



Convergence Newsletter

Nr 54 — September 2019

Welcome to this newsletter edition. The countdown to the next Convergence is well underway! Registration opens in a few days and early bird is only available for October, so get in soon. In this newsletter, we talk about the Convergence theme and some of what's been happening at Journey's End. There are some great upcoming workshops advertised. And the October Mini-Gathering is from Wednesday to Sunday 16–20 October, so it's a good chance for a break.

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The newsletter is produced approximately 4–5 times a year (before Mini Gatherings). Contributions for the next newsletter can be sent to mynotice@convergence.org.nz, deadline is approximately 3 weeks before the Mini Gathering starts.

Convergence notices and newsletter

There now is an email list for Convergence notices, which are sent out more often than the newsletter, and are better for news that can't wait. You can get more information and opt-in here: <http://convergence.org.nz/notices>

Send notices you would like to have included to mynotice@convergence.org.nz

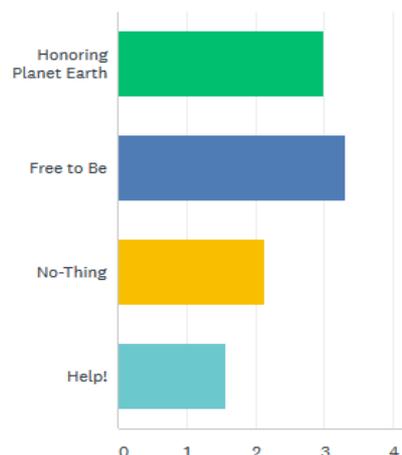
To receive the newsletters ask info@convergence.net.nz for it (note the .org/.net difference!).

And the theme for 2019/20 is...

Drum roll...

Free to Be

It was a close run with Honouring Planet Earth and 45 people voted — thanks for having your say.



Thoughts about the theme

Wow — the year end is closing super fast and I'm starting to get really excited about this year's Convergence. We have an inspiring theme this year in "Free to Be". Even saying the word "Free" makes me feel good! There are open horizons with endless possibilities in "Free" — the opportunity to create something wonderful, to fully express our uniqueness, to fearlessly explore new possibilities, to go boldly where none have gone before. The "to Be" part grounds that freedom in the present, the "Now". To really Be with someone, to Be with a situation, to Be at Convergence is to Be fully present to the Now, the situation that Is, rather than a remembered past or a fluffy future.

"Free to Be" reminds us that we bring our magic, our presence, our whole being containing limitless potential to every "Now" that we encounter — and that this Convergence can be a deep dive into living that truth. All it needs is your commitment, your focus and your courage to discover what living an authentic life feels like. Let's all make it happen this Convergence.

— M

Early bird tickets only during October!

Please note this registration change! It is likely to be permanent.

Starting this year, registrations open 1 October, and early bird pricing will only be available for tickets paid during October! Yes, that means you have to pay for your ticket during October to get the early bird price. The standard price is available for tickets paid by 20 December. Every ticket paid at the gate must be paid for with the gate price, regardless of the day of registration.

The purpose of early bird prices is to get some idea of how much food to order, and the ordering deadline for the organic produce is around the end of October.

October gathering — firewood and feasting

Wed 16 – Sun 20 Oct 2019, Journey's End

This weekend will focus on making firewood for Convergence itself — we've burnt a lot this year and without a good effort we might run short. Some of the regulars can't make it this time, so please come if you can! We need two or three teams of people on Saturday to cut firewood, work a log splitter and stack wood.

There will be chainsaws for everyone (who already knows how to use one). Bring earmuffs and work gloves if possible. More trailers would speed things up a lot, so if you've got a trailer, please bring it.

There may not be enough firewood for people to take away, but there are heaps of pine cones you're welcome to gather up; bring your own bags.

As well, the new picnic tables need to be cleaned and re-oiled. Don will bring the oil, but he'd appreciate help with the work.

