

## QUAKER VOLUNTARY ACTION WORKING RETREATS

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

### DAILY PROGRAMME

- Morning Meeting for Worship
- Practical Work around 3 Hours
- Afternoon Reflection Session
- Social Time & Free Time
- Evening Epilogue

### PRACTICALITIES

- Participants arrange and pay all their own travel costs.
- The host Centre or Organisation provides on-site accommodation.
- The cost for events covers all meals which are vegetarian and cooked communally by the group.
- QVA covers personal accident insurance only.
- Work tasks vary and will be matched to participants' skills and capabilities.
- Each project is led by an experienced facilitator.
- Groups are usually 8-12 people aged 18 to 80+ and all abilities.
- Projects are open to Quakers, those in sympathy with or enquiring about Friends, and all nationalities.
- **We would not wish cost to prevent anyone from attending - bursary help is available - please enquire, or you may be able to get financial support from your Quaker Meeting.**

## FAITH IN ACTION

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

The Working Retreat programme encourages an active witness to our testimonies to sustainability and peace.

In partnership with Quaker Meetings & Centres, and working with other organisations, we seek to deepen this commitment.

Through companionship, nurture and stewardship, people and places can flourish.

### JOIN US...

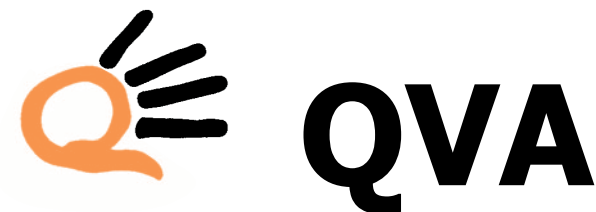
To book a place on a Working Retreat, to invite QVA to run a project or to join our mailing list for future events contact:

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**QVA Working Retreats Co-ordinator**  
**Quaker Community**  
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## WORKING RETREATS PROGRAMME

# 2013



- Olive-picking in Palestine 2012 -

## QUAKER VOLUNTARY ACTION

*"A tremendous opportunity to work together and learn about a very complex situation... We met some astonishing people and were made so welcome."*

*Ramallah 2010*

### CONGENIES: FRANCE

**MARCH 16 - 23 (Sat-Sat) £180**

The QVA season begins with a project at the 19<sup>th</sup> Century Quaker Centre in the sunny south of France. We will help with the development of different garden areas and share reflective walks to nearby natural, historical and coastal sites.

### RAMALLAH: PALESTINE & ISRAEL

**APRIL 19 - 30 (Fri-Tue) £420**

Our Spring project in the region involves working alongside local community initiatives in collaboration with the Friends International Centre in Ramallah and organisations in Tel Aviv. There is a study element and encounters with Palestinian & Israeli viewpoints. We will walk an ancient pilgrim route.

A preparation day will be held on 16<sup>th</sup> March

### SWARTHMOOR: CUMBRIA

**MAY 6 - 10 (Mon-Fri) £120**

Enjoy Spring strolling in the tranquil Lake District. There will be a variety of work in Swarthmoor's historic grounds and gardens. Quaker roots go back to the 17<sup>th</sup> Century when founder George Fox arrived on foot. We'll follow in his footsteps and read from his journal.

### SVARTBÄCKEN: SWEDEN

**JULY 20 - 27 (Sat-Sat) £180**

The Quaker Retreat Centre in its stunning lakeside location will host us for a summer week of outdoor work tasks enhancing woodland pathways. Complementary reflection activities include walking the Svartbäcken labyrinth!

## QUAKER VOLUNTARY ACTION WORKING RETREATS 2013

### PILGRIMAGE

**Our theme for 2013 focuses on how all our activities, encounters and life experiences can be seen in the light of an on-going spiritual journey or pilgrimage. We will draw from the past, engage with the present and explore what the future might require of us. Each project will include a reflective walking element.**



-Trekking near Jericho 2012 -

### RAMALLAH: PALESTINE & ISRAEL

**JULY 6 - 13 (Sat-Sat) £280/£160conc.**

**NEW - for Young Friends aged 18-28**

Join us to support community initiatives in collaboration with the Friends International Centre in Ramallah, Friends of the Earth, and Tent of Nations. There'll be an in-depth study element and encounters with Palestinian & Israeli viewpoints and we'll be trekking an ancient pilgrim trail.

A preparation day will be held on 1<sup>st</sup> June.

### BAMFORD: DERBYSHIRE

**SEPTEMBER 7 - 14 (Sat-Sat) £160**

The Quaker Community at Bamford welcomes us for its annual meadow mow and other activities in 11 acres managed for sustainability. The beautiful surrounding hills of the Peak District offer extensive walking including the Pennine Way.

### CAMINO DE COMPOSTELA: SPAIN

**SEPTEMBER 16 - 23 (Mon-Mon) £220**

Combine companionable walking and working along this traditional pilgrim route. Our tasks will include helping with repairs and gardening at one of the charitable hostels where we'll stay before continuing our journey.

### SWARTHMOOR: CUMBRIA

**OCTOBER 7 - 11 (Mon-Fri) £120**

Our Autumn visit to Swarthmoor includes seasonal gardening tasks. Evenings around the bonfire and indoor log fire warm our spirits! Quaker roots at Swarthmoor go back to the 17<sup>th</sup> Century when founder George Fox arrived on foot. We'll follow in his footsteps and read from his journal.

### RAMALLAH: PALESTINE & ISRAEL

**OCTOBER 18 - 29 (Fri-Tue) £420**

We return to the region for our annual support of the olive picking harvest. The study and encounter element with the Palestinian/Israeli situation is based at the Friends International Centre in Ramallah and in and around Tel Aviv. Walks will include an ancient pilgrim route.

A preparation day will be held on 31<sup>st</sup> Aug.