



# Convergence Newsletter

Nr 61 — September 2021

Welcome to Drumbeat 61! This one's a bumper edition, with details of big changes for the kitchen, other plans and ideas for the upcoming Convergence, a look back at the very start of Convergence, and a bunch of interesting workshops. 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.

## Going ahead

At this stage we are going ahead as planned, and we assume Convergence will be happening. Currently we expect to be back in level one well before our time together. However if there is a resurgence of COVID-19 we will follow Ministry of Health guidelines regarding strategies and levels.

— Jazelle, on behalf of the trustees

## Major changes to meals and service this year

The food will now be created by all of us in the Convergence community and we encourage and support everyone who attends to commit to at least one kitchen shift during Convergence.

We are also inviting people to contact us in advance to offer themselves as team leaders for a shift.

## The need for change

Change—and adapting to it—is part of life, and this year Convergence is planning changes in the way the kitchen operates. Previously the dedicated work of a few cooks, a team of wwoofers and daily volunteers prepared our delicious meals twice a day including catering for special diets for a third or more of the participants.

The need for change was realised when the cooks who have been trying to meet so many specific needs said they can no longer sustain the complexity of meals created in the kitchen. They also struggled with isolation, a feeling of them doing it *for* us, a separation from the rest of Convergence activities.

## Call to the Convergence community for input and ideas

In early June an online discussion was initiated, inviting ideas on new ways to manage the kitchen and meals at Convergence, to spread the load and simplify the food. Thank you to those of you who engaged in the exchange of ideas with comments, suggestions and feedback re: a revamp.

Eating together is a vital, nourishing part of Convergence community life—the heart of our time together—the intention is to maintain this culture, supported and overseen by a new Kitchen Heartbeat Team. You can follow the meeting notes on email.

## A way forward emerged

Zoom meetings were advertised and a small group came forward to begin the actions required to collate feedback, identify popular trends and decide on a way forward. The group have reached the stage of wanting to share where they are up to in this process.

It was clear from the feedback that in general, the Convergence family wish to see more simplicity and co-creation in the meal creation, as this is an area for people to be involved in the direct application of what it takes to truly live together in community.

As a result, our solution is for everyone at Convergence to be involved in some way. Instead of full-time designated cooks and wwoofers forming the main workforce in the kitchen, our solution is to form teams and share responsibility for meals in the spirit of our co-created community.

## Key points of the proposed menu

- The chosen menus have been simplified and wherever possible, include seasonal produce (recipes have been chosen from the existing Convergence spreadsheet menus and will be posted on the website when ready).
- The main dishes will be gluten free and vegan with “add ons” (dairy, etc).
- Lunches will be simple with separate bowls of salad vegetables, dips, spreads, dressings, sauces and protein ingredients. You can make your own choices to place onto either gluten free or normal—bread, wraps, crackers.
- Evening meals are simplified with recipes that can be cooked with less effort.
- The main ingredients for the evening meals will be boxed up in advance with recipes and instructions for preparing the meals in each box.
- Special diets will *not* be specifically catered as before—most specifically, this refers to onion, garlic, nightshade-free. So some of you may need to bring some supplementary food.
- Cross contamination: Gluten free is a central part of the theme but cross contamination may occur as the kitchen is not set up with separate cooking areas and we cannot guarantee completely gluten free. However, anyone with a high sensitivity to gluten (coeliac) could be served first to minimize cross contamination.

## Invitation

We, the Kitchen Heartbeat Team, are now inviting you to take part in and support the reset/reboot of meal creation at Convergence 2021. We envisage this as a fun, co-creative opportunity for everyone to be involved.

We are inviting:

- People who are confident in leading a team (or want to learn how). You don't have to necessarily be a cook and this role could be shared with another person. The critical part of the new process is to co-create, with a Meal Team, a positive environment for the preparation of a lunch or an evening meal.
- Support and assistance will be available with recipes and ingredients organised in advance of your shift.
- Everyone to take a turn at being a member of a Meal Team (or support crew, see below) to help with the preparation of a lunch or evening meal.
- People to step forward as support crew with non-cooking jobs, such as: washing pots and utensils after cooking, keeping food preparation areas clean, laundry, stoking the fire, wood stacking, dealing with rubbish, recycling and compost.

