



Overview of weekend

Throughout our reflective time together we'll be exploring the [12 habits of a reconciler](#), including gratitude, empathy, curiosity, and how to hold on to hope, especially during times of conflict and change.

These 12 habits have been seen time and time again among ordinary peacemakers who have managed to cross deep lines of division and sow lasting peace in their local communities. We'll be sharing some practical tools and reflective practices to encourage us to build these practices into our everyday lives, so we too can be people of peace in our communities.



Fri eve

- From 4pm Arrive and get settled in (name badges). Tea and cake
- 6pm Meal in the Bunkbarn
- 7.30pm **Welcome & introductions** (start gathering in the Meeting House at 7.15pm)
- 8.00pm **Session 1- Introduction to the 12 Habits of a Reconciler**
- 8.50pm Shuffle break
- 9pm **Epilogue** (reflective silence in the Meeting House)

Sat am

- 8am Breakfast
- 9am **Short Quaker Meeting for Worship** (Meeting House)
- 9.20am **Session 2- Space for lament**
- 11am Coffee
- 11.30am **Session 3- Curiosity- a story to help us explore**

1pm Lunch

- 2pm Free time
- 3.30pm **Session 4- Empathy- practical tools**

5pm Help make dinner/ free time
6pm Eve meal
7.30pm **Campfire**- stories & Epilogue in Quakers' Wood- bring short stories/ songs/ poems

Sun am

8am Breakfast
9am **Session 5- Moving with hope**
10am **Quaker Meeting for Worship / individual silent walk**
10.30am Coffee, strip beds and pack cars
11am **Reflections on the weekend and ending session**
12noon Prepare lunch and clean
12.30pm Lunch
1pm Leave