

Quaker Voluntary Action Working Retreats

**Community
Spirituality
Friendship
Learning
Practical
Rewarding
Fun!**

DAILY PROGRAMME

- Morning Meeting for Worship
- 3 hours Work
- 2 led Reflection sessions
- Free time & Social time
- Evening Epilogue

PRACTICALITIES

- Participants arrange and pay their own travel to the event.
- The host Meeting or organisation provides accommodation either on-site or in local Friends' homes.
- The cost for an event covers food at around £10/€12 per day plus a small registration fee. Bursary help is available - please enquire.
- Meals are vegetarian and cooked communally by the group.
- Work tasks vary and will be matched to participants' skills, capabilities and preferences.
- QVA covers personal accident insurance.

FAITH IN ACTION

QVA offers adventurous opportunities for volunteering that combine meaningful practical work with time for spiritual engagement and reflection.

We work in partnership with Quaker Meetings & Centres, and other organisations, to promote our Quaker witness to sustainability and peace. Through nurture and stewardship, people and places can flourish.

JOIN US...

Our projects are open to people of all ages (18 to 80+) and abilities; Quakers and those in sympathy with Friends; all nationalities (though the working language is English).

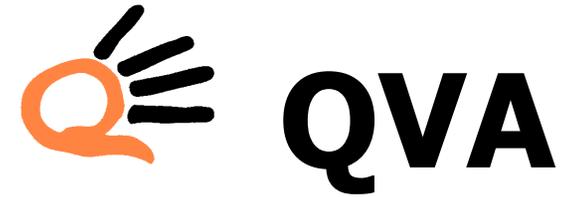
To book a place on a Working Retreat, to invite QVA to run an event or to join our mailing list for future events contact:

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WORKING RETREATS PROGRAMME 2009



QUAKER VOLUNTARY ACTION

*"A wonderful experience of community;
it's what sustains...
sharing, caring & working together."*

QVA Participant at Congenies Working Retreat, France 2008

SWARTHMOOR: CUMBRIA

MARCH 22 – 27 (Sun to Fri)

The QVA Spring season starts with our now regular visit to Swarthmoor Hall – the founding place of Quakerism in the English Lake District. Work in the extensive grounds can include anything from gentle weeding to building a rockery. On the afternoon off you can explore Swarthmoor's history or venture further afield into the Fells.

£95 / €115

LAREN: HOLLAND

APRIL 27 – MAY 4 (Mon to Mon)

A Quaker-Yoga Encounter

We will be staying at the Okido Centre near Daventer working in the lovely gardens with light carpentry options. Okido Yoga works with the body to enable a better listening to and connection with our 'life force'. We will visit the historical Woodbrookerhuis and its little Quaker Meeting House in the woods!

£90 / €110



*"In all the hubbub
The haven of peace
Received a labour of love."*

Haiku: Wellington Working Retreat 2008

QUAKER VOLUNTARY ACTION WORKING RETREATS 2009

Our theme for reflection this year is peace. Through meditative, creative and simple shared explorations, we will focus on personal and global issues around peace in the light of our Quaker testimony.

SALE: CHESHIRE

JUNE 12 – 15 (Fri to Mon)

For this long weekend, we will be staying with local Friends of Sale Meeting - a little oasis south of Manchester. The work will be improving and developing their extensive and unique Quaker burial ground.

£50 / €60

SVARTBÄCKEN: SWEDEN

JULY 11 – 18 (Sat to Sat)

The Quaker Retreat Centre near Stockholm will host us for a summer week of outdoor work tasks and complementary reflection activities. We will have an opportunity to explore the surrounding area of natural beauty and walk the Svartbäcken labyrinth!

£90 / €110

*"Inventive and enjoyable... recipes
cooked with companionship and love."*

Participant at Swarthmoor 2008

SWARTHMOOR: CUMBRIA

OCTOBER 4 – 9 (Sun to Fri)

Our Autumn return visit to Swarthmoor Hall where Quaker roots go back to the 17th Century. Seasonal gardening tasks are likely to include tree work, and evenings around the bonfire or indoor log fire will help warm our spirits! For the afternoon off, you could visit the nearby historic market town of Ulverston where George Fox arrived in 1652

£95 / €115

RAMALLAH: PALESTINE

OCTOBER 23 – 31 (Fri to Sat)

A Quaker-Palestinian-Israeli Encounter

We will be based at the Friends International Center in Ramallah near Jerusalem. Work will include supporting the olive picking harvest and other local community activities. Please note there will be a preparation day in the U.K. four weeks prior to this event.

£100 / €120



*"The warmth and inspiration
I take from here will prove
both challenging and sustaining"*

Participant at Wellington 2008