



North Scotland

Residential Quaker Meeting

Pluscarden, 30th August – 1st September 2024.

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Hello! We look forward to welcoming you to this year's residential weekend for Friends of all ages, which will be held in the peaceful surroundings of Pluscarden Abbey, and the nearby Pluscarden Village Hall. We will share time in worship, share activity and social time and share our joys and concerns.

The theme this year is Hope as a Practice, a workshop with facilitators (Simonne Wood and Clare Bonetree) from Woodbrooke Where You Are.

<https://www.woodbrooke.org.uk/hope-as-a-practice/>

"Can hope be more powerful than simple optimism? What does it mean to 'practise hope'? How do we maintain hope when things seem to be getting worse rather than better?"

In this workshop, we will explore what hope means to us as Quakers. Then, for the major part of the day, participants will be guided through a series of activities drawn from the book Active Hope by Joanna Macy and Christopher Johnstone, to develop a personal 'practice of hope'. Such as:

- expressing gratitude
- acknowledging our pain for the world
- finding more positive perspectives
- developing a vision for personal and collective action.

During the workshop, Friends will be invited to participate in a variety of activities in different formats, including personal reflection, deep sharing and listening in small groups, creative thinking, and discussions together as a full group.

The day ends with a session when participants begin to develop a vision for their personal involvement, however small, in bringing about a change they hope for, and includes an opportunity to identify others in the Meeting who may be interested in the same concerns.

There will be a programme for younger Friends and our worship on Sunday will be inclusive for all ages, so families and Friends of all ages are welcome.

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Now for more practical information about the weekend:

We are still living with Covid and many other infectious ailments and to safeguard against spreading illness amongst us we ask that we all keep good hygiene. This includes not attending the gathering if you feel at all unwell, especially with cold-like symptoms. Anyone who has booked but cannot attend for health reasons will be reimbursed.

The monks at Pluscarden follow the practice of silence at most times and it is hoped visitors will be as quiet as possible within the precincts of the Abbey.

Directions: The Abbey is situated in a picturesque valley 7 miles from Elgin (on the Dallas road), 9 miles from Forres and much of our activity will be in the neighbouring St Scholastica's building and the nearby village hall. The postcode for the Abbey is IV30 8TZ. For the village hall: IV30 8UB. If you are travelling by public transport, we can arrange for you to be met in Forres or Elgin.

If you would like to bring a reading, poem, song, musical instrument or game to add to the Friday or Saturday nights, please let us know so that we can add it to the programme.

Other than times when there is a programmed event for Young Friends, children will be the responsibility of their parents and guardians.

Our (not for profit) charges cover a donation to the Abbey, meals and hire of the Village Hall. Nobody should be prevented from coming to Pluscarden for financial reasons as bursary help is available.

Meals (Friday dinner to Sunday lunch) are vegetarian/vegan and included in the residential charges, but additional contributions to meals and snacks would be most welcome. Please let us know if you have any dietary requirements and if you are bringing contributions to meals. Please ensure all contributions are clearly labelled with ingredients.

There will be opportunities to help with practical tasks through the weekend, from setting-up for meals, and washing-up to tidying at the end of the weekend.

Accommodation is available at Pluscarden Abbey. Please book early to ensure a place. Men and older boys can stay in St Benedict's guest house in the Abbey. St Scholastica's provides women's accommodation in single rooms. The men's accommodation is all on the first and second floors and there are no lifts. St. Scholastica's is single-storey with level access. The grounds are unlit at night so please bring a torch.

Camping is an option, using the facilities at St Scholastica's.

B&B is available in Pluscarden, Elgin or Forres. Information can be found at www.visitscotland.com.

There is parking near the accommodation and at the Village Hall, which is three quarters of a mile away from the Abbey.

Dogs, smoking and alcohol cannot be accommodated.

