

Fragile Abundance

An afternoon of creative activities Organised by the Quaker Arts Network to accompany the opening of the *Seeking Routes* art exhibition at Swarthmoor Hall. All welcome. No special skills needed.

Saturday 20th July 2019 2pm to 7pm
Swarthmoor Quaker Meeting House

Friends Meeting House, Meeting House Lane, Ulverston, LA12 9ND
For directions and Meeting House facilities, see www.quaker.org.uk/meetings/swarthmoor

- 1.45 pm Arrivals and registration
- 2pm (prompt)Gather, introductions and begin workshops
- 4.30 pm (approx) tea, cake and sharing
- 5.30 Celebration performance by workshop participants and others.

Guests are welcome to join the audience for this performance. Free: all welcome.
The *Seeking Routes* exhibition and the Barn Café at Swarthmoor Hall will be open till 5pm.

£10 per adult including materials and refreshments. (You are welcome to bring materials too.)
Under 18s free but must be accompanied by an adult. Please book using the form below.

Workshop choices

A MAPPING AN ENCHANTED WOODLAND with Ann Johnson

Exploring wild woodland in the grounds of Swarthmoor Hall through experimental drawing and collage.

B DANCING THE ABUNDANCE OF THE EARTH with Kate Green

A Chantraine dance workshop - for everyone, whatever their movement or dance experience - to deepen and to express a sense of wonder at the riches of the earth.

C LOVING EARTH with Linda Murgatroyd

Use simple textile skills and materials to contribute to the Loving Earth project, exploring how we might contribute to environmental threats or to saving what we love.

D NURTURING OUR SPIRITUAL NATURE with Lucy Aphramor

Creative writing workshop exploring our interconnectedness with nature and spirituality. No special experience required.

Booking form: please email this information to info@swarthmoorhall.co.uk , or send the form to 20 July workshops, Swarthmoor Hall, Swarthmoor Hall Lane, Ulverston, Cumbria, LA12 0JQ.

Please book the following place(s) at the Fragile Abundance workshop on 20th July:

Name(s)	Age (if under 18)	Workshop choice A/B/C/D
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.....

- I enclose a cheque(£10 per adult) made out to: 'Quaker Arts Network'
- OR I will pay on the day .

Contact details
.....

quakerarts.net @quakerarts <https://www.swarthmoorhall.co.uk>



FRAGILE ABUNDANCE workshop details

20 JULY 2019 at Swarthmoor Quaker Meeting House organised by the Quaker Arts Network.

A) MAPPING AN ENCHANTED WOODLAND

Swarthmoor Hall, the founding home of the Quaker movement, continues to spiritually sustain those who visit. Its peace can help stimulate and nourish our creative energy. Its lovely grounds include a little woodland, managed by The Woodland Trust, which provides a home to ancient trees and vital habitat for wildlife.

This workshop will provide an opportunity for a group of creatives to freely and imaginatively explore this precious space through drawing and collage. Ann will provide a limited range of drawing tools (including charcoal) and paper but participants are encouraged to bring their own choices as well: sketchbook pads, drawing tools, magazine pages, fabric scraps. Please wear suitable footwear and clothing.

Ann Johnson is an artist and an activist for nonhuman animals who uses her creatives kills when opportunities arise. <http://www.annjohnsonpaintings.net>

B) DANCING THE ABUNDANCE OF THE EARTH

Chantraine dance is "dance, movement and expression ... dance for life". At the heart of the Chantraine approach is a respect for all life - life in its broadest sense. The workshop will include responding to the poem, "In beauty may I walk"(Catherine Whitmore). Creating and inhabiting gestures which respond to the natural world can awaken and re-awaken our sense of wonder. Dancing - or watching the dance - may inspire a more sustainable lifestyle through increasing awareness of our love for, and joy in, earth's infinite beauties.

Participants who would like to share their work with an audience would be invited to dance in the evening's "performance".

Kate Green is a Chantraine dance teacher and Director of the Chantraine School in the UK. <https://chantrainedance.com>

C) LOVING EARTH

Environmental change threatens the future of much of what we love.

The *Loving Earth* project helps us explore how we can contribute to an environment that threatens or sustains what we love. We will be designing and making small textile panels in any style to honour something that we love. Panels can then join the *Loving Earth* community textile project on display at the *Seeking Routes* exhibition or be taken home to finish.

Full details of the *Loving Earth* project are available at quakerarts.net/documents. You are welcome to design your panel in advance, bring work-in-progress, or to start from scratch at the workshop. Materials will be provided but you are welcome to bring your own, especially if you have a technique, tools or materials that you would like to use.

Linda Murgatroyd is clerk of the Quaker Arts Network. She uses the arts as part of her spiritual practice and to help address difficult issues and is an experienced workshop facilitator.

D NURTURING OUR SPIRITUAL NATURE

In this creative writing workshop we'll use a series of simple exercises to explore core themes of connection and body awareness in relation to nature and spirituality. How can writing poetry, and creativity more generally, help us awaken to interconnectedness? In what ways, if any, is this relevant to spirituality?

Suitable for anyone interested in poetry, from complete novices through to seasoned writers. You'll leave with ideas to help you to continue your writing at home if you like, plus the first draft of a poem of two.

Lucy Aprhamor is a Radical dietitian and Spoken word poet. www.lucyaphramor.com