



Upcoming Courses

Put Faith into Action : reflections on the life and witness of Bayard Rustin

Monday 20 February 2017 - Wednesday 22 February 2017

This course will offer insights into the life of the African-American gay civil, labour and human rights activist, Bayard Rustin (1912-1987) who was posthumously awarded the Presidential Medal of Freedom in 2013. We will pay particular attention to Rustin's Quaker faith and his lifelong commitment of putting faith into action. Writings and songs by Bayard Rustin, as well as literature, a documentary film and art about him will allow us to approach his life from a variety of perspectives.

Please book online or fill out a booking form via www.bit.ly/wbform1 Alternatively call us on 0121 472 5171

Radical Simplicity: the way of Christian meditation

Wednesday 22 February 2017 - Friday 24 February 2017

John Main (1926 –82) revived a simple way of prayer beyond words and images which leads us beyond the complexities of the ego into the heart of God. The course will integrate theory and practice. We will meditate together and explore an understanding of what we are doing, why we are doing it and where it might take us, drawing on Biblical and Christian mystical sources. For further information go to The World Community for Christian Meditation www.wccm.org and www.christianmeditation.org.uk

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An Online Retreat for Young Adult Friends

Monday 27 February 2017 - Sunday 9 April 2017

This online retreat for those aged 18-35 will offer space for spiritual connection, exploration and deepening. With opportunities to explore spiritual practice, including through creativity, contemplation, music and words, it will nourish and encourage us in our journeys. You are invited to join us open to discovery, transformation and leadings of the spirit. We encourage YAFs from all around the world to come on this course and help us to create an international worshipping community for six weeks.

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Introduction to the Enneagram

Wednesday 15 March 2017 - Friday 17 March 2017

How much do we value our own unique take on the world? Can we find ways to soften the habitual patterns that get in the way of growth? The enneagram is an ancient framework of personality that sums up some powerful truths about human nature. This workshop provides an introduction to the types, together with activities to explore how these can support life and spiritual journeying. It can also signpost possibilities for deeper exploration. It will appeal to anyone interested in exploring their personality and what motivates them.

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Planning a Fulfilling Retirement

Friday 17 March 2017 - Sunday 19 March 2017

This workshop offers space to reflect on what a rich, fulfilling retirement would look like for you. The workshop is based on the first part of Richard and Heather's book 'Creating a Purposeful Life'. Together we will explore topics such as: my unique talents and strengths; my values; different attitudes to retirement and change; losses and gains on retirement and overcoming blockers to personal change. The workshop will be interactive, with time for personal work and small group discussions.

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Spiritual Gifts

Friday 24 March 2017 - Sunday 26 March 2017

Friends' Meetings are communities. Each individual brings spirit-given gifts - not just skills and abilities but qualities that are essential to who we are as human beings. What are the activities that excite and enthuse you? What leaves you content at the end of the day? How can we recognise these gifts in ourselves and others? How can we put them to service in the life of our families, Meetings and the wider community?

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