

## Annual Session Workshops At A Glance

### Thursday, July 30, 2:00pm - 4:00pm

- T1 Our Faith and Practice on Living in Harmony with All
- T2 Spirit Overcoming Prejudice: Ending Cycles of Oppression, Part 1
- T3 Practicing Resilient Cooperation through Group Culture
- T4 Letter Writing Advocacy with FCNL
- T5 [Hybrid] Behind the Silent Curtain: What happens in Meeting for Worship?
- T6 [Hybrid] Our Planet in Poems
- T7 [Hybrid] Youth Safety: Cultivating Communities of Care
- T8 Digital Safety 101
- T9 [Hybrid] Seeking Harmony with the Earth
- T10 To Heal and Repair the World: Tapping the Power of Nonviolent Action Campaigns
- T11 Join the Contradance Tune Jam! Varied Instruments and Skill Levels

### Friday, July 31, 2:00pm - 4:00pm

- F1 Training for Process Observation
- F2 Spirit Overcoming Prejudice: Ending Cycle of Oppression, Part 2
- F3 Community Regeneration in Response to Climate Emergency
- F4 [Hybrid] Native vs Invasive Plants
- F5 Field Trip: Reed Center
- F6 Immigration Concerns and Friendly Action
- F7 Anam Cara: The Art and Discipline of Spiritual Direction
- F8 [Hybrid] St Hildegards Viriditas and The Greening of Life and Spirit
- F9 Quaker Mysticism and its Relevance in Today's World
- F10 A New Abolition Movement: How Quakers are Working with Others to End Israeli Apartheid
- F11 The Spirit of Clerking: Inclusive & Inspired Community Building

### Saturday, August 1, 2:00pm - 4:00pm

- S1 Walking in the World as a Friend
- S2 [Hybrid] The Way: A Contemplative Walk
- S3 Earth Care Witness: Exploring the Panorama
- S4 Sanctuary and Civil Initiative
- S5 [Hybrid] 339 Manumissions and Beyond: A Reparative Project
- S6 Transforming Conflict to Create Harmony
- S7 [Hybrid] Drawing on Quaker Roots: Investing Now for a Climate-Just Future
- S8 Meeting the Moment: Anti-Authoritarian Organizing at AFSC
- S9 Taboo Topics
- S10 Knitting for Worship
- S11 Neurographic Art as a Meditative Tool

## Annual Session Workshops In Detail

### THURSDAY

#### **T1 Our Faith and Practice on Living in Harmony with All**

To assist us in the next revision of Faith and Practice, we will invite our participants to consider what we can say about prejudice, discrimination, and treasuring diversity. We will describe our invitation, share resources, review our process, and then hold a listening session to model what we suggest.

*Karen Cunnygham (Annapolis) and Ken Stockbridge (Patapsco). Sponsored by BYM Faith & Practice Committee.*

#### **T2 Spirit Overcoming Prejudice: Ending Cycle of Oppression, Part 1**

Part 1: In this interactive workshop, we will share in small groups how we experience and rely on Spirit in ways that overcome prejudice (Labels), reveal community dynamics (Sun & Umbrella), and consider simple practices to challenge and uproot prejudice among us. This workshop is best experienced in combination with Part 2 given Friday.

*Nadine Hoover (Niagara River Meeting NY) is an AVP facilitator since 1978. She works with Friends Peace Teams to train workers for justice and peace worldwide.*

#### **T3 Practicing Resilient Cooperation through Group Culture**

Why is it so hard to work together sometimes? In this lab, participants and facilitators will practice fundamental group culture elements and discover how they help our groups cooperate more effectively.

*Ryan McAllister (Maitri House) and Mikayla Lytton (Adelphi Friends Meeting)*

#### **T4 Letter Writing Advocacy with FCNL**

Join FCNL for letter-writing advocacy for peace. FCNL will provide its policy expertise on our legislative priorities of ending the war with Iran and sending aid, not arms, to Israel and Palestine. We will be collecting letters from Quaker meetings around the country to deliver them to Congress.

*Olivia Delaplaine is the Advocacy Coordinator at the FCNL and works with Friends around the country to organize for peace and justice.*

#### **T5 Behind the Silent Curtain- What Happens in Meeting for Worship**

In every meeting for worship, Quakers enter into silence for an hour, sometimes without verbal messages. What happens in the minds and hearts of Friends during this time? Courageous Friends share how they spend their time in silence. How does this experience affect how we experience knowing and being known by Quakers.

