weekend, where we will explore the rhythms of our own lives through re-imagining, listening to and telling stories, games and quiet reflection. We will use storytelling skills to grow in understanding of ourselves, the next person and what it is to be human, connecting with the deep spiritual places in each other. Participants are asked to bring an image or object that has significance in their lives. No previous experience of storytelling is required

Please book online or fill out a booking form via [www.bit.ly/wbform1](http://www.bit.ly/wbform1) Alternatively call us on 0121 472 5171

### A Retreat for Young Friends

Friday 26 August 2016 - Monday 29 August 2016

#### **This course takes place at Swarthmoor Hall**

This retreat for those aged 18 – 30 will offer space for spiritual connection, exploration and deepening. With opportunities to explore spiritual practice, including through creativity, contemplation, music, movement and words, it will nourish and encourage us on our journeys. There will be options for extended worship, time alone and time sharing with others. You are invited to come along open to discovery, transformation and the leadings of the Spirit.

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### Politically Engaged Young Quakers

Friday 2 September 2016 - Sunday 4 September 2016

Are you involved politically, or would like to deepen your involvement and meet with others who share this passion? This is a chance to come together, share ideas, campaigns and issues you are concerned about or working on. There will also be sessions that touch on current issues, communication and a chance to explore whether as Quakers we have gifts that we can offer to political engagement. This event is for Quakers aged 18-40 years.

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### Quakers and mental wellbeing: a course from YFGM

Friday 9 September 2016 - Sunday 11 September 2016

How can we nourish our own and others' mental wellbeing, as individuals and as Quakers? This weekend grows out of YFGM's concern for mental wellbeing and will include some positive strategies we have shared. We invite you to learn and practice skills, consider a Quaker angle on the subject, to help your local meetings foster mental wellbeing and be energised to give witness and affect change in the wider community. There will be an opportunity to share and reflect, in a trusting environment.

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### The World Family of Friends: living the transformation

Friday 16 September 2016 - Sunday 18 September 2016

Four hundred Quakers from around the world are meeting in January 2016 in Peru. The theme for the meeting is 'Living the transformation: creation waits with eager longing for the revealing of the children of God'. Quakers share the same goal: to create God's kingdom on earth, but our traditions of worship and witness take a variety of forms. What new Light has come from our time together? This weekend will be a chance for Friends who were present in Peru to share their insights with us.

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### Transformative Writing: gentle words, gentle movement

Monday 19 September 2016 - Wednesday 21 September 2016

Transformative Life Writing is 'designed to enrich your relationship with yourself, others, and with the world around you, using writing and awareness..' (J Klassen). During this course we will be exploring our stories in a safe environment using the Tools of Transformation for writing exercises, quiet contemplation, and gentle movement inspired by words. You do not need to have had any previous experience of writing or movement to take part in this course.

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