

## OMM RETREAT workshop schedule and descriptions as of 1/20/19

### *Morning workshop session #1*

Bob Barnett looks at Quaker History: tear, mend, reflect: The Great Separation of 1827/28 in North America first evolved into two adversarial groups referred to as Orthodox and Hicksite Quakers. Sub-splits continued throughout the 1800s, only formally, (but partially), mended with reunion of several sets of Yearly Meetings (including CYM) in 1955.

*How and why did the separations develop?*

*Why was it so intense?*

*How was it mended?*

*Why did it take 127 years for a partial reunion?*

*How has it not been mended?*

*What have we learned since 1955?*

Bob is a systems engineer who has been studying Quaker history since the 1980s. Publications and lectures have focused on the Quaker colony of West New Jersey, and its cultural persistence. As a new (transferred) member of OMM, he's rapidly learning about Canadian Quaker history!

### *Morning workshop session #2*

Steve Fick and Signy Fridriksson, Mending relationships through dialogue:

*We will teach a form of skillful truth-telling and deep listening which we consider to be a spiritual practice that*

*honours Quaker principles, following a step-by-step approach using explanation, demonstration of the skills, and an invitation for people to try it out if they wish. There will be time to reflect together on the experience.*

Steve and Signy trained as Couple Enrichment Leaders in 2010 and take ongoing training through Friends Couple Enrichment. They have led CE events in the Ottawa region, at Canadian Yearly Meeting and Friends General Conference Gathering.

Signy is a Registered Psychotherapist working with both individuals and couples. When requested by clients, Steve joins her to do two-on-two couple counselling.

*Morning workshop session #3 (in the library?)*

*Jane Keeler will facilitate Writing for Healing:*

*Research has demonstrated that Freewriting can help us heal in a number of ways. Allowing words to pour onto the page through a writing hand can open understanding and self-discovery. Come and try your hand at freewriting and share your experience with others.*

Jane has enjoyed being part of a writing practice group for over 30 years, and is a creative artist on many levels. She also clerks our Adult Religious Education and Outreach committee.

*Morning workshop session #4: Heather White and Brian Loyer will facilitate/accompany a follow up to our Wabi-sabi Intro session, with hands on conscious mending-bring a personal project.*

*Share short written pieces and visuals about Wabi-sabi and mending. Brian will provide contemplative instrumentals. Participants to bring something to be mended: an object like a sock or a saucer; a letter, a poem or a song; an exercise routine or just a thought or idea to be worked through. Once underway the workshop will be held in silence, the atmosphere meditative, so we can thoughtfully work with whatever we undertake to mend. In the last portion, we'll dialogue about the experience.*

Heather White and Brian Loyer are faithful attenders of OMM and active with music for many outreach events. Cathy Blake is a visual artist who grew up in Japan and has some experience of Wabi-Sabi (she attends OMM occasionally.)

*Afternoon workshop session #1*

*[in the kitchen area]*

Meed Barnett, Envisioning the Divine Through Watercolour

Beginners/All skill levels most welcome.

*Simple tools and methods, undergirded by quiet music, fuelled by the query: "How do you envision the Divine, and how has this changed for you over time?" Limited to 10 participants, who will be sent a page of inspiring reflections and instructions in advance. Contact Meed directly to register [Email silver@wolf.net preferred. Or phone #613-256-5324]*

Meed is a life-long 4th-generation artist raised in 1950s Woodstock, NY, who works in paint, pen, metal and any

other available media. She has recently joined Carriageway Studios at 65 Mill St, in Almonte, where the Barnetts have settled.

*Afternoon workshop session #2*

Manuela Popovici, Mending our relationship to Spirit:  
*We will share, and listen deeply to others' sharing, our personal experiences of mending in our relationship with Spirit. This may include mending that feels completed or in progress, and mending that is yet to come."*

Manuela co-led a previous session on this topic with Jane Keeler last November. She completed a 3-year term on Ministry and Counsel in 2018 and has now joined the Premises Committee of OMM.

*Afternoon workshop session #3 (in the main meeting room?)*

Carl Stieren, Performing Theatre of the Oppressed as "social mending":

*Theatre of the Oppressed, created in the 1970s by a Brazilian, Augusto Boal, is now performed worldwide. At OMM, you'll act out a personal incident of oppression, then rerun the scene. An observer yells "Stop!" and takes over the role of the oppressed. We'll dramatize social injustice and change outcomes. Think about an incident of oppression before you come – you'll tell it to the group and it will be acted out in a one to five-minute scene.*

Founder of the Quaker Theatre Team. Carl will be leading a five-morning workshop on Theatre of the Oppressed at Friends General Conference Gathering in July 2019

*? Afternoon workshop session #4 ?TENTATIVE —  
informal mending, follow up from Wabi-Sabi morning or  
new ideas.*

*AREO hopes that if there is interest in continuing this a.m. workshop, or a new subject/concern has arisen during the day, that leadership will evolve organically...*