*Jim Citro (Patapsco). Sponsored by BYM Advancement & Outreach.*

#### **T6 [Hybrid] Our Planet in Poems**

Our Earth is many things, and none of them are easy to put into words. Yet, many poets attempt to do just that. We will explore how poetry can be used to connect to nature, Earth, and all their denizens. This is the second annual Young Friends poetry workshop.

*Leigh Phelps (Sandy Spring) is a Young Friend with a long term interest in literature and how it can be used to understand the world.*

### **T7 [Hybrid] Youth Safety: Cultivating Communities of Care !**

Living in harmony with each other requires acknowledging difficult truths, such as 1 of 4 children will be sexually abused. We have a profound responsibility to ensure that our youth are safe at every level of our Quaker communities. Join with those who share a concern for youth safety. We will review the current BYM Youth Safety Policy (2026), share best practices, and discuss your Meeting's questions and concerns.

*Stephanie Bean (Presiding Clerk of BYM) and Justin Connor (FMW). Sponsored by the BYM Trustees.*

### **T8 Digital Safety 101**

Learn practical, user-friendly ways to stay safe in our interconnected digital ecosystem! Quakers understand the importance of digital communications but don't know where to start. Historically, Quakers use discretion to defy injustice and ensure safety, especially for those most vulnerable to injustice. We apply these same principles to our digital spaces, seeking simplicity. Bring your devices!

*Betsy Bramon (FMW) has helped activist organizations be safe online for over 15 years*

### **T9 [Hybrid] Seeking Harmony with the Earth**

In this workshop we will explore the tenets of the Honorable Harvest, for guidance as we seek to heal our relationship with the natural world. Described in Robin Kimmerer's book [The Serviceberry](#), these guidelines have been followed by indigenous peoples to ensure an "Honorable Harvest. The guidelines emphasize such things as gratitude, reciprocity, and taking no more than you need.

*Deborah Haines (Alexandria) is the co-clerk of the BYM Unity with Nature Committee and has a longstanding interest in indigenous cultures,*

### **T10 To Heal and Repair the World: Tapping the Power of Nonviolent Action Campaigns**

Want to join with your neighbors in collective action to achieve greater peace, justice, and sustainability in the world? In this workshop, we explore past successful campaigns to learn strategic planning tools that can build more effective campaigns. The workshop will include presentations, discussions, group exercises, and resources for further learning. We will also use AFSC's Apartheid-Free Communities movement as a case study.

*Steve Chase (FMW) has been active in areas of Justice and Concern for many years.*

### **T11 Join the Contradance Tune Jam! Varied Instruments and Skill Levels**

This workshop will be a time for musicians of our Yearly Meeting to gather to choose and practice tunes for our Friday night All Ages contra dance! Contradance is a centuries-old form of community dance with live musicians. The contradance music repertoire is drawn from American Old-Time, Celtic, and Quebecois songs, played on string, wind, percussion

instruments, and piano. All instruments are welcome, and there are roles for musicians of varying skill levels.

*Virginia Avanesyan (FMW) is a teacher in Montgomery County, Maryland, who spent many years as a song leader in youth camps, and who rediscovered fiddle playing through contradance music.*

## FRIDAY

### **F1 Training for Process Observation**

Building on knowledge in the PH Pamphlet, Patterns of Racial Wounding and Justice, this workshop offers training on how to observe and process in our Quaker Worship communities so we can create loving and liberatory practices. (Reading of pamphlet is not necessary before workshop. Co-written by leader, it will be sold in the bookstore.)

*Lauren Brownlee (Bethesda) is the Deputy Director of FCNL. Sponsored by BYM Working Groups on Racism and Reparation.*

### **F2 Spirit Overcoming Prejudice: Ending Cycle of Oppression, Part 2**

In companion groups, we will share how we experience Spirit when we fail or fall short in ways that overcome privilege, then explore in pairs and small groups simple understandings and practices that challenge and uproot privilege and strengthen the beloved community among us. This interactive workshop is best experienced in combination with first part, presented yesterday,

*Nadine Hoover (Niagara River Meeting NY) is an AVP facilitator since 1978. She works with Friends Peace Teams to train workers for justice and peace worldwide.*

### **F3 Community Regeneration in Response to Climate Emergency**

As a climate migrant and Executive Secretary of the Friends World Committee for Consultation, Section of the Americas, Evan Welkin will explore personal and structure approaches we can take towards climate justice as Friends. This workshop will combine practical examples and workshoping with global examples of Quaker climate organizing.