Contact [info@convergence.net.nz](mailto:info@convergence.net.nz) to be involved.

This is a chance to apply all the personal development stuff you've been learning, like:

- how to work in a team,
- letting go of the need to control,

- problem solving through effective communication,
- how to incorporate mindfulness,
- learning when and how to give loving constructive feedback,
- upskilling in time management and coordination
- and what it really means to put love into the food.

We will be encouraging entertainers to be present in the kitchen and create an uplifting and enjoyable atmosphere.

## What we are hoping for

A stimulating time of creative experimentation to feed and nourish the convergence family in a way that is enjoyable and satisfying for everyone. Ultimately, we hope to lighten the process of food provision and instigate a framework for succession so that it will be relatively easy for new people to step up and take on the organizing responsibilities each year.

Arohanui

— Jazelle, Gail, Jeff, Gordyn, Kristina, Paul, Kate, Ritz, Ara

## Kitchen—Call for grower contacts & home-grown herbs

**Wanted:** Information and contacts for Organic Growers in your area. If you are an organic grower, or know of, or purchase fresh organic produce from, a grower in your area who you think might be keen to grow for us for Convergence 2021, the Kitchen Heartbeat Team would love to hear from you.

We need to approach growers during this coming month as they begin to plan out their production goals from now on. Ideally, for transportation purposes, it would be best to have the majority of produce coming from the Canterbury region but we will also consider buying in food from further afield if necessary.

We are specifically looking for vegetables like zucchini, cucumber, onions, carrots, tomatoes, **lettuce!!**, salad greens such as mizuna and rocket, fresh herbs, cabbage, silver beet and kale, beetroot (yes there will be beetroot!) and potatoes, and fruit like plums, early apples, oranges, lemons, limes and avocados.

We would also like to encourage members of the Convergence family to grow a surplus of fresh herbs in your garden if you have the space, as any amount is appreciated, specifically basil, mint, coriander and parsley.

Please send information to [info@convergence.net.nz](mailto:info@convergence.net.nz)

— Kristina

## Kitchen menus in Info Tent

Lois suggests lunch and dinner menus be posted in the Information Tent one day in advance so that those with specific dietary needs can anticipate and bring alternative food to meals if/when required. Great idea! So, please can cooks bring print-outs of your menus for this.

## Convergence set up

Each year there are a few things to organise prior to Convergence arrivals on 27 December.

If you are interested in being involved in set-up prior to 27 Dec or overseeing an area of set-up on 27/28 Dec then please email [info@convergence.net.nz](mailto:info@convergence.net.nz) so that River can send an invitation to a Trello Board site.

The Trello Board site will have a list of the different aspects of pre-event set-up that are required for the smooth running of Convergence. Things that need to be done include mowing, food collection and delivery, and site inspection. A full list is available on the Trello board which you can see if you are interested in participating.

Many hands make for a co-created Convergence 😊 😊 😊

— Gail

## This year's theme

The theme is (go Gail!)... drum roll...

**Co-Created**

Which is the new way Convergence has to happen. Of course, even a rainbow of colour can take an interesting path—see “The Colour of Friendship” below.

Gotcha flying off your handles! 😊 😊 😊

No theme has been decided. Suggestions include: “Co-Created”, “Beneath the Mask”, “Constant Change”, “Re-Connection”, “PandemOnium”, “Nobody Knows”, and “Coming Home”.

Make other suggestions, and maybe we can all choose the theme at the start of Convergence.

## The colour of friendship

Once upon a time the colours of the world started to quarrel.

All claimed that they were the best.

The most important.

The most useful.

The favourite.

Green said:

“Clearly I am the most important. I am the sign of life and of hope. I was chosen for grass, trees and leaves. Without me, all animals would die. Look over the countryside and you will see that I am in the majority.”

