

THE ART OF HOSTING ST ETHELBURGA'S

15th - 17th July

Check In

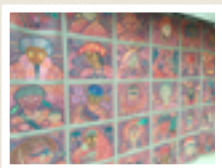
I'm not quite here yet
The air inside me is getting
warmer
I'm putting myself on hold for
what's to come
Getting ready to melt
Go with the flow

How can we connect as human
beings?
Dance sing tell stories
I'm in it too - participant energy

Note to self
Do less
Take care of myself
Be spacious and calm
and simple

Brooding storm on the horizon
What will happen here?
Will it be gentle rain that passes
over or
Thunder in the bowl of the valley

Here we go



Day one

A journey,
mine from Haringey to
Moorgate
A sea of suits, sharp shiny
shoes
Glorious strong buildings
And a hand drawn welcome
beckoning us in

Mingle coffee
no sugar
A warm introduction
Descriptions
Welcomes

A sea of new people
Washing up against each other
Listening smiling
Encouraging

Folks from 60 different bodies
Minds places

Classes cultures
Sat together
to think of how to improve
this cracked world of ours

Intermingling we started
Random meetings
hugs
in the realising that what for
one was a hug
for others was possibly a
disconnected
unsure moment
The beginnings of the
friction of difference that
would craft our day

Circles large circles,
circles within circles
Faces friendly faces
Supporting words flowing
into space

How to converse with
oneself
How to encourage and hold
conversation
How to build community,
how to harvest

From the seeding and
contemplation of an idea
To the hand worn reparation
of the land
To the careful placement of a
seedling idea

We broke bread together
Ate couscous with tomatoes
Aloo and ripe red strawberries

How many conversations
happened yesterday
Exchanges of practice
Light bulbs of new possibilities
The joining of early afternoon
circles addressing difference

An equal space
opening thousands of portals in
our heads

Each spoken word,
truth, story, experience
Leading us in new journeys of
thoughts and feeling

Four circles moving clockwise
from mind to mind
The pouring out of information
into full expression

Yesterday was the first thread
Inspiration complex confusing,
clear, awkward divine,
empowering

We sat as 60 individuals in a safe
space
Bound together
by our decision to be here
Ready to revel in our differences
For this second day

WORLD CAFE

*What does interconnection mean to us
and what are some sound **principles**
for working with it?*



- ❖ Identify, check and work with your assumptions
- ❖ Recognise patterns and develop pattern language vocabulary
- ❖ Identify commonality in group and make it visible
- ❖ Start local, start where you are, follow need, and be in service, pay attention to resonance
- ❖ Build trust on similarities, ideally on shared purpose
- ❖ Have humility
- ❖ Recognise our equality, abundance and beauty on this earth
- ❖ Hold the tension between our highest human potential and our weakness

- ❖ Hold contradictions – its not easy to feel interconnected
- ❖ There is value in everyone
- ❖ Heal the broken heart
- ❖ Love and embrace our dark **and** shadow sides
- ❖ Create safe space *beyond* the comfort zone
- ❖ See importance of circles, trust complexity, fluidity movement and silence
- ❖ Host myself – practice my daily practice to improve my ability to respond
- ❖ Be aware of others and ourselves



OPEN SPACE : HOW DO I/WE NAVIGATE THIS COMPLEX AND UNCERTAIN 21ST CENTURY WORLD?

TAKING MORE OF THESE APPROACHES (AOH)
INTO THE ENVIRONMENTAL JUSTICE
MOVEMENT

Who needs to be part of this conversation, who is
already doing this? We are not just meetings on sticks
Respect yourself, look after yourself for the long run

FINDING MY TRUE PATH

How have you developed your gifts? Gifts of grace. Life
is a journey towards reclaiming gifts that are always
there. Knowing when It's not my work there are others
than can. Passing on gifts, witnessing gorgeousness,
being intentional about apprenticing to yourself.

THE ROLE OF FEMINISM IN 2016

Honour it all, moving from duality how can we get to a
place where we honour it all ?

WHAT ARE THE SUPPORT STRUCTURES FOR US
AND HOW CAN WE BUILD THEM?

How can we become each others spiritual
directors?

HOW CAN WE FOCUS ON WHATS STRONG TO
ADDRESS WHATS WRONG ?

We need more time for the creative process

WHAT'S THE LEADERSHIP THATS NEEDED TO
TAKE US TO THE NEXT STAGE ?

How to move leadership from a status to a role,
which can be passed on and shared?
How to let go and trust others leadership
Leadership is in transition right now

HOW TO STAY SOCIAL IN THIS AGE OF NEW
TECHNOLOGY?