There'll be a Saturday feast, and the cabins are available for sleeping. Bring breakfasts and food to share for lunches and Saturday night dinner.

Call Don if you have any questions: 021 0259 3229.

— Rebecca

Country fun for a city kid

One of the group at the July Mini-Gathering was a 10-year old boy and having him there was brilliant. His enthusiasm really raised all our spirits. He helped keep the bonfire burning and roasted potatoes in the embers, very scientifically figuring out where to put them (they were delicious though some a little ashy). And he rode on the tractor and a trailer, built forts out of the furniture in Amberley Hall, and generally had a ball. He didn't once call for his device, a win for all! His mum let us know that after the weekend he kept remembering and re-living the highlights, clearly a memorable experience all around.

It'd be great to see more kids out there for the October Mini-Gathering for this kind of classic kiwi childhood experience. So if your kids are bored, bring them out for a weekend at Journey's End!

— Rebecca

Wood-fired showers are back

Great news! We've booked the toilets and outdoors shower/sink unit again this year from Peter Jenkins.

For those who haven't yet discovered the wonders of the showers, it's a self-contained unit outside Leigh Lodge that is heated by a wood fire to provide hot water for the showers and washing up sinks. It's decorated as a work of art too.

It has been a superb focal point for socialising the past 2 years, with people sitting around the fire and talking into the wee hours.

— V

Fine-tuning the flow — Convergence task groups

Volunteering for a task group role at Convergence is all part of the experiment and often it is found that your Role can expand you and your skills as well as be the highlight of your time at Convergence.

Some people have had very busy years and also have family commitments that means they only have a small amount of energy and time to give. This is perfectly okay and how any community is meant to work. On the other hand some love the commitment they have in doing more. As always we like to experiment and fine tune the flow of how Convergence is sustainable without people burning out.

So this year we are thinking to trial — this is up for discussion — one or two people from the communication/info team volunteer to be in the welcome tent guiding people to volunteer for their task groups.

Before the event we will have a list of the different task groups — hopefully leaders who have already volunteered for the task to lead the group. We can then list skills needed as well as time requirements.

This will hopefully mean less time needed at opening ceremony to coordinate the groups but also fine tune that we don't have things forgotten at the end like happened this last year with the composting toilets.

A call to potential leaders of the task groups to contact me 08002bwell@gmail.com so I can assist in gathering all the skill requirements and time commitments for each task group.

PS We are also thinking to have the toilet cleaning crew have a separate division of a couple of people who only deal with the barrels during Convergence *and* during pack-up.

Love

— Christine Carter

Task groups

Have you ever wanted to learn how to set a proper fire? Perhaps you love receiving a massage and want to make sure that they happen at Convergence? Do you already know how to make a slippery slide, and you want others to learn how to do it? The Convergence work areas are your chance to teach, learn, or just give it a go — part of co-creating an amazing event while having a ton of fun and meeting some amazing people.

Here are the usual task areas during Convergence. Sometimes there are changes (Lost Property used to be its own task) — but for those thinking of leading a task area, or those considering which area to volunteer for this Convergence, this is what is involved.

Everybody likes yummy meals, hot showers, clean toilets and hot drinks — and it's up to everybody at Convergence to make it happen!

Fire Stokers — Required daily from dawn till dusk. The hot water supply for the Amberley Hall kitchen area is from a log burner. The Amberley Lodge burner at the back of the Lodge supplies the outside baths and Amberley Lodge Showers. The outside showers at Leigh Lodge require stoking.

Toilet Cleaners — A crew of cleaners will be created to clean the toilets and showers in both

Lodges, the outside showers, port-a-loos, compost toilets, and toilet block.

Fire Fighters — Team of people who will be shown how to use the fire pump, hoses and the forestry packs.

First Aiders — Those that are first aid trained. Maintain the First Aid kit.

Soul Soothers — Compassionate listeners, counsellors, therapists, social workers.

