

2022 Colorado Regional Fall Gathering
INTEREST GROUP / WORKSHOPS DESCRIPTIONS

Revised 8/30/2022

Practices for Deepening at the Root - Christopher Sammond

There are practical skills we can learn that help us to deepen at the root which sustains our worship and our witness in the world. In this time together, we will engage in practices to help us to deepen in community and open our hearts and spirits to each other, and to the Divine. Our time will be a mix of small group sharing, experiential exercises, worship, and discussion. Teens and older are most welcome.

The Value of Membership - Bruce Thron-Weber

In this one-hour interest group, I will begin with a 10-to-15-minute presentation about some of the thoughts and feelings that raise the question of the value of membership, what I believe are some of the reasons membership in is valuable, and a little about a new form of membership which is being requested and considered. The rest of the hour will be spent with questions and discussion. Please join us.

How the Dance Form Contact Improvisation Relates to SPICES - Sue Lauther

Parts of our Quaker culture have been focusing on how every individual can be heard with consideration and respect, how she can initiate action based on specific openings and how each individual can assert her preferences and limits in ways that others will take her seriously. Through the practice of Contact Improvisation, we will be able to practice these skills through interactive movement exercises and explore how we can grow more in touch with our authentic selves, reach out to negotiate with another and integrate into a community. We will transform from quietude, from curiosity, from joy and from a desire to expand awareness and ease through trying something new in a safe environment.

Settling in Colorado Springs, Sue Lauther (MFA University of Illinois) has served as a teacher and performer around the world (Argentina, Taiwan, Jordan, New Zealand, Ecuador, Mexico, Australia, Costa Rica) and all over the US. She enjoys the metaphors Contact Improvisation inspires support, self-sufficiency, interconnectedness, riding through the unexpected and the whimsy of surprise, as well as structuring lessons to help others discover how using the forces of nature and deepening "listening" skills can make dances more enjoyable and injury-free.

Yes, We Are Still Working to Improve the Lives of Women Writers in Afghanistan - Molly Wingate

This workshop will present the efforts of the Arizona Mule Train over the past year since the Taliban took over Afghanistan. We are so named because like the mule train in Arizona, we go to places that would otherwise be hard to reach, our impact is sometimes very slow, and we won't stop. Molly has been coaching an American poet with deep connections with women writers in Afghanistan for a few years. The poet, Farzana, served in Afghanistan while in the Air Force and as a civilian doing community building. She also wrote her PhD dissertation about women poets in Afghanistan. When many of her Afghan friends started to turn to her for help getting out of the country last August, Farzana reached out to Molly to see if she wanted to help. And so it started.

Molly will explain what sorts of help the group has been able to provide, introduce you to some of the women's stories, talk about current circumstances for Afghan women, and our ongoing efforts to provide for them. She will include other Friends who have been part of the Arizona Mule Train in the presentation.

Molly Wingate is a member of the Colorado Springs Quaker Meeting. She is a teacher, writer, mentor. She is the executive director of Poetry Heals, a nonprofit organization that brings therapeutic poetry writing to people living difficult lives. Her activism traces back to the sit-ins she organized in high school. Molly has served the Society of Friends in a variety of ways; currently serving on the board of *Western Friend*.