

LIFEWAYS

Shaped by the past, Forging the future



A summer week for all ages,
with workshops, talks,
stories, music and crafts

21- 27 July 2024

Emerson College, East Sussex

Shaped by the past, forging the future

The path to today was long, sometimes winding over soft meadows, passing shallow streams and cool woods, other times it led us over rocky terrain, where we pushed on against head winds and were pelted by sleet.

Our life journey started with an impulse, one that drives every step forward and shapes the path. At Lifeways this year our theme will encourage us to take a breath, to review and look forward to the road ahead. Perhaps we only see the future darkly and wonder where it might lead - maybe through brambles, across rivers or up steep hills?

Together we will consider what shaped our past, help one another to hear the whispers that guide the future and take them onboard to forge ahead, carefully listening for directions as they come.

We will explore the theme **“Shaped by the past, Forging the future”** through lectures, conversations, craft and musical activities. Adults and children all contribute to creating and renewing the rich tapestry of knowledge and friendship that makes the 'Lifeways week' a really special one for us all.

Booking Information

Please choose ONE morning workshop and ONE afternoon group, which you imagine you'd be happiest in for the duration of the conference. Please indicate this choice as well as your second-best choice on the application form with the appropriate number or letter. We will make every effort to honour your choices.

At Lifeways, we encourage full participation. This ensures you will get the most out of this unique week as well as possibly experience and contribute to the “extended family” feeling often associated with Lifeways.

Each evening there will be a programme with lectures and entertainment for adults. Babysitters will be available in all family accommodation, thereby enabling adults to attend.

Children will be in a crèche or in the camp during the morning and choose ONE afternoon group for the duration of the conference. We offer parent and child groups for the little ones. Children share accommodation with their parents / guardians up to the age of 8. Children aged 9 – 14 stay on the camp which is a separate area on the Emerson campus. Children's activities are age-appropriate; please take this into consideration when you book.

Morning Workshops for Adults

Here you can explore the theme of the week through creative study, discussion and hands-on experience Monday to Friday morning from 8.50am – 12.15pm.

1. Basket weaving

with Nick Vane

"Time Present and Time Past are Both Perhaps Present in Time Future." TS Eliot

Traditional basketry is timeless. It draws on traditions and skills developed by countless craftspeople over millennia, handed down, then learnt and practised by successive generations of craftspeople whose aim is to create useful and beautiful things that will continue to be of service long into the future. From hand to hand these skills are passed from the past on into the future yet it is only in the present moment that the magic happens that brings something new into existence.

In this workshop for beginners, I'll be showing you how to make a simple but sturdy round basket with handles out of natural willow using traditional tools and techniques. £15 extra for materials

2. Golden Ratio: Shaping Past, Forging Future

with Daniel and Vija Docherty

Golden ratio, golden mean, divine proportion, phi, 1:1.618..., 'precious jewel', golden section, divine cut - and the list goes on.

Come and explore the ratio that so majestically shapes the past and forges the future. We will use compass and straightedge to construct patterns relating to phi and then add colour to these using our natural and handmade paints.

3. Self-Reliance in Times of Crisis

with John Meeks

Nearly two hundred years ago the American thinker Ralph Waldo Emerson appealed to his countrymen and countrywomen to discover the inner flame which makes each of us unique and irreplaceable. Only so can we understand where we have come from, where we stand in the present and which ideals we would choose to follow into the future. Alongside Rudolf Steiner, Emerson has been one of the guiding lights of the college which bears his name.

We will explore a number of themes from Emerson's essays and try to discover their relation to our own biographies. You don't need to be familiar with Emerson's work.

Because of the importance to Emerson of a deep experience of Nature and of the surrounding Cosmos, we will include a daytime and a nighttime walk (weather permitting).

4. Acting forging the shape

with Gianluca Reggiani

We will play with the secrets of the actor's art, discovering the creative potential of our physical body - which has been so expertly "shaped by the past"- following the principles of Michael Chekhov Technique. We will experiment with new expressive forms of our body through the qualities of the four elements we are made of: Earth, Air, Water and Fire. We will discover how important Fire is for interpreting a character. So, if you want to try to break some old forms of the past and free up the possibility of "forging the future" by playing new characters certainly different from who you are...this workshop is for you!!!

5. Transcending Time by way of Spontaneous Storytelling

with Danyah Miller

'All life is an experiment. The more experiments you make the better.' Ralph Waldo Emerson

Stories reach into every part of our lives and are a large part of what makes us human.

Stories help us to make sense of the world and understand our place in it. Listening to stories can inspire us to achieve more than we thought possible, assisting us to find solutions to problems and giving us hope for the future.