Blue interrupted:

“You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and drawn up by the clouds from the deep sea. The sky gives space and peace and serenity.

Without my peace, you would all be nothing.”

Yellow chuckled:

“You are all so serious. I bring laughter, gaiety, and warmth into the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sunflower, the whole world starts to smile. Without me there would be no fun.”

Orange started next to blow her trumpet:

“I am the colour of health and strength. I may be scarce, but I am precious for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangoes, and papayas. I don’t hang around all the time, but when I fill the sky at sunrise or sunset, my beauty is so striking that no one gives another thought to any of you.”

Red could stand it no longer he shouted out:

“I am the ruler of all of you. I am blood—life’s blood! I am the colour of danger and of bravery. I am willing to fight for a cause. I bring fire into the blood. Without me, the earth would be as empty as the moon. I am the colour of passion and of love, the red rose, the poinsettia and the poppy.”

Purple rose up to his full height:

He was very tall and spoke with great pomp: “I am the colour of royalty and power. Kings, chiefs, and bishops have always chosen me for I am the sign of authority and wisdom. People do not question me! They listen and obey.”

Finally Indigo spoke, much more quietly than all the others, but with just as much determination:

“Think of me. I am the colour of silence. You hardly notice me, but without me you all become superficial. I represent thought and reflection, twilight and deep water. You need me for balance and contrast, for prayer and inner peace.”

And so the colours went on boasting, each convinced of his or her own superiority. Their quarrelling became louder and louder. Suddenly there was a startling flash of bright lightening thunder rolled and boomed. Rain started to pour down relentlessly. The colours crouched down in fear, drawing close to one another for comfort.

In the midst of the clamour, Rain began to speak:

“You foolish colours, fighting amongst yourselves, each trying to dominate the rest. Don’t you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me.”

Doing as they were told, the colours united and joined hands.

The Rain continued:

“From now on, when it rains, each of you will stretch across the sky in a great bow of colour as a reminder that you can all live in peace. The rainbow is a sign of hope for tomorrow.” And so, whenever a good rain washes the world, and a rainbow appears in the sky, let us remember to appreciate one another.

## Lushington Bay thanks

Last summer feels like a long time ago but one of its highlights was the weekend Convergence spent at David's family bach near Akaroa. About 30 of us spent the weekend catching up with Convergence friends, playing in the water, exploring the coast by boat, kayak and foot, and just relaxing and enjoying the view.

One of the Convergence artists—your newsletter's very own M—captured the glorious view and presented it to David as a thank you for a wonderful weekend.



## Set up and pack up for next Convergence

With the success of the new method of organising the cooking for the next Convergence, it is proposed to similarly bring together volunteers to take part in setting up and packing up. In particular people who know what to do and can step up to give leadership in the various jobs.

In the past it has often been the case that a very few people have been left, at the very end, to do a lot of work before leaving the site totally clear and tidy. It is hoped that with this bit of organisation in advance, that problem, hopefully, can be improved/resolved. In particular we have noticed that many people wander around on closing day, after the Closing Ceremony, wondering how they can help with pack up before they head home. The jobs list is now comprehensively organised for every day, for every area, and there will be jobs for anyone to do!

A 'Trello' board has been created which sets out all the various tasks, dates, instructions, materials etc required. It also has space for any comments or discussions which you want to contribute. We ask that anyone who would like to contribute/discuss ideas or volunteer to organise a particular job to join the ' Convergence Setup and Packup board '. Please reply to me, River, at [info@convergence.net.nz](mailto:info@convergence.net.nz) and I will send you a link. (I had problems with this, by getting caught in a continuous loop! If this happens contact me again.)

Seems like this next Convergence will be brimming with new energy to take us forward after the two year break!

— River

## Help build shed at Journey's End

Before we can have another Convergence, we still have to finish a simple shed at Journey's End. That's so we can store items like the stage or firewood, which we're no longer permitted to store outside around the container.

Without working bees this year all the firewood has to be bought, and any leftovers stored where we can use them again later.

