



Convergence Newsletter

Sept 2023

Welcome to the September Convergence Newsletter! First and foremost, tickets go on sale on 1st October for this year's Convergence Festival. There is a call for volunteers from Kristina and Paul to help in the Kitchen during the event. If you want to assist with the preparation for the event your help would also be much appreciated. This can be as simple as placing a food order with one of our suppliers, or offering to cart supplies out to the site. River offers up some thought-provoking questions around sexuality and encourages more discussion around these topics if you feel drawn to this. Stephen shares with us a heart felt poem. It might be a strange coincidence or serendipity, but Stephen got a ride to Convergence with Arthur Cunningham who passed away recently. Both the end and the beginning of something life changing for all those involved.

Following this there are a wealth of events on offer from people associated with Convergence to help you fill in your summer calendar. Events are all over the South Island from Golden Bay all the way down to Dunedin. Check out these opportunities to connect and learn more from a range of experienced facilitators. Whatever your plans for the summer may Convergence be with you.

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Convergence Notices and Newsletter

Send notices you would like to have included to info@convergence.net.nz

To receive the newsletters ask info@convergence.net.nz for it.

This newsletter comes out roughly 4 times a year. Please send contributions to info@convergence.net.nz Upcoming deadlines will be announced by email prior to newsletter.

Kitchen Angels

Paul and I had a very good time at last years' Convergence, and much of this was to do with the way that the kitchen ran. It was incredibly rewarding to see the new menu plan working, to witness the joy and fun that happened in the kitchen and receive so much happy tummy feedback.

Thank you so much to the small team who formulated the system and did the recipe testing over the previous two years. Thank you to the team of folks who ordered and collated the food. Thank you so much to the individual leaders who came into facilitate a meal. And a huge thank you to all of the helpers who volunteered to prepare the food and basically be guinea pigs for our experiment with a new system. We decided not to have woofers anymore and asked that everyone who attended take a turn in the kitchen, be that prepping food, cooking, doing dishes or cleaning up and this worked VERY well.

We've tweaked it a bit more, transferred everything over onto an app called Paprika, which will hopefully make everyone's jobs easier and if and when we can figure out how to give access to everyone, you can all look at the recipes. Otherwise, we'll get them scaled down (which is super easy in this app) and post them on the website in 2024.

For those who didn't attend last year and would like to know what's changed, the lunches are a make-your-own sandwich/wrap/bun affair with a variety of fresh ingredients, sauces, dressings, nuts and fillings like hummus, salsa and tapenade. Dinners have simplified to a main dish with a carb and two or three vegetables. We have endeavoured to keep everything vegan and gluten free but dairy options are available.

We will be running the same system again this year so this is a call out for leaders for lunches and dinners. We've already had a few people sign up, gratitude for your enthusiasm which speaks to how much they must have enjoyed it! We need 12 people in total, we have 3 already. Please email info@convergence.net.nz to volunteer with KITCHEN ANGEL in the subject line.

Love and light,
Kristina and Paul

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Convergence Festival 2023

Harmony through Expression

After the success of last year's Convergence Festival we know you want more. We are pleased to announce the moment you have all been waiting for: tickets to the Convergence Festival 2023 go on sale on 1st October. Earlybird tickets are available until 31st October and Standard tickets are available until 20th December, or until sold out.

Attendee numbers will be limited to 150 people to ease the transition to the new structure for the meals and the set up and pack up of the event. Yes, you will be expected to assist with all of the above tasks so you are an integral part of the creation of the event. This is co-creation in action.

Ticket prices have increased for this year as Convergence g at a loss last year, due to rising costs and the smaller number of attendees.

