



ARCH Workshops:

WORKSHOPS AND RETREATS ARE AVAILABLE FOR NYYM MONTHLY and REGIONAL MEETINGS. This is a sampling of programs. If you are looking for a program for Meeting gatherings or retreats, consider one of these. If you have an idea or concern, or want to tailor one of these for your Meeting explore it with an ARCH staff person or Visitor. All programs are offered at *no cost*, but donations are gratefully accepted!

LIFE STORIES: The gathering of life stories is an enriching activity for Meetings, individuals, families, First Day classes. It is a powerful way to celebrate the lives of seniors in the Meeting and to permanently record their spiritual journeys and activities.

Participants will experience techniques to start the stories, plus methods to complete and understanding on how to fully use the stories. This could be an excellent opportunity for a high school group to know others in Meeting. The structure of Ethical Wills can be discussed, also.
1-6 hours

MINISTRY at LIFE'S END -- Vigiling

What do we mean when we say "end-of-life" and how do we prepare to minister to each other at that time? What is the role of someone who vigils? In this interactive workshop we cover the role of hospice and palliative medicine; our own expectations and fears about our own dying, and being a companion to someone who is dying; resources for vigiling; the role of teamwork; and practicing ministry as a community as we experience death and dying.

2 hours

SHARE THE CARE: This book and website, with the addition of the workshop, provide an excellent guide for establishing a support system for someone who is unable to meet their own daily living needs for a short or a long term. Addressing both the emotional and logistical aspects of caring for someone, the workshop provides a step-by-step path that can easily be modified to meet specific needs. *A Care Team means no one has to do it alone* and everybody does what they love to do when they are able to do it. The workshop can be structured around a particular family who would like support, or a committee that intends to facilitate such groups for Meeting families. (NOTE: all of the Care Team members do NOT need to be part of the Meeting.) Check: www.sharethecare.com.
2 hours

Quaker Values and End-of-Life Care, ADVANCE CARE PLANNING: The Health Care Proxy & a Living Will are the essential components for your health care if you are unable to make decisions for yourself. This workshop focuses our Quaker values and how they might impact on our decisions and how we care for one another in our Meeting community. Doing this planning and discussion together builds trust and a sense of community. It helps prepare information for files to be kept by the Meeting. In addition, the workshop can include estate and funeral planning, plus caring conversations with families and the spirituality of dying. As we all know from the Terri Schiavo case, this planning should be done by anyone **18** or over.

4-5 hours

HOUSING AGING-IN-PLACE, CCRCS, co-housing, assisted living – there are MANY options!
Tools and considerations on discerning what would work the best. 2 hours

SEASONS of LIFE: This short workshop is for a group of 8–10 persons who want to share and problem-solve change, loss, and opportunities as they journey together through the last third of life. In the monthly meeting members share highlights of their life stories, work on Ethical Wills, read Wisdom Literature, poetry or watch a movie to provoke thoughtful conversation or debate. 1 hour

TESTIMONY of COMMUNITY and Pastoral Care in Meetings

What did early Friends mean by the ‘Blessed Community’? How did they live that out? How do we? How can we be community to each other? Are we called to provide pastoral care and to minister to one another? Are we missing a sense of trust and F/friendship that would enrich us, as well as our Meeting? 2- 4 hours

ANGER and FORGIVENESS

Friends can be anger deniers, but there are God-given reasons for anger. This retreat explores what we feel about anger, and then moves on to exploring a proven method that leads to forgiveness, if not reconciliation. Forgiveness is necessary for our own peace of mind, and for being ready to comfortably attend the end of life. 4-5 hours

Pre-RETIREMENT

Everything you need to know before retirement except the financials: what are the ingredients of a satisfying retirement, what will you miss from work, options for replacing those rewards, or finding new ones; what to do when your spouse says, “I married you for better or worst but not for lunch.” 2 hours

SPIRITUAL GIFTS and OPPORTUNITIES of AGING

What is the Third Age for? What spiritual gifts do you want to nurture in this Third Age? The average lifespan is 85+ years; that gives us a wealth of opportunity to bring a new vision of how the Inner life, the Creative Life and the Community Life can be discovered and shared. What are your unfinished business or new adventure dreams? 1-2 ½ hours

THE POWER of MUSIC

Music is all around us from our embryo time until death. The impact of rhythm, the vibration of our voice aids us in learning, connecting, reminiscing and relaxing. Our brains are adapted to learn and use music into the last third of life. This workshop celebrates the power and glory of music. We are able to honor the musical talent in our Meeting and build toward using music in its fullest until we depart! The use of our time together is very flexible, both in focus and in length, probably best at 1 ½ to 2 ½ hours

WHAT IDEAS would enrich your NYYM Quaker FELLOWSHIP?

Call Anita Paul (518-374-2166) or Callie Janoff (347-249-8470) or email ARCH@NYYM.org to explore the possibilities.