

## 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 & Personal Time
- Evening Epilogue to Close the Day

### PRACTICALITIES

- Participants arrange and pay all their own travel and insurance costs. (QVA covers only its own public liability insurance.)
- 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.
- 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:

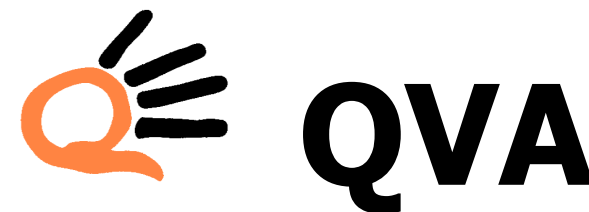
**QVA Working Retreats Coordinator  
Quaker Community  
Water Lane, Bamford  
Hope Valley, Derbyshire S33 0DA**

**Email: [jasmine@qva.org.uk](mailto:jasmine@qva.org.uk)**

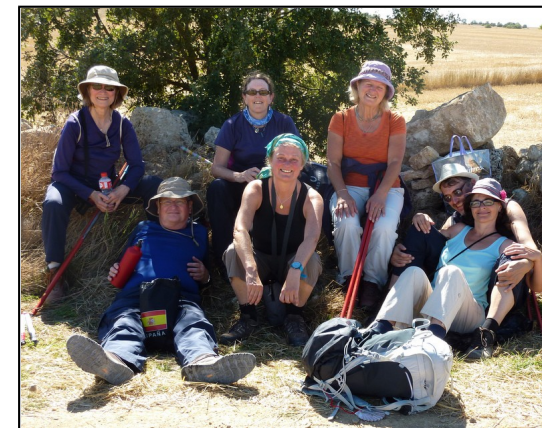
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**[www.qva.org.uk](http://www.qva.org.uk)**  
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## WORKING RETREATS PROGRAMME 2014



- Taking a break on the Camino in 2013 -

Companions  
Ambling  
Mindfully  
Inspire  
New  
Openings

**QUAKER VOLUNTARY ACTION**

## CONGENIES: FRANCE

**APRIL 5-12 (Sat-Sat: 8 places) £190**

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

## CAMINO: SPAIN

**APRIL 14-21 (Mon-Mon:8 places) £260**

Combine companionable walking, working and reflection along part of this traditional pilgrim route. Our tasks may include gardening, repairs, litter-picking, listening and other activities to support the charitable hostels and our fellow pilgrims along the way.

## SWARTHMOOR: CUMBRIA

**MAY 12-16 (Mon-Fri: 10 places) £140**

Enjoy Spring in the tranquil Lake District working in Swarthmoor's historic grounds and gardens. Quaker roots here 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.

## LAREN: NETHERLANDS

**JUNE 7-14 (Sat-Sat: 10 places) £190**

This is a joint Quaker/Yoga project at the Okido Centre near Deventer. Its lovely garden offers opportunities for work, recreation, walking meditation and delicious al fresco meals. No previous yoga experience is required. We will visit Woodbrookershuis and its little Quaker Meeting House in the woods!

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# 2014

### PILGRIMAGE

Our theme for the year 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 on inspirational texts and other resources, sharing what we have discovered and how we might be transformed by the journey. Each project will include a reflective walking element.



-Trekking near Jericho 2013 -

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

## YORKSHIRE: CYCLING

**JULY 5-13 (Sat-Sun: 8 places) £190**

A summer cycling tour to learn from and support community sustainability initiatives in the north of England. Draw inspiration from the Tour de France taking place locally and engage with Quaker Meetings along the way.

## BAMFORD: DERBYSHIRE

**JULY 21-27 (Mon-Sun: 12 places) £160**

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

## SWARTHMOOR: CUMBRIA

**SEPT 22-26 (Mon-Fri: 10 places) £140**

Seasonal gardening tasks, evenings around the fire and reflections on times past and present. 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

**OCT 17-28 (Fri-Tue: 10 places) £480**

**OCT 20-31 (Mon-Fri: 10 places) £480**

Due to demand, we are now able to offer two projects in the region, to support community activities including the annual olive harvest. We work in collaboration with Ramallah Friends Meeting and there is a strong study and encounter element with the Palestinian/Israeli situation.

A preparation day will be held on 13<sup>th</sup> Sept.