Cuddle Café — Keep the area clean and tidy and the hot water full. Possibly serve drinks to those that are relaxing.

Nurture Space — Healers, energy workers, channellers, visionaries, card readers.

Massage Tent — Massage givers, helpers to keep tent tidy.

Sauna — Clean, maintain wood supply, keep fire going.

Entertainment — Announcements, musical events, New Year celebration visionaries, creative decorating, musicians, helping hands. Cabaret (MC, stage hands, DJ, sound techs, lighting techs).

Information — Workshop tent, lost & found property, tidy notices, maintain the workshop schedule.

Composting — Keep composting and kitchen recycling areas tidy.

Maintenance team — Cover any plumbing/pumping/electrical, etc issues.

Wombles — Keep an eye out for things that need doing.

Young children — parent support system co-ordinator. Prepare activities.

Kids Creative Space — Creative helpers and cleaner uppers.

Tweens programme — co-ordinator. Prepare activities.

Teens programme — co-ordinator. Prepare activities.

Native trees — Look after the replanted native trees and prep for next winter's planting. New group this year!

Don't forget to follow your Bliss! Xx

— M

Clearing up the ash heap and sowing grass

Last weekend 3 of us took advantage of a lovely sunny spring day to go out to Journey's End for a picnic... and to clear away the ginormous ash heap left over from the last Mini-Gathering's slash heap bonfire. That ash heap was smack bang in the middle of where we want the Metal Tent to be and we didn't think ash would make an ideal floor covering.

After lunch, we dug shovels and rakes out of the tractor shed, wheeled the two wheelbarrows up the slope (phew!), pulled on our boots and trusty overalls, and set to shovelling. And shovelling. And shovelling. We reckon we dumped about 100 wheelbarrow loads down a nearby bank, where they'll hopefully smother a bit of the gorse.

Then we raked the area flat, scraped all the stones off it, and seeded it with grass seed that was already on site.

It took us about 3 hours and it was hard work, but the conditions were perfect — sunshine, bird song, and the ash was exactly the right dampness to be easy to work with. It took a lot less time than we expected. And looking at the result was a great feeling!

— Rebecca



Newsletter feedback

We really appreciated the feedback by those 6 of you who took the time to reply after receiving newsletter number 53. Thank you! Your support and encouragement helps us, and we're always interested to hear what people think.

Please send all feedback, suggestions and critique to the newsletter contributions email address (mynotice@convergence.org.nz), other places are not monitored so we won't see it. Thanks.

Newsletter contributions

Every now and then someone asks us why something was or wasn't put into the newsletter. The answer is that we put in everything people send us, as long as it's related to the Convergence ethos, which is the established and good policy already in place before us. In the time we've been making this newsletter we've published everything we've been sent (except occasionally events that have already happened by publishing date).

We only know about events if someone tells us, so if you know of something in your region that'll interest convergees, please let us know!

We're delighted to get write-ups of past events, especially the Mini Gatherings, musings on Convergence, and anything else convergees may be interested in. Just email us at mynotice@convergence.org.nz. Deadlines are 3 weeks before publication, sometimes a little later. Please refer to the bottom of the first page of every newsletter.

The only reason it might look like we are providing much of the content is because you haven't taken up the opportunity for co-creation yet... 😊

✦ ✦ ✦

Yoga Retreat & Permaculture Design Course

Fri 27 Sep – Sun 13 Oct 2019, Anahata Yoga Retreat, Golden Bay

This is a transformative 16-day immersion retreat experience designed to revitalise your body and regenerate your life!

Join us to learn and explore permaculture — a design system for resilient living that works with nature in a mutually beneficial way. At the same time nurture your inner ecology with daily yoga and deep relaxation/meditation class options. Nourish your body with organic vegetarian food in a stunning retreat setting in Golden Bay overlooking the Abel Tasman National Park, South Island.