During the week we'll have fun learning the basic pillars of spontaneous storytelling in order to make up stories together, seemingly out of thin air. We'll look backwards into our memories, ignite our imagination and stimulate our senses so that we can create fresh, new tales to share with those we love.

Let's experiment, let's play!

6. I AM – ALWAYS IN THE NOW

with Andrew Wolpert

It is with presence of mind, always in the present, that we can recognise how we have been shaped by our past, and how we can forge the future. We are sovereign, autonomous, and socially responsible in how we take up and form the living, changing language, discover the secrets in the grammar of "past" and "future", how we find our way to forgiveness, negotiate the challenges of gender, and wake up to the realities of destiny and karma.

Morning activities for Children aged 0 – 8

The following crèches are available each morning from 8.50am – 12.15pm

Parent & Child 0 – 3 year olds

Here the youngest Lifeways participants can enjoy a peaceful environment, while parents / guardians can take this special time to observe and connect with their little ones and with each other. There'll be songs, story, indoor and outdoor play and adults will be guided with making simple crafts for their children to enjoy.

Playcamp 4 – 6 year olds

In this group the children will paint, draw and enjoy simple craft activities. There will be stories, circle games and songs as well as a daily walk and plenty of time for creative play.

Daycamp 7 – 8 year olds

This is a morning group with slightly more challenging crafts and outdoor activities for the older child.

Children's Camp 9 – 14 year olds

The camp is divided into younger (9-11) and older (12-14) camps, which are right next to each other. Some of the activities are shared and others separated. Mornings and evenings will include games, crafts, helping with meal preparation, and other activities.

Tents may be shared by children in the same age groups.

The campers choose ONE afternoon group for the duration of the week. Remember to fill in their first and second-best workshop preferences as well as meal options on the application form.

Please make your child aware that at Lifeways they will have a (welcomed) break from mobile phones, tablets, mp3 players, computer games, laser pens or any other electrical device.

Afternoon Groups (*Adults only, ** Children only, ***Adults and Children)

The workshops run Monday to Friday morning from 2.30 – 4pm.

Adults only

A* **Exploring Past, Present and Future: Writing Memoirs** *with Ken Gibson*

This workshop explores our own biographies guided by reading short extracts from the memoirs of individuals in literature, history and culture. We will also begin to write our own 'memoirs' with the aid of various activities such as conversation, group work and sharing. This in turn will allow us to explore our past, examine the present and look forward to forging the future.

B* **Working with the Foundation Stone Meditation** *with Dr Sue Peat & Geoff Norris*

This meditation encourages us in three practices - recalling the past, staying mindful in the present and receiving vision for the future. Rudolf Steiner links these with our will, our feelings and our thinking. We will work with each part of the meditation - speaking it together with Geoff, considering how we put it into practice and sharing our experience of working with it. All welcome to come and enjoy exploring this together.

C* **Nature Walks** *with Patrick Dixon*

We will walk, talk and in the nicest way stalk some of Nature's more elusive secrets, getting to the roots through all branches of knowledge concerning trees. It will be a lively experience of all the wonders of Nature that are with us, around us, beneath and above us.

D* **Painting: 'Shaped by the Past and Forged by the Future'** *with Mary Anne Paterson*

We will study, paint and re-imagine freely together inspired by some of the remarkable anthroposophical works of pioneering artist and botanist Hilma af Klint. No previous experience necessary, all materials supplied.

E* **Seeding the Future** *with Maria Norris*

We will learn and work on a series of Eurythmy exercises to help us find and develop our being in the here and now. By bringing clarity to our thinking, warmth to our hearts and strength to our will, we will find a relationship to ourselves and the world around us. Please bring eurythmy or gym shoes.

F* **Sing for Joy** *with Sophie Simpson*

Sing freely as our ancestors did, for a future where singing is once again for everyone.

An afternoon of uplifting and soothing harmony singing from around the world. Songs taught by ear, no experience necessary.

This workshop is for adults. Children aged 3 and under are welcome with their parent / guardian.

Children only

G** **Energetic Outdoor Games for 11 – 14 year olds** *with Arthur Dyer*

Social, energetic, imaginative games played together outside on the lawn.

H** **Basketry for young beginners 12 – 14 year olds** *with Nick Vane*

Come and learn from an experienced basket-maker how to make a small but useful basket out of natural willow using traditional techniques and tools .

