

Experiment with Light



6-8 September 2024

Quaker Settlement 76 Virginia Rd,
Whanganui

The weekend begins with dinner Friday at 6pm
and ends with lunch and clean up on Sunday.

Experiment with Light is thought to be the rediscovery of the foundational practice of early Quakers.

Exploring the journals and letters of Fox himself and other early Friends, Rex Ambler, a Quaker theologian, pieced together four distinct steps of a guided meditation. His drive to do this was to see if it was possible to resolve a difficult personal issue, using early Friends' practice. This proved to be a revelation, and a solution to his troubles and he began to share the method and his personal experience with other British Quakers. For the last nearly 30 years it has been an inspiration to many Friends around the world.

Join us for a weekend exploring ways for centring and stilling the mind and learning or revisiting this simple practice. Once learnt, it can be a resource to bring clarity and insight, even within a few moments. In these days of change and uncertainty it can prove a support, both as an individual practice and often more so when practised in a group.

Information will be given about setting up a Light Group. There are tried and tested ways to provide a safe and confidential space, where participants can grow in trust; where we may truly know one another in the things that are eternal.

Facilitators: Ann Banks, Val Bone, Esther Bukholt

Registration Form **Experiment with Light 6-8 September** **2024**

Name(s): _____

Phone _____

email: _____

Transport:

Arriving: Day _____ Time _____

I can offer ____ seat(s) in my/our car OR

Please collect me/us from:

Intercity Airport (Note: we only collect from Whanganui arrival points but may be able to connect you with others travelling to the weekend)

Catering:

Simple wholesome vegetarian fare.

Gluten free catered for if indicated here:

If you need special foods please BYO.

Please indicate arrival and departure if you are not here for the full weekend.

Preferred accommodation (tick):

- Unit (towel and bedding provided)
 Sleeping house (bring own towel and bedding)
 Camping Living out

Please register by 24 May 2024

online at: www.quakersettlement.co.nz

Or email: jessmio89@gmail.com

Or return this form to: 76C Virginia Rd
Whanganui 4500

Koha - Pay As Led - An Act of Faith for Economic Justice

We are building on two traditions with Pay As Led – reflections and discussions from our wider global Quaker community, along with our Aotearoa New Zealand koha practice and experience.

As we know, koha means gift, offering, donation, contribution, especially one that maintains social relationships and expressions of reciprocity. On a practical level, koha is a contribution towards the costs of an event, but on a deeper, and more personal level, koha can symbolise an expression of deep gratitude and affection. The koha reflects the mana of both the giver and the recipient, reflecting what the giver is able to give, and the esteem they hold of the person or group they are making the gift to - and hence plays an important part in cementing good relations.

By linking these two disparate yet similar traditions, we can provide a firm foundation for Koha - Pay As Led. We ask that you prayerfully consider your financial resources and the value you believe your time at the Settlement and participation in this seminar brings to your life and to Friends. Based on this personal reflection, we invite you to pay as you are led, and to make any koha that feels appropriate to you.

The QEF subsidy is available for Quakers and family members participating in a seminar for one seminar per annum and covers 50% of the Traditional Charge. We invite you to apply for the QEF subsidy for this seminar if appropriate by checking the box when registering. Please then indicate what your contribution will be.

To assist your reflection and choice of payment, we offer the following “Pay as Led” fee scale (all rates are GST inclusive):

- **Traditional:** this amount covers our costs plus an extra contribution that helps equalise the cost for everyone and enabling greater participation.
- **Covering Costs:** this amount covers our costs including catering at \$60 per day.
- **Choose Your Price:** if you would like to contribute/ koha more or need to koha less, you can choose your own price.

Prices shown are for a weekend seminar; from the evening meal on Friday to lunch on Sunday, including catering of all meals at \$60 per day.

| Fee Scale | Traditional | Covering Costs | Choose your Price |
|-------------------------------------------------|----------------|----------------|--------------------------|
| Unit – Adult | \$230 | \$160 | 0 - \$230+ |
| Unit – Primary – 12 y Secondary years | \$90 \$120 | \$60 \$90 | 0 - \$90+ 0 - \$120+ |
| Cabins/ Bunkroom/ Family Room – Adult | \$190 | \$150 | 0 - \$190+ |
| Cabins – Primary -12years Secondary years | \$80 \$110 | \$50 \$70 | 0 - \$80+ 0 - \$110+ |
| Camping – caravan tent | \$170 \$160 | \$150 \$130 | 0 - \$170+ 0 - \$160+ |
| Own accommodation | \$150 | \$120 | 0 - \$150+ |
| Online participation | \$50 | \$25 | 0 - \$50+ |