The shed structure is up and the roof is mostly on. We need at least some walls.

The weather is getting warmer. If you'd like to help and go out to Journey's End for a day or two, contact Don (ph 338 9865), Volker, or reply to the email with the newsletter.

## 1986 in New Zealand

All of you should be familiar with the what of Convergence, the "what happens". The ceremonies, the workshops, non-commercial ethos, vegetarianism, an emphasis on community, music and drama, a determination to try new ways and new thinking, participation, awareness, growth, the collective effort, and so on. What you may not be so familiar with is the "why". Why are these elements "always" at Convergence? Why have they always been there, and when did they start happening?

To really answer these questions we must step into our trusty time machine, and spin back through the years. The dial whirls rapidly through the 2000s, barely slows for the 90s, and finally comes to a halt late in 1986.

The hair! The shoulder pads! The punks! Nobody is wearing a mask! Perhaps we need to find out what is going on? We find a microfiche film reader in a library...

The Mikhail Lermontov sank in the Marlborough Sounds, Parliament has passed the Homosexual Law Reform Bill, and the Constitution Act was passed, ending the right of the British Parliament to pass laws on behalf of New Zealand, and The Treaty is a fraud. Peking Man has a huge hit with Room That Echoes, the space shuttle Challenger blew up shortly after launch, a nuclear power station blew up in Chernobyl and Top Gun and Crocodile Dundee are battling it out to be box office No.1. Russian troops are leaving Afghanistan, Ronald Reagan is President of the USA, and everyone seems to be worried about a nuclear war.

Sometime in this October of 1986, in Christchurch, a small group of people are reflecting on the successful event which they called the "Towards 2000 Festival" (later to be called Convergence) that they had held for the first time the previous year.

We obtain a copy of the newsletter they wrote, titled "The Origins of Towards 2000" and read on...

"Last February we had a successful 4 day gathering drawn together by contributors and organizers of a workshop programme initially part of the Whitecliffs Music Festival.

The reason we have continued and now developed into a community-based co-operative preparing this festival is the inspiration derived from the last gathering and its positive outcome.

We see music and theatre playing a key role (in) bringing people together and enhancing awareness. The workshop/activities, sharings etc all aim to further the spirit of



participation rather than casual spectating.

You will perceive the balance between personal, social and environmental concerns. The distinctiveness of this gathering as a form and a celebration is that personal creative possibilities and collective responsibilities are able to be integrated.”

The 1986 “Towards 2000” promotional brochure has this on the front cover.

“An opportunity for a new kind of coming together. People focussed on social change are now also investigating dimensions of personal transformation, discovering more of the communion and renewal that is necessary for our survival. People working with the healing arts and growth of the individual can expand their perceptions, environmental and social awareness giving the possibility of a truly dynamic context for individual transformation.

This is an opportunity to explore greater awareness, fuller expression and wider care.

A wide range of workshops and activities

- Holistic health care
- Exploring social issues
- Personal growth processes
- Environmental renewal
- Expansion of artistic and creative expression
- Examination of our cultural orientation

There will be space for relaxation, play and self-inquiry, for sharing and for creative work.”

Offered was “Wholesome vegetarian food supplied for all meals Thursday breakfast to Sunday evening”. You were advised not to bring “pets, recreational drugs or alcohol”.

The workshops would include:

“Massage demonstrations  
Maori language  
Bioenergetics  
Reflexology  
Touch for health  
Acupuncture  
Osteopathy  
Hypnotherapy  
Barefoot counselling  
Anger workshop, communication workshop  
Homeopathy  
Macrobiotics, nutrition, uses of juices  
Men’s womin’s groups  
Homebirth, waterbirth, La Leche League  
Astrology, tarot  
Beyond racism

Beyond war/beyond hunger  
Environmental issues  
Greenpeace  
Co-operatives, self sufficiency  
Organic gardening  
Maori mythology and growth processes  
Creative music, creative dance and new games  
Playback (theatre)  
Tai chi, yoga, kum nye  
The body weather laboratory  
Movement meditation

All care and no responsibility taken. No gate sales. No refunds.  
It is our intention to ignore Waitangi Treaty Celebrations.”