*Evan Welkin (North Pacific Yearly Meeting) is a Quaker organizer, ecovillage cofounder and international executive.*

### **F4 [Hybrid] Native and Invasive Plants**

We'll cover basic landscaping practices that support the local ecosystem, with special attention to the plants, then spend a little time outdoors spotting native and invasive plants around Hood College.

*Margaret Fisher (Herndon). Sponsored by the Herndon Meeting Partnership for Regional Invasive Species Management*

### **F5 Field trip to Reed Center for Ecosystem Integration**

Reed Center, in Middletown MD, Frederick County, seeks to repair the holistic connection of humans and their environment in multiple ways, including developing self-perpetuating ecosystems and designing natural landscapes. We will have a chance to visit, explore, and ask questions.

*Beb Friton is the Director of the Reed Center. Sponsored by BYM Unity with Nature*

### **F6 Immigration Concerns and Friendly Action**

Wars abroad and mass deportation policies at home are making many of us question whether our human family can learn to be more tender toward each other, our non-human cohabitants, and the Earth itself. We must find the love, strength, and wisdom to sing together in harmony.

*Erinn (Sandy Spring) is a policy professional, immigrant justice advocate, educator, and Friend*

### **F7 Anam Cara: The Art and Discipline of Spiritual Direction**

The ancient Celtic term Anam Cara means "soul friend." Today, it's often used to describe the intentional relationship between a spiritual director and directee. Despite the name, spiritual direction is not about giving or receiving direction; it's a ministry of compassionate listening and companionship. Curious to learn more? Join us!

*Jim Webner (Stony Run) holds an M.Div. and is a graduate of the Heartpaths DFW three-year spiritual direction program.*

### **F8 [Hybrid] St Hildegards Viriditas and The Greening of Life and Spirit**

Participants will encounter Hildegard of Bingen through her music, writings, and practices, followed by an introduction to viriditas, or "greening life." The workshop centers on an experiential exploration of vitality, inviting reflection on growth, renewal, and what sustains life.

*Breyette Lorntz (Charlottesville Monthly Meeting)*

### **F9 Quaker Mysticism and its Relevance in Today's World**

Mysticism is the foundation of Quakerism. We are known both by our silent waiting on the Divine to speak to each of us and engagement with social justice issues of our time. We will explore this 'intersection of spiritual experience and practical existence.

*Deidre Foley Citro, long time Friend and member of Patapsco Meeting*

### **F10 A New Abolition Movement: How Quakers are Working with Others to End Israeli Apartheid**

Peace, Justice, and Equality are core Quaker testimonies for living in harmony with each other and the earth. These principles undergird the work to end US and corporate support for Israeli apartheid policies against Palestinians. How can BYM Friends take effective nonviolent action to further this movement for peace, justice, and equality?

*Steve Chase (FMW) has been involved in Peace and Justice work with Friends other groups. He recently returned from Palestine.*

### **F11 The Spirit of Clerking: Inclusive & Inspired Community Building**

Explore Clerking as a spiritually-grounding tool to build community through the lens of our testimonies of equality and stewardship. Learn practices that tend to long-term relationships, cultivate new leaders and protect the valuable natural resource of people's time, attention and care for each other.

*Betsy Bramon (FMW) and other Friends of FMW.*

## SATURDAY

### **S1 Walking in the World as a Friend**

Drawing from the work of Plenary Speaker Nadine Hoover, a presentation and discussion on the 3 key roles of Quakerism: Minister, Steward, and Witness. Then we will discuss Convincement and Conviction as understood by Quakers. Finally, we will explore Spiritual Companionship.

*Doug Vaughn (Stony Run) is an experienced trainer and a Quaker for over twenty years.*

### **S2 [Hybrid] The Way: A Contemplative Walk**

The presenter, who has walked the Camino twice will share how this contemplative walk was a life changing experience. She will share pictures from the walk and stories to inspire others to consider this spiritual exploration. Such a pilgrimage develops stronger connection to the earth and people from around the world.

