

## IMYM 2019 Seminars and Interest Groups

### Seminars Monday 1:30-4:30

- Friends in the Arts—Coordinated by Caroline Rackley. Special Activities to be announce on arrival bulletin board
- Experiment with Light—Coordinated by John Kretzman  
Friends have asked, “What helped the first Quakers get through the challenging times of those early days?” British Friend Rex Ambler did some research and put forward a format for group experience he called “Light Group.” The three hour gathering consists of a guided meditation for individual focus and a worship sharing opportunity in a small group setting. Friends can attend all or only one day, but it is asked that you commit to stay the entire time on any day you attend. **\*\*There will be a training session for potential group leaders Sunday 6:30-8 PM\*\***
- Write Now: Basho and the Practice of Haiku presented by Peter Anderson. In our three days together, we will learn about Basho, Japan’s most famous poet and his poetic practice. As we consider Basho’s approach to poetry, we will also explore the possibility of integrating haiku and other related forms into our own writing lives, how that might open us to a few precious moments that would otherwise pass us by, and what, if anything, this may have to do with being a Friendly presence in the world. **Maximum 12. Best to be there all 3 days, but Peter will be flexible.**
- Photography as a Contemplative Practice presented by Peter Nutting. This seminar has been popular at FGC. Peter Nutting comes from China Maine to share it with IMYM. Be sure to bring a camera or other photo taking device. **Limited to 15 participants**
- Alternatives to Violence Mini-workshop/training led by Tom Martin, Jane Kroesen and others  
This AVP Mini-Workshop offers conflict resolution skills that transform lives, enabling participants to develop abilities to resolve conflict without resorting to violence by using affirmation, respect for all, community building, cooperation, and trust. Many Friends consider AVP to be “Quakerism on-the-road,” that is, where the times meet the road. **Limited to 20 participants. Must attend all 3 sessions.**
- Unfinished business presented by Joyce Victor

This is a chance for participants to work with what parts of life need further tending. It will be a very experiential experience and will end with the shortened version of clearness committees in groups of four.

- Connecting with All Our Relations through the Land

Short Description: Indigenous peoples say the land remembers. Through a series of experiential exercises and worship sharing, we will listen to (also touch, see, smell, taste) the land of Ghost Ranch, the land of our ancestors, and the land where we live today. In each case we will ask, "What does this land remember? How does this land shape our lives and the lives of the peoples who knew and loved these places before us? How do our common memories, grounded in the land, teach us that we are all related? How do these relationships manifest in our lives?"

- **All Day Hike to Pedernal 8:30-4:30**

Led by Dave Wells. As a farewell to Ghost Ranch, a beautiful hike to the base of Georgia O'Keefe's favorite mesa. This 7-mile hike is not strenuous but has some small hills and valleys we will cross. Meadows, forest, views and an optional short steep climb to the peak. A walking stick is optional. Appropriate hiking gear, a hat, and sunscreen are recommended. Bring plenty of water. Sack lunches provided. Ages 10+. Subject to weather and fire closures.

### **Seminars Tuesday 1:30-4:30**

All of the above seminars BUT THE HIKE continue today. Addition:

- The #MeToo! Movement: An Exploratory Workshop for Quaker Men led by Allen Winchester and Steve Finger.

The #MeToo! Movement continues to shake up traditional relationships between men and women. This presentation, offered for a second year, will use queries, discussion, worship sharing and our Quaker tradition to help men explore and better understand their experiences, roles and responses to this changing social and sexual landscape. How can we as men emotionally support survivors of abuse and sexual exploitation?

**Maximum 10 men. This is a 2 day closed group. Participants must commit to both days. Participants from last year's group are welcome to participate again.**

### **Seminars Wednesday 8:30-11:30 (Note time change)**

All Tuesday Seminars continue. Additions:

- Miguel Costop will travel to IMYM from Guatemala to present “My Spiritual Journey—Franciscan Catholicism, Mayan Spirituality and Quakerism.” His presentation includes Mayan ritual.
- Sanctuary and Accompanying Immigrants and Refugees led by Tom Kowal and others from Monthly Meetings doing this work. Why and how do Friends offer Sanctuary and engage in civil initiative and other work on immigrant and refugee rights and accompaniment? What are the related immigrant and refugee rights issues and practice?
- Quakers and Conflict: What wisdom from conflict resolution skills training can Friends apply in our Meetings? led by Sara Kenney  
We will explore the nature of Quakers and conflict through games, skill training activities and some story sharing. Sara believes that all Meetings can benefit from more training in the use of basic conflict resolution skills—how to reframe conflict, how to speak during conflict and how to listen more productively. Appropriate for Young Friends if they are interested.  
**Limited to 25 participants**