From a letter promoting the above 1986 brochure:

“We have key input from holistic health, peace and environmental groups with culturally varied song, dance and theatre performances.

‘Towards 2000 Trust’ is a non-profit co-ordinating body committed to promoting positive approaches to personal growth and global survival.”

From a paper titled “Towards 2000: Purpose & Vision”

“Community based  
Sustainable and meaningful survival  
Celebration and enquiry together  
Integration

The Towards 2000 Festival is not out to promote particular styles of living or specific values. The people who form the co-operative come from many different areas of the Christchurch community and we are reaching out to everyone who wants New Zealand to be a healthy, peaceful place to live.

It is without a doubt ‘if we don’t change direction we will end up where we are headed’. At present where we are headed looks quite grim. In the face of the starvation and wars that persist all over the world, the violence in our cities, the poisons collecting in our environment, and even the anger in our personal relationships, most people feel despairing and powerless to help.

The vision that inspires T2000 is that we can change the present situation. We can live meaningful, joyful lives in a supportive creative community. The purpose of T2000 is to begin these changes now with the goal of peace and a positive social environment for everyone by the year 2000.”

A festival of healing and co-operation

“Towards 2000 is a gathering that has naturally arisen from individuals and groups in the community deepening their response to the current crisis, co-operatively developing this

response within a vision of sustainable meaningful survival on a global level, taking the opportunity to inquire into dimensions of personal transformation, social change and environmental renewal, and the exploration of their integration.

This is an opportunity for greater awareness fuller expression and wider care for everyone.

The festival is a time for celebration, coming together, acknowledging the growth we are experiencing and seeing the difference we make.

There is space for time-out, relaxation and self-inquiry, for play sharing and creative work.

Towards 2000 provides:

- A diverse workshop programme
- Continuous caring, healing, and creative areas
- Children/family programme and area
- Entertainment”

We have the answers that we came here for, so our time journey is complete. We must return to the distant future of 2021. A dystopian future, where despots and megalomaniacs rule many of the leading Earth nations, the environment teeters on the edge of collapse and a plague is sweeping through every continent. Actually—can I please stay in 1986?

Anyway, we have learnt that various people with a background in holistic health, peace and environmental groups with an interest in culturally varied song, dance and theatre performances came together to create the original Convergences. These elements became key tools for the change, the “better way” that the organisers were seeking, and they really have always been part of Convergence.

— M

## Communicate 4 Connection

*16 September 2021 7:00pm – 9:15pm, 7 Thursdays*

Online intro to the basics of nonviolent communication will be facilitated by Valerie Wycoff and Jim Lovell-Smith. This series of seven sessions on zoom introduces the basic skills of nonviolent communication. Cost in the range \$140 to \$280.

Your choice. To register please use this registration form:

<https://forms.gle/VKwJ6FkdEhnWWpyv5>



# Embodied Intimacy

Thursday 28 – Sunday 31 October (new date!), Whangarei

4 day Open Floor men's & women's movement retreat. Awaken & nurture your body, heart & mind.

A delicious retreat inspiring a new understanding of your feelings, through Dance, Communication Skills & Self-enquiry. Leaving you with great tools to take a stand for your life.

This Event weaves together

- Open Floor dance / Possibility Management
- Sharing circles
- Sauna every day
- Mindfulness in motion
- Breathwork
- Cacao ceremony and celebration dance.
- Individual, partner and group exercises. All designed to connect you with your body, your feelings, your creativity and your presence.

This retreat will invite you to take your ability to navigate your inner world to another level and use your feelings as the compass for your life. A journey to find out what it means to create deeper intimacy with ourselves and other people.

Sybille is a leader in transformational movement medicine events. Using her own courage and vulnerability she opens spaces where both shadow and brightness are transforming. She loves creating a wave of people building authentic community and new culture.