What hasn't changed is the deep connections, delicious food, stimulating workshops and awesome entertainment created by the wonderful people that attend the Convergence Festival. If this sounds like you check out <https://convergence.net.nz/>

The Magic of Convergence

I am lucky,
Someone once told me about Convergence,
So I attended in 2002 without a clue,
With a mischievous palm reader,
My convergence leader,
Arthur Cunningham,
Driving in his old van,
From Queenstown only reaching 70km per/hour,
But we had more time to breathe,
More time to smell the flowers,

I met my wife the very first day,
Electric connections not written,
Or described in any other play,
The stars shined so clearly each night,
So illuminating,
so strong and so bright,
This fresh experience made me feel free,
The creativity and joy of a co-creative community,

Sometimes I helped a lot,
And it felt good to serve,
Sometimes I did nothing and pleased myself,
And that felt good too,
I have cried,
I have laughed,
It has been freezing cold and boiling hot,
I have seen tents flying through the air,
Danced with this tribe without a care,
Bathed in the water and boiled in the sauna,
Walked alone through the stream,
Balanced rocks whilst getting lost in a dream,

Things will change,
This is inevitable,
But the potential is always there,
Especially at this time and in this place,
To find some magic and a sense of grace!

Stephen

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It is with sadness we announce the passing on the 20th September of Arthur Cunningham. Arthur had been a regular attendee of Convergence for many years, until recent times when he found it too difficult for physical reasons. He passed away peaceably at the Jack Inglis Care Home in Motueka with his son, Robert, at his bedside. He will always be remembered as the quiet, softly-spoken palm reader who seldom refused a request to cast an eye over one's hand. Arthur was much loved by so many people and will be dearly missed. Journey well beautiful soul.

Arohanui
John Dainty

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The Mating Game at Convergence – 12 years on

Before I first came to Convergence 12 years ago I was told by more than one person that:-

a) I would love it.

b) It was full of sexual predators.

They were correct on both counts! I did indeed love it and, looking around the cuddle cafe I could see sexual predators in action, both male and female - or was it just the mating game in action?

Then came the “Me Too Movement” and, later, Covid. Things changed.

Press the ‘Re-start’ button.

At the last Convergence I observed an interesting phenomenon. Two older people, who happened to be men who had not been to Convergence since before my time, arrived independently, and both immediately dropped into their old ways around sexuality and not surprisingly, people’s buttons were pushed. Processes happened and problems were dealt with in the time-honoured Convergence way of complainants talking with ‘Elders’ who quietly facilitated solutions. If either of those men return again to Convergence there will be many people keeping an eye on them.

Needless to say, amongst those who were involved, there has been discussions about “What’s to be done? What needs to change? If anything? I am writing this article with those questions in mind.

In the last few days, I have been writing down my thoughts on “Sexuality and Hormones” from the perspective of a 77 year old heterosexual male. Once this Newsletter has gone out, I will post those thoughts on the Convergence Facebook page and, hopefully, this might ignite a worthy discussion similar to the ones we used to have pre-Covid. As a taster here are the first two paragraphs and questions which arose for me as a result of writing down my thoughts. You will have to read the whole document * to appreciate the context as the questions may be confronting for you - depending upon your points of view.

Here goes: -

Sexuality and Hormones. Are Men and Women Equal?

A year or two ago a woman friend said the following to me:- “Some men can control their sexual feelings therefore all men should be able to.” I’ve carried those words with me since then and often pondered my heterosexual male reaction to them - which I was not able to respond to at the time. Now is the time.

Everything I write here are the thoughts of an older, heterosexual man who has always been fascinated by the differences between people and also by nature, in particular wildlife behaviours. Over the last 35 or so years I have sat in many hundreds of ‘sharing circles’ where men, and sometimes women, have shared intimate details of their sexual lives and/or feelings. I have also watched probably hundreds of wildlife documentaries (of the David Attenborough ilk) which so frequently show the mating habits of different species.

From these observations there are four questions that arise:

1. Why are women’s hormonal drives etc seen as positive and are on display and ‘honoured’ and ‘encouraged’ whereas men’s are definitely NEGATIVE and must be hidden, controlled and modified?
2. Why are men scoring many women labelled as ‘sexual predators’ and women doing the same are not?
3. Why do some women interfere and demand that men MUST curtail, control and hide their sexuality whereas women must be allowed to show and enjoy theirs without men interfering.
4. Why is it that women are allowed to have many variations of their sex drive but men ‘should’ all act the same as each other, in a responsible manner?