*Beth Haw (Williamsburg) has walked the Camino twice and plans to do another pilgrimage in Portugal in the fall.*

### **S3 Earth Care Witness: Exploring the Panorama**

Sharing the film "Quaker Earthcare Witness: A Panorama" to prompt deeper sharing of what earthcare means for Quakers.

*Barb Adams (Richmond) is BYM's representative to Quaker Earthcare Witness and co-produced the QEW film. Deborah Haines (Alexandria) serves as Clerk of the BYM Unity with Nature committee*

### **S4 Sanctuary and Civil Initiative**

Sanctuary means building a protective community with people whose rights are being violated. It is older than any government and more demanding than protest. This workshop explores what it asks of us now.

*John Alder Stephens (Alexandria) and Laura Willouby (Alexandria) have both worked extensively with immigration and justice issues.*

### **S5 [Hybrid] 339 Manumissions and Beyond: A Reparative Project**

The 339 Manumissions project is working to restore the family histories of those who were enslaved by Quakers. After understanding the how, what, where, and why of the project, participants will be invited to examine the legacy of this history within the Society of Friends. We will also consider the process of spiritual transformation that led some Friends to go beyond recognizing slavery as wrong to a place where the formerly enslaved were no longer "other."

*Avis Wanda McClinton is a Quaker preservationist in Ann Arbor, Michigan and the founder of the 339 Manumissions and Beyond project. Avis will be joined by Dennis Gregg and Stephanie Leonard, also of Ann Arbor, who have been deeply involved in the project.*

### **S6 Transforming Conflict to Create Harmony**

How do we find the strength and wisdom to sing together in harmony? In this experiential workshop, participants will practice ways to engage with each other across differences; express views respectfully; hold each other tenderly; and affirm that of God in each other.

*Joan Liversidge (Sandy Spring) and Rich Thayer (Charlottesville). Sponsored by the BYM Friends Supporting Friends Working Group for conflict accompaniment.*

### **S7 [Hybrid] Drawing on Quaker Roots: Investing Now for a Climate-Just Future**

Early Friends understood themselves to be a single global, sharing community. All are impacted by the climate emergency but those who have caused the least climate damage often suffer the most. We will explore together personal and structural approaches to take now for more climate justice in the future.

*Evan Welkin (North Pacific Yearly Meeting) is a Quaker organizer, ecovillage cofounder and international executive. Ann Riggs (Sandy Spring/Annapolis) is a Quaker theologian and clerk of FGC's Christian and Interfaith Relations Committee.*

### **S8 Meeting the Moment: Anti-Authoritarian Organizing at AFSC**

In a time of rising violence and authoritarianism, Friends are seeking grounded, spirit led ways to respond. This workshop offers simple, meaningful pathways for collective action - supporting communities experiencing harm, strengthening efforts to end systems of oppression, engaging in emerging responses to new challenges, and staying connected through regular online spiritual and learning spaces. Participants will leave with accessible next steps for weaving faith, justice, and community into their work in this moment.

*Jacob Flower, based in Atlanta, GA, is the Regional Director for the American Friends Service Committee in the U.S. South.*

### **S9 Taboo Topics**

Thinking about aging, death, and money is difficult, but not thinking about them can result in unintended outcomes and discord. What if we broke the taboo and talked about some of these inevitabilities? This workshop will help you become comfortable and create a pathway to peaceful preparedness.

*Patti Nesbit (Sandy Spring) travels in the ministry with a concern for aging, death, and dying. She is the lead author of *A Tender Time: Quaker Voices on the End of Life*. Mimi Blackwell is the Director of Philanthropic Services at Friends Fiduciary Corporation.*

### **S10 Knitting for Worship**

Participants are invited to bring knitting or other handcrafts and gather in a shared space of worship. Through quiet practice and optional reflection, we will hold themes of resilience, care, and the ways small, repeated acts shape a life.

*Breyette Lorntz (Charlottesville) became a Friend the same year she learned to knit and has been following both threads ever since.*

### **S11 Neurographic Art as a Meditative Tool**

We Quakers are a mystical lot, and meditating helps usher in that divine space. One meditation tool is Neurographic Art. No Art skills needed.

*Deirdre Foley Citro (Patapsco) is artist, art teacher, and mediator.*