

As a retreatant

## You will experience...

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- A daily rhythm which will include a deep exploration of Quaker spiritual practices.
- Spiritual nurture in community guided by three or four facilitators.
- An opportunity to reflect on what it is to study, worship and to be transformed by the Spirit
- Time to talk, rest, journal and enjoy the beautiful natural setting.
- Quaker processes practiced faithfully in everyday life.
- Listening groups where people listen deeply to each other.
- Ongoing nurture from the facilitators through the year with contact as needed.

## Insights from Previous MfL Participants

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"It is an opportunity for reflection in a trusting environment."

**"It changed me more than I could have ever done for myself by myself."**

"There's a core way of being Quaker. MfL teaches and facilitates this."

**"Gift yourself the Time and Space for deepening your connection to Spirit – it is life affirming."**

"It is a rich, nourishing, supportive and safe space to grow in the spirit and in community and explore where the spirit is leading you."

Meeting for Learning Retreats

## Where? Poatina Chalet

[poatinachalet.com.au](http://poatinachalet.com.au)

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The 2024 and 2025 Retreats will be held at Poatina Chalet approximately 50 km south of Launceston, Tasmania.

Poatina staff have offered to arrange transport from and to Launceston Airport at a reasonable price. Details to follow.

## How to Apply

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The Retreat is open to Members, Attenders and others in sympathy with Quaker faith and practices. If you think this retreat might be for you, please take these steps:

1. Talk to a previous participant in your local Meeting, or your Regional Meeting clerk, to ask about their experience.
2. Write to Fiona Gardner [fionagardneraway@icloud.com](mailto:fionagardneraway@icloud.com) expressing your interest in participating. If possible this should be by the end of April 2024.

The Tasmanian Contact Person is Drew Thomas.

Email: [drew.thomas@iinet.net.au](mailto:drew.thomas@iinet.net.au)

Phone: 0488 402 210

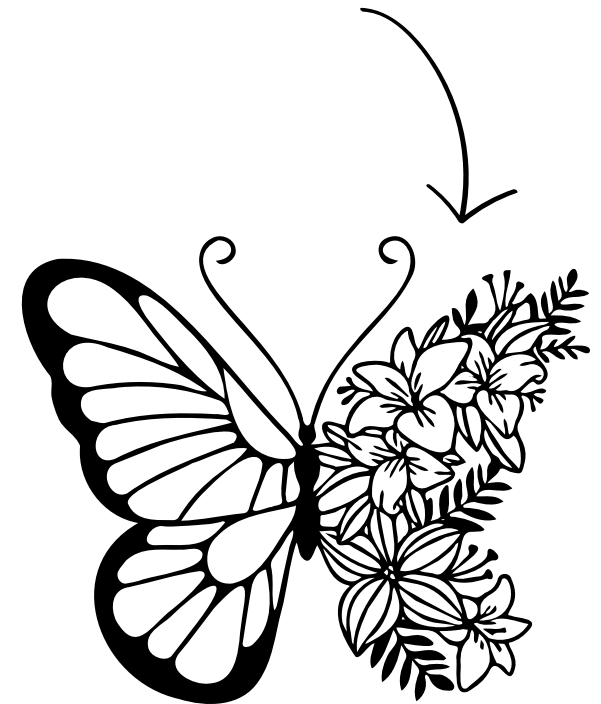
Quakers Australia

## Meeting for Learning

A time for living in intentional Quaker Community

## Retreat Week at Poatina, Tasmania

October 7-13, 2024



[www.quakersaustralia.info/MFL](http://www.quakersaustralia.info/MFL)

# Year-long Program

Quaker Meeting for Learning is a year-long program book-ended by week-long residential retreats.

It is an extended time to explore the Spirit and learn about Quaker ways, together with members and attenders from around Australia.

Sometimes others from different faith communities join Meeting for Learning. Between retreats, your spiritual development and learning will continue in your regular community.

Residential retreats allow you to commence and complete this journey by deeper sharing experiences with other retreatants.

The 2024 Retreat focus will be on the individual spiritual journey in our faith community; the 2025 focus is on the faith community and our journey in it.

Between retreats your learning continues with a Support Group made up from your local Meeting and/or from friends and family. Local members of support groups regularly report how gratifying it is to share with the participant.

**Our individual and community practices are intertwined.**



## During the retreat

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The size of the group at each retreat is up to twelve participants, who are guided by three or four volunteer facilitators during the retreat.

The facilitators provide resources - readings, sessions, exercises and pastoral guidance to assist each participant's spiritual journey. The resources provided allow retreatants to develop their knowledge of Quaker writings and beliefs, and to reflect on their own journey.

Each day allows time for discussion, exploration, rest and reflection. During the retreat, some activities are carried out as a whole group, some are conducted in small groups and some exercises are undertaken as a personal activity. Structured and generous unstructured time is included in the retreat.

Listening to ourselves and each other is a practice that often leads to deep insights, transformation and discernment. Much time is devoted to deepening listening skills among other practices that are based on Friends' long history of spiritual nurture and faith in action.

## Midweek Silent Day & Night

A feature of each retreat is a mid-week silent day and night. Some participants feel nervous about this beforehand then find that extended silence in community is an enriching experience. A facilitator is always available during the Silent Day for reflection or conversation.

## When?

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Monday 7th October to Sunday 13th October, 2024.

## Accommodation & Cost

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Each participant will have a private bedroom for the six nights. All accommodation, meals and a resource book are included in the price, which will be **\$850**.

You are encouraged to apply for financial assistance through your Regional Meeting. Talk with your Clerk or Ministry Convener if you are considering registering for the course and applying for support.