



**ROOKHOW**

Quaker Meeting House and Bunkbarn

16<sup>th</sup>-18<sup>th</sup> May 2025

Facilitators: Nyeri Otero Flanagan,  
Veronica Grant & Sue Nicholls

## **‘Being Quaker; Doing Quaker’**

*What it means to be a Quaker today*

### **PURPOSE**

The opportunity to explore the Quaker faith in more depth:

- To look at the historical context in which Quakerism is rooted
- To reflect on our own spiritual journeys
- How do Quakers let their lives speak?
- What unites Quakers in beliefs and practices

### **WHO IS IT FOR?**

18s + Up to 18 participants (lowest number 12). Members, attenders and those exploring Quakerism

### **FACILITATORS**

**Veronica Grant** was an attender for a long time before becoming a member and has taken on the roles of elder, pastoral Friend, clerk of her Local and Area Meeting and is involved in Quaker social action.

**Nyeri Otero Flanagan** has very recently chosen to become a member after having grown up in Quaker spaces. Last year she worked as Programme Assistant with QUNO (Quaker United Nations Office) in New York and is now studying Global Development at SOAS (School of Oriental and African Studies) in London.

**Sue Nicholls** is Rookhow’s Development Manager and has been a Quaker for over 30 years.

Veronica and Nyeri are grandmother and granddaughter. They know Sue through the Southern Marches and mid Wales Quaker camp which they have all attended together every Summer for many years.

## COST

SUGGESTED DONATION towards the running of the event: £80 per person or pay what you can. Participants will also be asked to bring some food or prepare part of a meal for everyone.

## ROUGH TIMETABLE

### Fri eve

From 4pm Arrive and get settled in

6pm Meal

7/7.30pm Welcome and introductions – what has brought you here?

Ground rules- creating a curious and inclusive space

- What are some of descriptions/ assumptions that are made about Quakers?
- Where did Quakerism come from?

9pm Epilogue

### Sat am

9am Short Meeting for Worship

9.30am Spiritual journeys

- What has been your journey into being or feeling yourself to be a Quaker?

11am Coffee

11.30am Share your object/ image which expresses Quakerism (*bring with you*)

### 1pm Lunch

2pm Free time

4 pm What unites Quakers in beliefs and practices?

- How do the testimonies speak to you?

6pm Eve meal

7.30pm Campfire- stories/ songs/ Epilogue

Sun am

9am	Quaker beliefs in action <ul style="list-style-type: none"><li>➤ How do Quakers let their lives speak?</li><li>➤ How do Quakers act in the world?</li><li>➤ What are the pitfalls about putting our Quaker beliefs into action?</li><li>➤ Where do we get support?</li></ul>
10.30am	Coffee
11am	Meeting for Worship
11.30am	Reflections on the weekend
12.30pm	Lunch
1pm	Leave