Led by tutors Robina McCurdy and Guenther Andraschko who have extensive permaculture experience between them — having “walked their talk” — with many years of permaculture living. They teach in a way that is clear, informative, interactive and fun.

Take a stand for your life

Sat 26 October 2019 10am–5pm, Riverside Hall, Motueka

Empower yourself with the force of clarity.

<http://www.embodiedfreedom.co.nz>

<http://www.possibilitymanagement.co.nz>

Price: \$90

Contact: sybille@embodiedfreedom.co.nz

Registration: <https://forms.gle/GoH7j8p8eCVqa9F98>

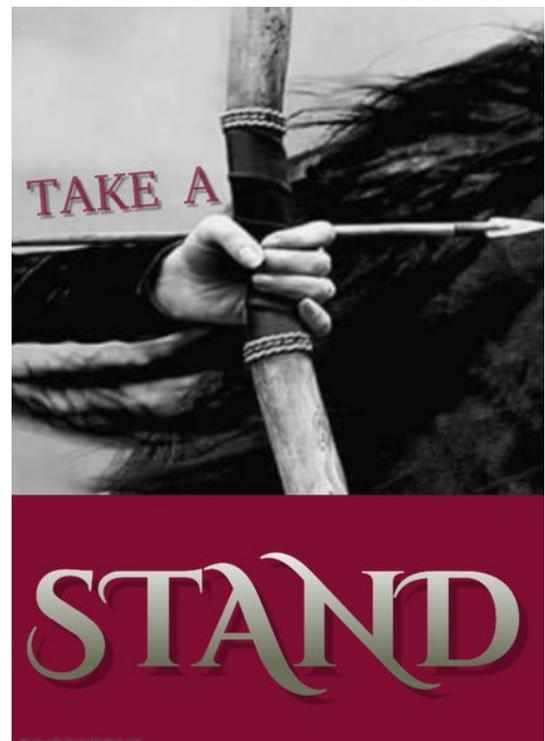
Do you have trouble to say no? Or yes? To make clear boundaries in your life? To communicate clearly? To be present? This workshop is for people who are committed to discovering their essence, wanting to step up and take responsible action in their lives.

This is a collaboration between Open Floor movement practice and Possibility Management modalities. Creative soundscapes will help us to activate our physical bodies to embrace the pure energy of feelings. Be supported to identify your inner resources in order to navigate and use them more effectively.

What you have got is what you have created. And because you created it you can change it!
Empower yourself with the force of clarity. Take a stand for your life!

Sybille is a dedicated edge-worker and movement lover, passionate about the power of group work. She weaves her skills into Open Floor movement workshops and retreats to create transformational medicine, helping people to grow physically and emotionally within a community.

Ana is an explorer burning to understand how it works to be a human being and how relationship can succeed. Her passion is to accompany couples in their courageous journey for fulfilment and create spaces for individuals for the development of their own self-expression. Psychotherapist and Possibility Trainer.



Ecstatic Dance empowers people of all shapes, sizes, and backgrounds to freely express themselves. It is a form of dance in which the dancers, abandon themselves to the rhythm and move freely, a free-form movement in a judgment-free space.

The liberating atmosphere creates a melting pot of acceptance and the fearlessness with which others move gives everyone permission and courage to dance without inhibition.

