

**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's insurance covers only its own public liability.)
- 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 engagement with spiritual encounter & reflection. The Working Retreat programme encourages an active witness to our testimonies to sustainability and peace. In partnership with Quaker Meetings & Centres, and other organisations, we seek to deepen this commitment. Through companionship, nurture and stewardship, people and places can flourish.

**TRUTH & TRANSFORMATION**

Our theme for 2015 focuses on how all our life experiences can be seen in the light of an on-going spiritual quest for truth and transformation. We will draw on inspirational texts and other resources, sharing what we have discovered so far on our journeys. There will be an opportunity to look afresh at Early Friends testimony to truth of the heart and our current dilemmas around living sustainably, with integrity and open to transformational grace.

To book for a Working Retreat contact:

**QVA Working Retreats Bookings**  
**Swarthmoor Hall**  
**Swarthmoor Lane, Ulverston**  
**Cumbria LA12 0JQ**

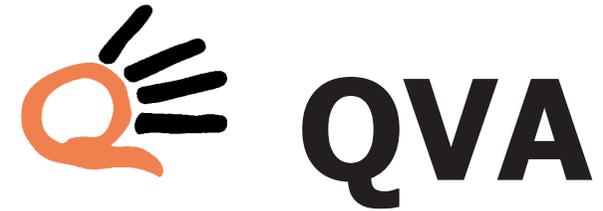
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**2015 PROGRAMME**

**WORKING RETREATS  
& OTHER OPPORTUNITIES**



- Tree planting near Bethlehem in 2014 -

**P**ilgrimage  
**I**nspires  
**L**ove  
**G**rowing  
**R**enewal  
**I**n  
**M**e  
**S**piritually

**QUAKER VOLUNTARY ACTION**

## QUAKER VOLUNTARY ACTION WORKING RETREATS

### CONGENIES: FRANCE

**MARCH 24-31 (Tue-Tue: 8 places) £190**

Enjoy springtime at the Quaker Centre in the sunny south of France. We'll help with gardening and developing the grounds. The project may include some decorating and light maintenance. Outings to archaeological sites, the sea or open countryside.

### BAMFORD: DERBYSHIRE, UK

**JULY 13-19 (Mon-Sun: 12 places) £170**

The Quaker Community at Bamford welcomes us for its annual meadow mow and other gardening tasks in 11 acres managed for sustainability. The beautiful surrounding hills of the Peak District offer plenty of walking and cycling possibilities.

### CASUBIA: POLAND

**AUG 8-15 (Sat-Sat: 14 places) £190**

Working on a small farming cooperative which provides practical training for young adults with disabilities. We'll clear stony land, chop wood, paint and create attractive areas. Music-making and games plus an excursion to explore the region.

### FREIBURG: GERMANY

**SEPT 12-19 (Sat-Sat: 12 places) £280**

A late summer project to learn from and engage with sustainability successes in Freiburg, the unofficial 'green capital of Europe'. Draw inspiration from and link up with the local Quaker Meeting, civic and community initiatives. We'll travel there by train and hire bikes to get around.

# 2015

### SWARTHMOOR: CUMBRIA, UK

**OCT 5-9 (Mon-Fri: 10 places) £150**

Enjoy autumn 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 and there'll be opportunities to dig deep into our tradition while digging deep into the earth!

### RAMALLAH: PALESTINE-ISRAEL

**OCT 19-30 (Mon-Fri: 12 places) £490**

We work in collaboration with Ramallah Friends Meeting providing a challenging study and encounter programme of the situation in Israel/Palestine. Work includes supporting the annual olive harvest and other community activities. There is time each day for reflection and group discussion. A preparation day will be held on 5<sup>th</sup> Sept.



- Garden of Gethsemane, Jerusalem 2014 -

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

## OTHER OPPORTUNITIES WITH QUAKER VOLUNTARY ACTION

### BALATON: HUNGARY

**\* Calling volunteers aged 18-30 \***

A friendship camp in July for children from different ethnic communities living in Hungary. We'll have fun learning from each others' cultural heritage: songs, food, games and language. Excursions around the stunning Lake Balaton region. Please note this project is run by Hungarian Friends and we will be recruiting 6 Young Friends to join their team. For details please contact: [jasmine@qva.org.uk](mailto:jasmine@qva.org.uk)

### HEAD, HEART & HANDS: UK

**\* QVA day conferences \***

Drawing on our experience over the last seven years of running our Working Retreat programme, QVA will be organising a series of conferences/workshops through 2015 to share what we have learned and how the model might support local meetings and the wider Quaker body in building our communities. For details please contact: [richardthompson1@gmail.com](mailto:richardthompson1@gmail.com)

### RAMALLAH: PALESTINE

**\* Friends in Residence required \***

To serve for 2-3 month periods in the Spring, Summer and Autumn of 2015 at the Ramallah Friends Meeting House which has its own self-contained flatlet. QVA are recruiting volunteer Friends who have some previous experience in the region. To discuss possibilities and for further details please contact: [jasmine@qva.org.uk](mailto:jasmine@qva.org.uk)