AM Planning Group

Programme for the Weekend

Friday

| | |
|--------------|--|
| 5 pm onwards | Arrivals and tea/supper (a movable feast from 6pm) at St Scholastica's |
| 7:50 | Office of Compline in the Chapel – Friends are welcome – or – short Meeting for Worship in St. Scholastica's |
| 8.45 | Welcome, Introduction to the weekend, and Epilogue when Friends return from the Abbey |

Saturday

| | | |
|--------------|---|-------------------------------------|
| 7:30-8:00 am | Meeting for Worship | |
| 8:00 | Breakfast (self-catering – supplies provided) | |
| 9:30-10:00 | Meeting for Worship in the Village Hall. | Youth programme at St Scholastica's |
| 10:00-10:45 | Break, refreshments | |
| 10.45-12.45 | Hope as a Practice | |
| 1:00 pm | Lunch at St Scholastica's | |
| 2:30-3:30 | Hope as a Practice session 2 | Youth programme at St Scholastica's |
| 3:00 | Break, refreshments | |
| 4:00-5:30 | Hope as a Practice session 3 | |
| 6:15 | Evening meal at St Scholastica's | |
| 7:50 | Compline / Social time | |
| 9:00-9:30 | Epilogue at St Scholastica's | |

Sunday

| | | |
|--------------|---|-------------------------------------|
| 7:30-8:00 am | Meeting for Worship | |
| 8:00 | Breakfast (self-catering – supplies provided) | |
| 9:30-10:30 | Area Meeting for Business | Youth programme at St Scholastica's |
| 10:30-11:00 | Break, refreshments | |
| 11:00-12:00 | All-age Meeting for Worship at Village Hall | |
| 12:30 pm | Lunch - then cleaning up, laundry etc - all help appreciated... | |

BOOKING FORM

Name: **Tel:**

Address:

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Email:

Weekend - in residence

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|--------|------------|---------------------------|-----------------------------|-------------|
| | Adults £70 | 1 st child £15 | 2 nd child £7.50 | others free |
| Number | | | | |
| Cost | | | | |

Weekend - camping

| | | | | |
|--------|------------|---------------------------|--------------------------|-------------|
| | Adults £35 | 1 st child £10 | 2 nd child £5 | others free |
| Number | | | | |
| Cost | | | | |

Day visitors

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|--------|----------------|----|----|------------------------------|----|----|--------------------------|----|----|-------------|----|----|
| | Adults £12/day | | | 1 st child £5/day | | | 2 nd child £5 | | | others free | | |
| Day | Fr | Sa | Su | Fr | Sa | Su | Fr | Sa | Su | Fr | Sa | Su |
| Number | | | | | | | | | | | | |
| Cost | | | | | | | | | | | | |

Donation to Bursary Fund

TOTAL PAYABLE

Payment method: Bank transfer / Cheque¹ (see below)

Meals: Please indicate below the number of each meal required

| | | | |
|----------|-----------|-------|--------|
| | Breakfast | Lunch | Dinner |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |

¹ delete as appropriate

I will bring a made-up dish [] (specify if possible, what it is, how many portions and on what day you will bring it)

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Dietary requirements, including any allergies or intolerances

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We would not want anyone to be unable to come for financial reasons. If you would like to apply for a bursary please indicate here [] or contact one of the Pastoral and Spiritual Care team.

BOOKING - Before 2nd AUGUST please!

Please send this form, cheques (if this payment method is used) queries and offers of help to
Lynden Easterbrook
lydeneasterbrook@hotmail.com
9 Knockomie Gardens, Forres, IV36 2TN

Payments, ideally by bank transfer please:
North Scotland Area Quaker Meeting
sort code: 80-12-08
account no.: 00420376

Reference the transfer with your surname followed by "Plus"

Cheques, if necessary, made payable to "North Scotland Area Quaker Meeting"

We will try to accept late bookings where possible, but appreciate receiving them as early as possible - thank you!

Lynden