## INTEREST GROUPS 2019

### FRIDAY 3:45-5:15

- Changing Systems, Changing Ourselves: Anti-racist practice for Sanctuary, Accompaniment and Resistance presented by Gabriela C. Flora AFSC  
Utilizing tools, video clips and activities from AFSC’s e-course, we will engage in reflection on undoing racism in the context of immigrant rights solidarity; explore and dig in to how to apply all this to court accompaniment. It will be an interactive workshop creating community of people of faith and conscience committed to taking action as well as practicing reflection. We invite Friends who are new to the topic and Friends who have taken the e-course to join us.
- Planting the Seeds of Change presented by Maria Brazil and Patrick Jaramillo AFSC NM  
Discuss the work that AFSC New Mexico is doing to create systemic change in the food system, to support small farmers and increase access to healthy, local food in the community, including local schools. We create economic viability through the training of small farmers in sustainable agricultural

practices, thereby protecting land and water rights and traditional cultural practices.

- Quakers in Palestine: Ramallah Friends School and the Military Occupation presented by Arthur Boyd and Med Boyd Meyer who spent six months at Ramallah Friends School and traveled in Israel seeking to gain perspective from both sides in 2018-2019. Under military occupation in Palestine, a Quaker school is thriving. How are Quaker values providing hope and building a foundation for a peaceful, just future? How does the Israeli-Palestinian conflict affect daily life? What might the future hold for this troubled region?
- Accessing Abilities: Embodying Equality and Community through Attention to Universal Design presented by Rosemary Blanchard  
Quakers design their spaces and activities to accommodate our corporeal, embodied selves. What about the Friends among us who are differently embodied? Universal Design is a process for creating environments that are usable by all people without need for individual accommodations. How can Friends apply Universal Design principles to our gatherings, our meeting places and our lives together?
- Friends Peace Teams presented by Tom Martin  
Come discover how FPT has engaged in grassroots, on-the-ground peace building in communities around the world where violence such as civil wars and genocide has been a vicious presence for generations. Over the past 25 years Friends have developed remarkable tools and innovative workshops that create cultures of Peace via long-term relationships with our partner organizations in those communities. See what compassion, reconciliation, and love can do as we “walk cheerfully over the world answering that of God in everyone.”
- Listening Session presented by Senior Young Friends  
SYF speaks to adult Friends on a topic of importance to them. This will be an informational session. Topic to be announced.
- **Hold for interest group by Indigenous Peoples Concerns Committee**

#### **SATURDAY 3:45-5:15**

- AFSC's Strategic Plan: Engaging with Friends and Other Stakeholders presented by Gabriela Flora AFSC

AFSC has been listening to Quakers, the communities in which we work and thought leaders in social justice movements to inform our planning for the next ten years. Come to learn about what we are learning and what proposals are on the table, including new ideas for engaging Friends.

- Be part of an FCNL Advocacy Team presented by Judy Danielson  
Learn about FCNL teams who are building relationships with their own Congressional office to put a break on US wars. Teams all over the USA focus on one issue. At this time the issue is repealing the Authorization for the Use of Military Force of 2001. How can you get involved?
- Quakers and Social Media: Finding the Light presented by Charlene Weir  
The world of social media can bring us together in new and exciting ways. However, this world is also fragmented, biased and very scary. This seminar presents the history of Social Media and issues of finding the spiritual in digital space while maintaining a sense of safe community.
- Quaker Earthcare Witness presented by Shelley Tanenbaum General Secretary and Dick Grossman IMYM observer  
Environmental crises present fear for now and the future: How can we respond with Faith and Action?
- A Native American take on Faith, Fear and the Future presented by Jon Roberts  
How do these even translate into the Native American culture? How can Native American ideas and concepts deepen our thinking about Faith, Fear and the Future? We will examine the impact of spiraling into fear, and specific, time-tested tools for moving towards greater wholeness.
- Restorative Justice Everywhere! The Great Adventure in Community Peacemaking presented by Scott Brown  
This presentation will demonstrate how the key elements of restorative justice can be used in community-led peacemaking initiatives that address even the most challenging issues. It includes personal, interpersonal, and collective healing; a focus on root causes and systems change. It comes at a time when a more transformational approach to activism is desperately needed.
- Root Causes of Migration and Guatemala Friends Scholarship Program working for peace and justice through education  
This will be discussed by Miguel Costop who is visiting from Guatemala and is the director of the Program.

- Developing a curriculum for elementary and middle school Young Friends for use at IMYM. Coordinated by Janie Cravens. Bring ideas and materials that could be useful in this effort which has had its beginnings.
- Sanctuary and Accompanying Immigrants and Refugees coordinated by Tom Kowal.

This interest group will augment discussions for the Seminar of the same name. Why and how do Friends offer sanctuary, engage in civil initiative and other work on immigrant and refugee rights and accompaniment? What are the related immigrants and refugee rights issues and practices? How does this work relate to Faith, Fear and the Future?