Give yourself a break, meditate, go for a walk in nature

New technologies open new social opportunities

Downtime from devices also opens social opportunities

TOOLS METHODS PROCESS - WHAT WHEN
HOW?

Don't be too attached to your design, have a
structure but let it be emergent
Seek purpose then method
Can we hold some sort of case clinic or
learning group for people to share what they
are working on and share experiences?

HOW CAN EPHEMERAL SPACES BECOME TRIGGERS
FOR EMERGENCE IN THE CORPORATE WORLD ?

How to move from host to collective stewardship?

Space and self organisation

HOW DO I/WE NAVIGATE THIS COMPLEX AND UNCERTAIN 21ST CENTURY/WORLD ?

HOW DO I /WE BUILD UNDERSTANDING AND
RESPECT FOR PEOPLE THAT ARE DIFFERENT
FROM ONE ANOTHER

Consider identity and difference

Identify common issues to all and get feedback on
how we address issues

HOW TO CREATE DIALOGUE WHEN
DEALING WITH DIVERSITY ?

How do we talk about talking about it?

There is always a quiet dialogue happening

Talk about talking about it

HAVE WE LOST OUR RELATIONSHIP TO PLACE
AND PLANET AND DOES IT MATTER?

Sense of presence do the best from where we
are now

Can we give you an invitation to explore bio
regionalism ?

HOW DOES BEING IN NATURE AFFECT ME?

Nature calms stills sustains, inspires, comforts
and guides me

Nature reminds me of our interconnectedness,
it renews and restores my perspective

How does NOT being in nature affect me?

WHAT ROLE CAN CULTIVATING THE INNER
LANDSCAPE HAVE IN FACING THE DARK TIMES
AHEAD?

Not everyone is aware they have an inner
landscape

We need to create an emergent structure to
support our community of practice

HOW DO I/WE BUILD UNDERSTANDING
AND RESPECT FOR PEOPLE THAT ARE
DIFFERENT FROM ONE ANOTHER?

Consider identity and difference

Identify common issues to all and get feedback
on how we address issues

What are the good issues and life concerns ?

WHAT WAS YOUR EXPERIENCE OF AWAKENING AND
HOW CAN WE SUPPORT OTHERS TO OPEN UP TO
INTERCONNECTEDNESS ?

How can I be in the world and host myself with my
consciousness

The breakdown of discomfort can enable openness

HOW TO DEAL WITH TOO MUCH INFORMATION ?

Know your priorities to kindly say NO to others and
yourself. How to filter information, if you are curious
and open it can lead to being info obese but if you are
very selective it can lead to narrow mindedness

WHAT IS THE POWER OF SYMBOLIC OR IMAGINAL IN
CULTIVATING CHANGE?

Spiral going from polarity to synthesis



Day Three

The Heart of the City

The Thames flowing

across the land

weaving threads

across the world

we are the pulse of the world

we are the pulsating hope

for tomorrow

we are the weavers

we are the web



Chaordic design cafe



CHECK OUT

Chesterton: What is wrong with the world?

I am.

I would love to live my life like a river flows,
surprised by its own unfolding

I would love to host as a river flows,
to witness others, surprised by their own
unfolding

To witness others in our unfolding.

Sad its coming to an end
pledging I will use this and share it with those
I work with.

Wanderer, there is no road, the road is made
by walking

Wanderer, there is no road, only waves upon
the sea.

Thank you for your presence and grace

I'm left with some sadness and regret

I wish there was a way we would connect

Another time.

I'll try and relax

I notice as I sit here I'm feeling discomfort

It's a response

It's about being heard and not being judged

I thought i was going to be trained, instead i
was guided.

The Red Thread will follow us.

'I've had laughter, learning, I've been in my
mastery and lostness and I've had such a
good time.

I have the feeling it's like war like never
before
Warriors of peace

Those are my shoes!
Thank you to those of you who've dived into
the centre

It's such a privilege
Coated with something beautiful and raw
like readiness

Overwhelming, absorbing , explosion
So too perhaps the wild ones amongst us
are our only hope for the future
Where, my friends, have all the wild ones
gone?

It's ok if I cry isn't it?
Claim your power, name it.
Question justice in every situation, speak the
unspeakable.

Jesus remember me when i come into your
kingdom.

There is an undoing that needs doing
To begin a new stage of unravelling
The biggest gift we can share with others is
vulnerability
A new revelation

An old man/woman that wants to lay the
blame on others

Sit with things you don't want to sit with

An invitation to a new life, into a
transformed leadership

Trusting a process, trusting the people

Go carefully out there

When you plant a seed you don't dig it up
to see how fast it's growing.

Leave it.

How was your weekend?

It was great, how are you?