Where: <https://www.thefarm.co.nz>

Investment: \$590 all included

Sign up: <https://forms.gle/R1uX7nAR59Qijr7LA>

More info: <https://www.embodiedfreedom.co.nz/embodiedintimacy>



## Active Hope retreat—How to face the mess we're in without going crazy

22–25 October 2021, Anahata, Golden Bay

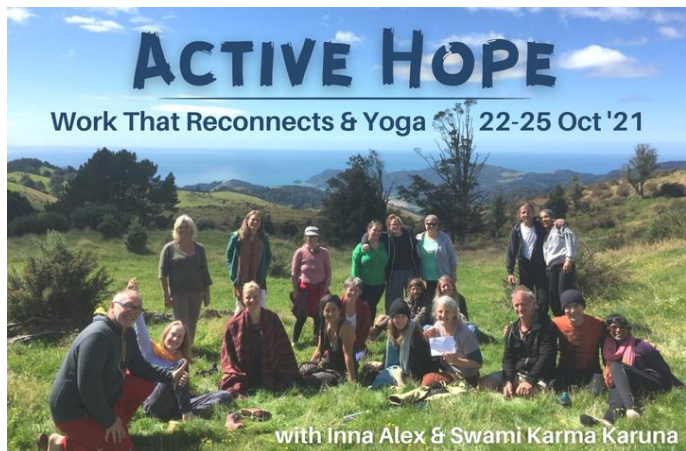
4 days of Deep Ecology & Yoga in Golden Bay with Inna & Karma Karuna

Join us next month for authenticity, connection & inspiration with the Work That Reconnects at Anahata Yoga Retreat next month.

“If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear.” —Joanna Macy

More info:

<https://www.innaevolution.com/active-hope>



## Expand the Box training with Open Floor movement

Friday 19 November 9am – Monday 22 November 4pm, Christchurch

The collaboration of Ana Norambuena and Sybille Biedert brings pure transformation with the sharpness and possibilities from distinctions from Ana and the wisdom and integration from movement. You will not be the same after!

Expand The Box provides you with astonishing skills in the areas of listening, speaking, feeling, experiencing and connecting, which will make your life richer, more vivid and more conscious.

Outer change starts with inner change. This 4-day residential training opens doors into radical, responsible adulthood.

Where: <https://livingsprings.co.nz> (pick up from the airport can be arranged)

Investment: \$1000

More info: <https://www.embodiedfreedom.co.nz/expandthebox>

Sign up: <https://forms.gle/A1jYj8ceVj4GNYMc6>



## 2022 in the Tui Events Park

### Inward

*7–9 January 2022, Tui Events Park, Golden Bay*

3 day nature based journey into responsible manhood. Tribal Aliveness, Nature Connection & Possibility Management. Facilitators Jay Horton & Tristan Girdwood.

More information and sign up [jaypheye@gmail.com](mailto:jaypheye@gmail.com)

### Unapologetically Alive

*10–13 February 2022, Tui Events Park, Golden Bay*

4 Day Evolutionary Women's Retreat

Women Empower Women, Empowerment, Creation, Connection

Open Floor Movement & Possibility Management Fusion

Facilitators Sybille Biedert & Julia Neumann

More information and sign up [admin@embodiedfreedom.co.nz](mailto:admin@embodiedfreedom.co.nz)

### Embodied Freedom Annual Retreat

*23–27 March 2022, Tui Events Park, Golden Bay*

5 Day Men's & Women's Movement Retreat Year 5

Special Edition this year is the new big pentacle to dance under

Awaken & Open your Body, Heart & Soul

Open Floor Movement & Possibility Management Fusion

This retreat will invite you to take your ability to navigate your inner world to another level and use your feelings as the compass for your life.

A journey to find out what it means to create deeper intimacy with ourselves and other people.

Facilitators Sybille Biedert & Jay Horton

Investment: super early bird \$590 / early bird \$680 / full price \$750

More information, videos, photos: <https://www.embodiedfreedom.co.nz/summerretreat>

Sign up: <https://forms.gle/FzUehgpCickUzSuk6>