If you’d like a copy, (note it is very explicit) write to me and I’ll send you one

River river@somenicename.co.nz

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Contributors

Thank you so much to the many who have contributed their writing this time. The newsletter is never possible without you! Please don't stop. If you have not yet written about your experiences at Convergence, musings or thoughts about Convergence, or an event you're running and feel passionate about, please send it to info@convergence.net.nz. We publish everything we are sent, except for events that have been over before we could get a newsletter finished.

Event Organisation

You can contribute to the Convergence Festival both before the event and when you arrive. Your contribution to the event can be as simple as placing an order with one of our suppliers, or picking up bread to take out to the event. It does not have to take a lot of time or effort, but many hands make light work.

If you wish to contribute in any way, please contact info@convergence.net.nz

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Pot luck Shared Meal in Christchurch

As a warm up to the main event and a chance to reconnect with friends, both old and new, a pot luck shared meal will be held on Saturday 28th October from 6.30pm. Bring food to share and a willingness to connect.

Heathcote Valley Community Centre. 45 Bridal Path Road, Heathcote Valley, Christchurch. (Next to the sports grounds).

Any queries please contact John on jmkelcher@gmail.com

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Firewood Chopping for Convergence

A day of collective mahi to co-create a load of firewood for the upcoming Convergence. Don has already felled the trees, so they just need to be chunked up so they'll feed the Convergence fires to warm our bodies and souls.

Please bring your working gear (earmuffs, gloves, safety glasses etc.) if you have them. If not there will be enough there for those doing the splitting. We also need hands to haul wood around, and relieve those on the machine, so the more, the better.

Bring picnic food to share and your picnic stuff. Don will tell you about anything else you'll need to bring. Please put this date in your diary now.

Details: Saturday 14 October

A property on Maddisons Rd, Templeton, Christchurch (Don will give you the details)

Convergence will supply the splitter

Phone Don for details of the day 03 338 9865

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Tui Permaculture Design Certificate Course

Golden Bay - 7-25 Feb 2024

Another residential Permaculture Design Course (PDC) at the Tui Treefield with Robina McCurdy, Charley Bradley and Inna Alex will take place next summer. A life-altering course that up-skills in many areas of life and empowers you towards more regenerative and interconnected living. Find out more: <https://earthcare-education.org>

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Spring 2023 Weekend for Men

SPRING 2023 WEEKEND FOR MEN

ROTOITI OUTDOOR EDUCATION LODGE

ST ARNAUD, NELSON LAKES.

LABOUR WEEKEND - Friday 20th - Monday 23rd October 2023



Our Autumn 2023 Weekend for Men will be held at the Rotoiti Outdoor Education Lodge, back in our traditional home. We'll connect over an evening meal on Friday 20th October 2023, followed by an introductory circle, sharing our intentions for our time together. Our weekend will evolve from that process, and we'll finish up around 1 pm on Monday 23rd October 2023. This weekend will offer the opportunity to step outside our daily lives. Learning from past experience, we'll use both sharing circles and open space, plus walks around Lake Rotoiti and up Pinchgut Track, and one on one connections, to build our sense of community with other fine men. Alternatively, you may wish simply to chill by the fire.

We do have the structure of circles morning and evening, with the afternoon free as open space. The invitation to each man is to ask for what you want. There will be opportunities to offer processes, facilitate a discussion on a topic that is real for you, walk in nature, or simply to take time out. This is not a workshop, but an opportunity to co-facilitate our time together, to use the power of the circle to share of ourselves, and to explore issues close to our hearts. Within our circle of late, there have been new men from different groups bringing their experiences to add to the mix. And over the past 2 years there has been a focus in open space to learn and support Hardy and Victor in their Top of the South Men's Initiative.

