



# Convergence Newsletter

Nr 60 — March 2021

Welcome to another newsletter and another Convergence gathering. As well as being invited to the rural setting of Gricklegrass near Oxford for a Convergence style weekend of fun and nurture, there's a report on our fantastic Convergence weekend retreat at Lushington Bay near Akaroa, and you can read about a number of workshops and retreats being offered to keep you fired up and buzzing, or growing and grounded. Read on, and enjoy!

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## Convergence notices and newsletter

There 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](mailto:mynotice@convergence.org.nz)

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

The newsletter is produced approximately 4–5 times a year (e.g. before working bees). Please send contributions for the next newsletter to [mynotice@convergence.org.nz](mailto:mynotice@convergence.org.nz). Upcoming newsletters and deadlines are announced on the notices list.

## Gathering at Gricklegrass—Party!

27/28 March 2021

Get out of town, hear the birds singing and see the clear night skies of Oxford.

The last weekend of March, Gricklegrass is hosting a Convergence get together/pot-luck dinner/party/sleepover from noon Saturday to noon Sunday. It's the full moon night too. BYO vegetarian food, musical instruments, drinkies, and a relaxed attitude. There will be pot-luck meals, fire baths, music, laughter, places to camp or park up, even room to sleep inside if you book ahead fast (there's limited space) ☺. With luck there'll be a sleeping yurt, working sauna and a fire circle.

Gricklegrass, 109 Woodside Road, Oxford — <https://osm.org/go/uow85198-?m=>

Woodside Road is off the main road through Oxford when leaving Oxford on the Western side. Go approx 1.1 km along Woodside Road from the turn-off.

— Gordyn

## Call for more Convergence gatherings

It's been great to have gatherings and keep the Convergence energy going, and we'd like more—and not just in Canterbury! If you can possibly host a few people, please consider making a gathering of it and send the details for inclusion in the next newsletter. The general idea was to have them on the full moon weekends, but that's not a requirement. Or maybe converge just for a day, if staying overnight is too difficult.

## Gathering at Lushington Bay

Leaving the confines of the city on the Saturday, late morning, all the pressures seemed to drop off in huge increments as the beauty of the peninsula beckoned. Driving over to the peninsula, through Takamatua, and then making our way to David's family's magnificent holiday retreat was, actually though, not for the faint-hearted, it was literally a "straight drop" down the hill into Lushington Bay. But oh my gosh! Having braved the challenge of the hill climb and descended the oh so steep drive down into David's family's secret oasis was just a hint of the exciting things to come. What a stunning setting and retreat, indeed so stunning that during a royal visit, after sending a messenger ashore to ask permission, Queen Elizabeth and Prince Philip left their royal yacht to spend the afternoon ashore, right there in this very home.

And so, being treated like royalty ourselves, we were all embraced with loving warm welcomes, laughter and comrade, and from there the adventures began!

While hearing much of the history and stories of how the family bach had over time grown into what seemed to us more like a five star beach resort, and with many "wow's" and more "wow's", we had chosen our vehicle parks (probably for around a dozen or so vehicles) and made our way into the astounding huge home—which looked straight out onto a very private aspect of Akaroa harbour.

There were a multitude of beds/bedrooms and living areas, with two bathrooms, two fully furnished kitchens, two large lounges, a billiards room, a library, and large decks overlooking the private sandy bay which is shared by three family homes. While some of us explored the cliffs and hills (yes there

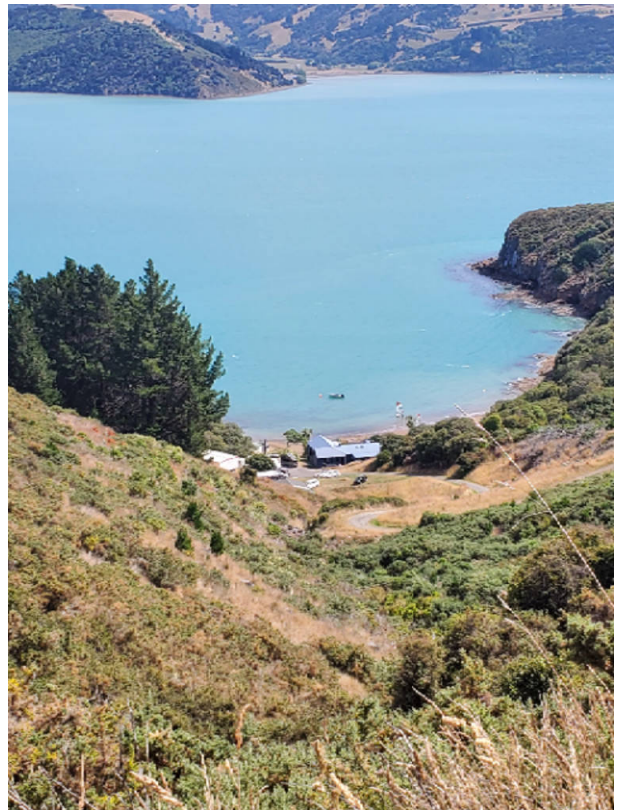
really is as moa up there!) and others walked around the rocky sea ledges to explore the stunning rock faces or gather mussels, yet others gathered to excitedly catch up with each other and explore David's wonderful sojourn, and bringing out an abundance of delectable vegetarian food to share.

