

# **Quaker Voluntary Action Working Retreat**

**SWARTHMOOR, UK**

**4<sup>th</sup> – 9<sup>th</sup> September 2017**

**An opportunity to combine practical work with time  
for spiritual reflection, learning and fellowship**

Swarthmoor Hall, the cradle of 1652 Quakerism in the beautiful Cumbrian Lake District, hosts us for a working retreat with elements of pilgrimage. We'll connect with Quaker history through Early Friends writings, discussion and reflection. Visits to Brigflatts & Firbank Fell and the Quaker Tapestry. A chance to dig deep into our roots while digging deep into the earth!

Our theme for reflection focuses on prayer – individually and in unity with others. Whatever form our faith may take, we are free to pray in a way that is true for us. Drawing on inspirational texts, other resources and our own stories, we can share what we have discovered so far on our journeys. There will be opportunities to explore our joys, challenges, dilemmas and hopes, through creative prayer.

- **The event is open to Friends and those in sympathy with Friends or who wish to learn more about the Quaker way**
- **Each day has a balance of practical work, reflection sessions, social time, shared meals and some free time**
- **There are half hour Meetings for Worship each morning and the evenings close with a gathered Epilogue**
- **Food is vegetarian and volunteers help with cooking**
- **Accommodation is in single or twin en suite rooms**
- **Work activities vary to suit abilities and ages 18 to 80+**
- **The facilitators are Linda Southwick and tbc**

**Cost: £185**

**For further details/application form please contact:**

**[info@swarthmoorhall.co.uk](mailto:info@swarthmoorhall.co.uk)**