- I** Candle Dipping & Decorating for 8 – 14 year olds** *with Ted Prestbury*
Learn how to create beautiful candles through form and colour.
- J** Wet Felting for 9 – 12 year olds** *with Hellen Williams*
A wonderful opportunity to work with wool using dry and wet felting techniques. A relaxing and physical art form where we will be shaping sculptures and practical pieces. The imagination is the limit.
- K** Clay Digging & Modelling for 6 – 10 year olds** *with Angela dos Reis*
Digging clay from the Emerson grounds and creatively modelling.
- L** Woodland Crafts for 6 – 9 year olds** *with Louis Lines*
Fun woodland activities such as building dens, whittling and fire building.

Adults and children

- M*** Music Games and Singing for 4 - 7 year olds with a parent / guardian** *with Sarka Kubschova*
Follow a story with games, craft and singing along to the ukulele.
Younger siblings under 4 years can attend.
- N*** Butterflies, Birds, Bees and Bunnies**
3 - 6 year olds with a parent / guardian *with Mindy Upton & Dorothy Marlen*
A beautiful workshop creating, making and performing a puppet show to celebrate the spirit of summer.
Children and parents will learn simple felting and handwork techniques to make a different creature each day of the week with lots of guidance from the teachers. We end with a story performed by the group.
Younger siblings under 3 years can attend.
- O*** Stay and Play for 0 - 3 year olds with a parent / guardian** *with Christina Lines*
Play and activities for the youngest children.

Evening programme for adults

The evening programme is for adults only, except for Friday evening when children are welcome to attend. Babysitters will be on duty in the family accommodation Sunday – Thursday from 8 - 9.45pm. Three evening events are open to the public. Donations at the door from those not booked at Lifeways very welcome. Children in Camp 9-14 years have their own evening programme.

Sunday 8.15pm in Ruskin Hall

Conference opening to introduce you to the week and meet all the course leaders. Lifeways participants only.

Monday 8.15pm in Ruskin Hall

Ralph Waldo Emerson and the Spirit of Emerson College with John Meeks

Tuesday 8.15pm in Ruskin Hall

A Rich Feast of Songs and Stories curated by Danyah Miller

Wednesday 8.15pm in Ruskin Hall

The balance of the present moment with Andrew Wolpert

We easily live in binary paradigms: Good and Evil, Sympathy and Antipathy, Freedom and Determinism, and the allure of a sentimentally remembered past and a feared or longed-for future. The way the past has shaped us allows us to take charge of these very often beguiling alternatives and forge a future that arises out of our individual moral responsibility for our destiny, companions and for ourselves.

Thursday 8.15pm in Ruskin Hall

Please bring your musical instruments, poetry, drama, jokes and any other talents so that we can create an entertaining evening together. Lifeways participants only.

Friday 8.15pm on the lawn

Music and dancing on the lawn followed by a bonfire on the camp. Children are welcome to attend. Lifeways participants only.

Prices

We require a non-refundable deposit £100 with your booking form. The final payment is due on 3rd July 2024.

Early Bird reductions: Please send us your filled in booking form and deposit by Monday, 25th March.

There is no Early Bird reduction for part-time participants.

Booking options:

The residential stay includes: morning and afternoon workshop, evening programme, all meals and the accommodation type of your choice.

Non-residential participants: The price includes morning and afternoon workshop, evening programme, lunch and supper. There is no accommodation and breakfast included in this booking option.

Adults

Residential stay

Single room	£620	Early Bird £590
Shared room with 1 single bed, 1 mattress on floor / price for each adult	£600	Early Bird £570
Camping in your own tent	£580	Early Bird £550
Camping 2 adults sharing tent / price for each adult	£545	Early Bird £515

<u>Non-residential participants</u>	£510	Early Bird £480
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Children, age 0 to 3 years

Residential stay

Mattress on floor in parent's room	£110	Early Bird £100
Sharing tent with parent	£80	Early Bird £70

<u>Non-residential participants</u>	£80	Early Bird £70
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Children, age 4 to 8 years

Residential stay

Mattress on floor in parent's room	£260	Early Bird £240
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Sharing tent with parent	£220	Early Bird £200
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<u>Non-residential participants</u>	£220	Early Bird £200
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Children, age 9 to 14 years

Camping in own tent	£380	Early Bird £330
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Parents / guardians who attend the conference *without accommodation on campus* need to be contactable the whole week and be able to be on camp within an hour if needed.

£35 to rent a small tent for 2 people.

£20 / person to rent mattress and bedding for camping.

Part-time participants

If places are available, **adults and children can join on a part-time basis** for crèches, morning or afternoon workshops. Please note that we can only accept bookings if you can attend each day of the week. Lunch and supper can be booked for the whole week, but not for single days. **We will confirm all these bookings from 7 June. No Early Bird reductions.**

Children in camp 9 – 14 years can attend on their own if there is space and if their parents live locally.