It was then that a couple of kayaks appeared from the boat shed. Some tentative takers thus ventured out to sea, some interest was shown by others, and so it was that gradually over the day a myriad of sea toys were excitingly revealed. Yachts, dinghies, windsurfers, and a power boat were amongst some of the many! Oh my gosh, we were peacefully lead from amazement to gob-smacked amazement! Those of us a little water-shy at first found ourselves undertaking all kinds of sea adventures. Some sailed off into the sunset (out to the heads?) whilst others kept to within sight of the house while still enjoying an entire harbour of water fun. Others kept a watchful eye out from up on the balcony whilst catching up on lots of fun and socialising over delectable food and refreshments.

It was such a hot sunny day, it just got better and better, as many of us did our best to try and fit in a go at just about everything. Eventually, if not out at sea on amazing sailing, boating or kayaking adventures, most swam, paddled or sun bathed, all socialising extremely happily within a hugely fun-and-food-filled day. Most of all, though, there was connection, connection and more wonderful connection as we caught up on news and with each other. The chatting and happiness just never ended. We felt so privileged to have been hosted by David and Pippa in such a beautiful and serene setting. We reluctantly left our wonderful hosts, making our way back to the real world, but leaving with the tantalising taster of "there may be more to come".

Fingers crossed—What an adventure this was for all of us, from start to finish!

So much love and gratitude to David and Pippa XXX



— Linda

✦ ✦ ✦

## Communicate 4 Connection Day 2

*Saturday 20 March 2021 10am to 5pm*

Trainers: Valerie Wycoff and Jim Lovell-Smith  
Venue: 23 Joyce Crescent, Ilam, Christchurch

Cost \$90–\$150

This day of facilitated practice is suitable for those who have previously done a foundation in Nonviolent Communication, or have familiarity with the model through self-study.

Fuller details and registration link under *upcoming workshops* on this webpage

<https://www.bodyvoicealive.nz/communication/communicate-with-compassion-workshops/>

## Earth Spirit — A Nature Connection Retreat

*2–5 April 2021, Tui Treefield, Golden Bay*

With Robina McCurdy, John Massey and others.

Find out more:

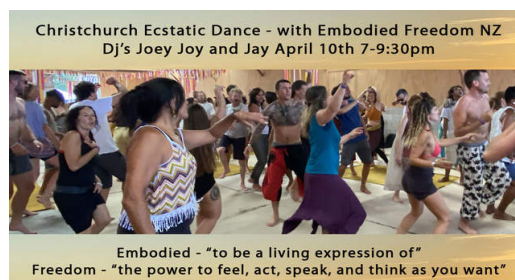
[http://earthcare-education.org/wp\\_earthcare/courses/earth-spirit/](http://earthcare-education.org/wp_earthcare/courses/earth-spirit/)

## Christchurch Ecstatic Dance

*Saturday 10 April 2021 7pm–9:30pm*

Wild Connection with Sybille (DJ Joey Joy) and Jay from Embodied Freedom.

Opawa Church Community Hall, 7 Ainsley Tce, Opawa  
<https://www.embodiedfreedom.co.nz/event/christchurch-ecstatic-dance>



## Embodied Freedom Workshop

*Christchurch, Sunday 11 April 2021 11:30–1:30*

Open Floor movement workshop 2 hours—\$30. Live and online. In collaboration with Gaia dance.

Evolve Studios, 98 Carlyle St, Sydenham

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



## April Sunday Workshops with Embodied Freedom

*All Sundays in April 11:30–1:30, Live and Online*

This series of 2-hour Sunday Events is online on zoom as well as live and in person if you are in the area. \$30

To be Embodied—“to be a living expression of”, Freedom—“the power to feel, act, speak, and think as you want”.

We are exploring how “Our Freedom lies in our response”. Ways to make more choices possible around our responses to any situation or emotion. Ways to support ourselves in arriving fully in all our 4 bodies (Physical, Emotional, Mental & Energetic).

A combination of Open Floor movement practise and Possibility Management.

Delivered by the Embodied Freedom team Sybille and Jay.

We will be in Takaka at Kotinga Hall on Sunday 4 April, Christchurch at Evolve Studio, Sydenham on 11 April and at Tui community in Golden Bay on 18 and 25 April 2021.

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



## Deepening Love

*24–26 April & 10/11 July 2021*

A unique double-retreat for couples. 2 weekends in the top of the South Island.

Expand your relating-skills toolbox through sharing with other couples and practising tools from Possibility Management and Work That Reconnects. With Ana Norambuena & Inna Alex.

Find out more:

<https://www.innaevolution.com/events/deepening-love-for-couples>

## Embodied Being

*29 July – 1 Aug 2021*

Deepen your ‘yes’ to life through dance, mindfulness & self-enquiry.

A unique, radical and transformational journey!

Christchurch area, venue to be confirmed

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