Joy of Vulnerability

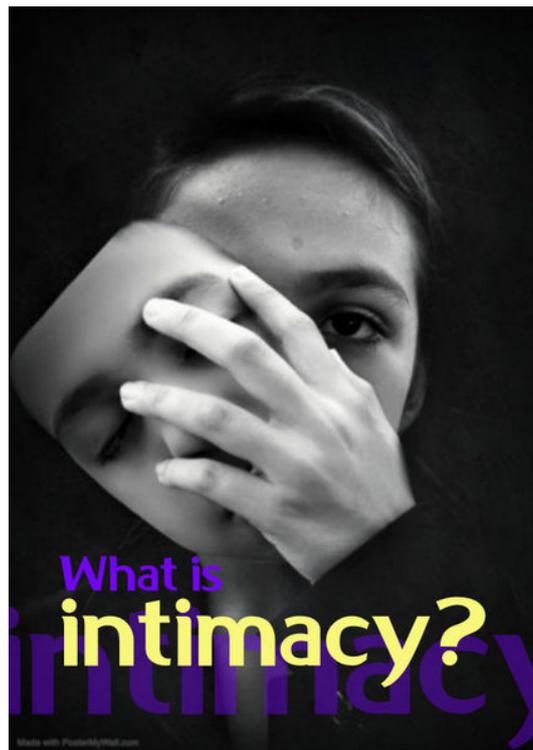
1–3 Nov 2019, Mount Pleasant Community Centre, Christchurch

Open Floor Movement — Contact Dance Improv — Possibility Management.

A fusion of 4 skilled and creative teachers offering a special weekend about self connection: Sybille Feint of Embodied Freedom, Ana Norambuena of Possibility Management NZ, and Jooske Honig and Miriam Marler of Aotearoa Embodiment Collective.

Through movement, dance, partner and group work we will explore your relationship with fear: how to become friends with our fears instead of being crippled by them, learning about the intelligence that each feeling is offering and listening to what it wants to communicate. We will be ending with a celebration dance.

Relationships don't die because of lack of love, they die because of lack of intimacy. We invite you, through the combination of movement practices and the uniqueness of all 4 embodiments, mind, emotion, physical and energetic, to connect and create the path in your life to more fulfilment.



Friday 1 November

2pm–6pm Deep dive into the “Mystery of Intimacy”.

Open floor therapeutic movement & possibility management, with Sybille and Ana.

7:30pm–9:30pm Open floor movement, building community fusion of all 4 trainers to offer a night of delight and connection. (open to public \$20)

Saturday 2 November

9am–5pm “Stack, Flow, CONNECT”—Contact Dance workshop. Integrate what you have learned in the intimacy workshop, with Miriam and Jooske.

7pm–9pm Dancing in the Dark—Ecstatic Dance + practise what you've learned. DJ Jay Horton, DJ Jussy Jus (Ecstatic Dance Christchurch), Sybille Feint. (open to public \$20)

Sunday 3 November

9am–1pm A deeper dive into the mystery of intimacy. Open floor therapeutic movement & possibility management, with Sybille and Ana.

Price: early bird until 18 Oct \$195, full price \$230.

Contact: sybille@embodiedfreedom.co.nz

Sign Up: <https://forms.gle/pwaoeVSi6E2snrwo6>

Location: <https://osm.org/go/uoyiWepU-?m=>

<https://www.embodiedfreedom.co.nz>

<https://possibilitymanagement.nz>

<https://www.embodimentcollective.co.nz>

Embodied Intimacy

*Wed 18 March 2:00pm – Sun 22 March 2:30pm, Tui Events Park, 237 McShane Rd,
Wainui Bay, Golden Bay*

A 5-day retreat with open floor movement, sharing circle, self-discovery, inspiration and connection.

Embodied Intimacy is a summer movement retreat nestled in the bush next to the Abel Tasman National Park. Through dance, community living, mindfulness, restorative yoga, sharing circles and most of all pause and stillness, we will come home to our bodies, embrace life, gather tools, release stress and relax the mind.

The retreat includes:

- tuition for Open Floor movement practice
- tuition for Restorative Yoga
- yummy simple food 3 meals a day
- 4 nights camping accommodation
- facilitated sharing circles
- optional hot tub, sauna daily

This retreat will be taught by Sybille Feint and her team of skilled facilitators — Ana Norambuena, Emma Furness, Jay Horton & Chai Pyle.

Price: early bird until 1 January \$490, full Price \$590

Sign Up: <https://forms.gle/G3DCkcxBVeNJoGMQA>

Location: <https://osm.org/go/upn~p9tR--?m=>

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