We will confirm all these bookings from 7 June. Parents / guardians need to be contactable the whole week and be able to be on camp within an hour if needed.

Prices for part-time attendance

Workshops and creches are from Monday to Friday followed by the Harvest of the week on Saturday morning.

Camp 9 – 14 is from Sunday afternoon until Saturday lunch time.

Adult morning workshop, Parent & Child	£190
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Adult afternoon workshop	£150
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Play and Day camp	£75
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Afternoon workshop children	£60
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Lunch adult Monday to Saturday	£105
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Lunch child Monday to Saturday	£60
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Supper adult Sunday to Friday	£75
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Supper child Sunday to Friday	£40
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Financial assistance

If you wish to attend this conference but are prevented because of costs you may apply to the Conference Secretary for financial assistance or a sibling's reduction. Every consideration will be given to your request. **Please let us know with your booking form that you require financial assistance and we will contact you. You can also reduce costs by volunteering for part of the time.**

Contributing as a Lifeways volunteer

We offer a few places on Lifeways for adults who like to volunteer in one of the children's workshops and creches either in the morning or in the afternoon in exchange for free lunches and a workshop (either morning or afternoon depending on when you are a helper). If necessary, we can also contribute to accommodation costs. We are particularly, but not only, looking for volunteers who have some knowledge in education or Waldorf education. If you would like to apply as a volunteer, send us a brief description of your experience with your booking form including what you would like to offer. All volunteers will need to be DBS checked.

Arrival

Registration is on Sunday 21st July from 2.30–5.00pm. At 6pm we'll meet outside Ruskin Hall for a short welcome before we'll make our way to supper; the conference opening (adults only) is at 8.15pm. The camp children will set up their tents in the afternoon and will have their own programme. Babysitters will be available in all family accommodation enabling everyone to attend.

Departure

Saturday 27th July after lunch (around 1.15pm). It is not possible to stay longer on campus as we have a new group arriving.

Daily Schedule Monday to Friday

Special programme on Saturday with "Harvest of the Week" and an exhibition.

am	7:00 – 8:00 Breakfast	8:15 – 8:45 Community Singing	8:50 – 12:10pm Morning Workshops and crèches for children	12:45 Lunch	
pm	2:30 – 4:00 Afternoon Groups for adults & children	4:00 – 4:30 Tea on the lawn / tuck shop with ice cream (cash preferred)	5:00 – 6:00 Market Place: sharing our life ways / puppet shows on 2 afternoons	6:15 Supper	8:15 Evening programme for adults only

Babysitters will be on duty free of charge in family accommodation from 8-9.45pm. Children need to be in bed by the time you leave. Please note they are not on duty on Friday because all are welcome to the evening events on this day.

Please bring a torch, a drinking bottle, wet weather clothes and soft indoor shoes. Please note that cash is needed for the tuck shop and there is not a cash point on site.

Children in Play Camp (4 - 6 years) and Day Camp (7 – 8 years) should bring: wellies, closed shoes, drink bottle, waterproof trousers and coat (or all-in-one), sun hat and sun cream.

Child in Camp (9 – 14 years) should bring a tent, sleeping bag, sleeping mat, blanket, towel, good walking shoes, waterproof clothing and boots, swimming gear, old clothes, sun hat and sun cream, torch and eating utensils (plate, bowl, cup, knife, fork and spoon).

Meals

All meals are prepared at the college. They are vegetarian with a vegan and gluten free option (please pre-book). Please notify us on your booking form of any other allergies and we will be in touch. If the Emerson kitchen can't meet your needs, we might be able to offer you self-catering facilities.

Most of our produce is biodynamic or organic, locally sourced and grown in our own vegetable garden, Michael Hall Garden, Tablehurst and Plawhatch farms and Fermento bakery.

Smoking

Smoking is not permitted inside college buildings or campus accommodation. An outdoor smoking area is available.

Cancellations

If you cancel within 14 days of booking, any payment made will be refunded in full. If you cancel by 21 May 2024, you will receive a refund of all payments made except the £100 non-refundable deposit; thereafter no refunds will be issued. Special consideration will be given in cases of illness confirmed by medical evidence. Please submit your cancellation request in writing to naamah.pinkerfeld@emerson.org.uk.

Lifeways is organised by Florrie Cassell, Louis Lines, Yvette Dellsperger, Sue Peat and Ted Prestbury

Cover Design by Florrie Cassell

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