

2021 SCYM Spring Sessions Workshops

Tuesday March 30, 7:30 – 8:45 Workshop Session 1

Eileen Flanagan – **The Wisdom to Know the Difference: Discerning what is ours to accept and what is ours to change.** When are we called to let go and accept, and when are we called to try to change what we don't like, in our lives or in the world? Eileen explores this key spiritual challenge in her second book, *The Wisdom to Know the Difference* (which was endorsed by the Dalai Lama). In this workshop, we will explore Quaker discernment tools to help us live with both serenity and courage.

Friday April 2, 10:30 – 11:45 Workshop Session 2

A – Val Liveoak - **LARA: Using Nonviolence for Transformative Dialogue**

“We live in world so violent that even our speech is militarized. We can change this on an individual level and in the process transform ourselves. When we speak nonviolently we also open the possibility of a nonviolent response from those who disagree with us.” --Bonnie Tinker

The LARA technique (Listen, Affirm, Respond, Add) will give us a chance to practice remaining centered so we can use our own truth in the way that seems most effective in any given situation.

Note: in order to have time to practice each of the 4 steps, we will work through the lunch/community time (12:00pm-1:30pm—allowing for a break of 15 minutes from 11:45-12:00pm to grab a lunch and take a bio-break) in dedicated breakout rooms.

B – Paula Palmer – **Toward Right Relationship with Native Peoples**

Many Native people say the land remembers. In this program, we invite non-Native people to think about the places on this continent that they know and love, and then ask: What does this land remember? Who loved this land before my family came to know it? What happened to them? How am I connected to them through the land? How could this connection grow into relationship?

Friday April 2, 3:15 – 4:30 Workshop Session 3

A – Lon Burnam – **FCNL and the Ban on Nuclear Weapons** (description to be posted later)

B – Bobby Trice and Hannah Sievers - **Centering and Supporting Young Adult Advocacy with FCNL**

This interest group will focus on FCNL's Young Adult programs with an emphasis on how Friends in the SCYM region can accompany and connect with emerging and experienced young adult advocates in their meetings and locales. Presenters Hannah Sievers (Program Assistant for Young Adult Outreach) and Bobby Trice (Quaker Engagement Associate) will showcase FCNL's Young Adult Programs, report out on Spring Lobby Weekend 2021, and share more broadly about our work to engage young adults in advocacy at the national policy level. We will invite Friends into a conversation about how to accompany young adults in their advocacy for the world we seek; discuss specific FCNL opportunities for young adults; and invite Friends to help connect young adults with FCNL's advocacy resources and opportunities.

Saturday April 3, 1:30 – 2:45 Workshop Session 4

A – AFSC - **Community safety beyond policing**

We want everyone in our communities to feel safe - and be treated with the dignity and respect we all deserve. But how can we make that happen? This training explores how we can create safe, healthy communities without law enforcement. We will take the community through stories, information sharing and exercises that explore these questions. Small group sessions are included.

B - Rex Friend - **Loving in the Light Those Who May Disdain Us**

This workshop explores communication with those who disagree by valuing and finding that aspect of God in the other. While there may be hostility on the surface, an attitude of understanding and acceptance, suspending judgment and exploring the “why” behind beliefs and actions can lead to deep dialogue. This will share underlying assumptions and real experiences with family, legislators, courtroom adversaries and others. Participants will be encouraged to share successes and failures.