Accommodation will be \$50/night, less if money is tight. As a group we'll support your attendance. Bring your own breakfasts and food to share for combined lunches and dinners, which we will prepare communally. In the kitchen preparing food for others is one way of nurturing our community of men, in our circles where we deepen our connection, and in our play where we celebrate as men.

Do come prepared to take responsibility for what you need and to participate fully. Be ready to embrace the richness of a shared enlivened experience with open-hearted men. And if it feels right, please actively spread the word and possibly invite another man or two to come with you.

Regards, Murray 0274 327 419 minglis@xtra.co.nz

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'Radically Alive' Women's Gathering

A heartfelt invitation from Damiet Loor, Sybille Biedert and Julia Neumann for the women in the convergence community to join us.

Explore being wild and alive with honesty, love and co-creation for 3 days in the Tui Treefield.

Third 'Radically Alive' Women's Gathering in Golden Bay, Tui Events Park.

An evolutionary journey to empower us to be real, wild, soft and bring our wisdom, gifts, talents, tears, joy and what yet to unfold.

WHEN: Thu 16 November 2023, 5 PM - Sun 19th November 2023, 3 PM.

WHERE: Wainui Bay, Golden Bay (McShane Rd)

PRICE: \$650 per Woman

Sign up:

<https://forms.gle/>

more info:

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



Together we co-create the relating to women your hearts long for, by being honest and healing with each other.

Authenticity and Love are key. A gathering of Feeling and Movement.

What it includes:

- Reconnect with your authentic feelings, with the help of distinctions from Possibility Management
- Integrate your feelings and transformation through movement practice with Sybille
- Let the magic of movement connect you with all your bodies.
- Share in a space of Radical Honesty and Authenticity
- Consciously connect with your inner warriorress, your conscious anger
- Bring in your necessity and wisdom on how to create a next women's culture rooted in a radically different way of being with each other to bring also to your community.
- Shared, simple and nourishing food, 3 meals a day - which you can help co-create if you want to ground and connect in the kitchen space
- 3 nights camping or marae style sleeping, or rent a room in a house nearby.
- Creatively collaborate with other women from a place of curious responsibility

We will dance together, feel, express, share authentic feelings, food and hot tubs, take back authority, nourish ourselves, and rekindle our fire.

Facilitators:

Sybille Biedert, Julia Neumann and Damiet Loor



Sybille Biedert
Founder of 'Embodied Freedom' Movement Practise
Possibilitator / Edge Worker
www.embodiedfreedom.co.nz
Contact Sybille 0210402261

"Embodied Freedom opens a door to be in a space that is beyond your day to day life. Where there is an opportunity to get to know yourself. Your feelings, your inner world. And then to meet others from that embodied, free and authentic space,"

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Deep Ecology Online

Six Week Course

3 Nov - 8 Dec 2023

Inna is part of a team of 3 facilitators guiding this deep dive into Deep Ecology practices. The online format invites you into connection with folks from around the world who care about the Web of Life. Live sessions are balanced with inspiring home practices that you can do in your own time. More

info: <https://www.deepecology.org.au>

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NZ Yatra

A 9-day Guided Mindfulness Nature & Tramping Retreat,

26 Nov - 5 Dec 2023

Ronny Hickel has taken people to "walk country" in Australia for many years. In the spirit of a pilgrimage into deeper connection, guided dharma and deep ecology practices support long walks in silence through nature. This is the second time Ronny is bringing the Yatra to NZ and he has invited Inna to join in guiding. Location will be around the Abel Tasman NP. An opportunity for a unique immersion. More

info: <https://www.innaevolution.com/>

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SoulHum

20-24 March 2024 / Golden Bay / Tui Treefield

Be part of a groundbreaking experimental festival that brings together young people (17+) with older adults to explore, discover and resonate together in relating.

SoulHum is a non-profit Conscious Discovery Festival, in the Treefield in Golden Bay.

Earlier this year, Theo, Madison, Leah and Fox, all young adults between 16 and 19 years old, and three of them from our Convergence family, joined in a Embodied Freedom Event.

The combination of younger and older adults creating together sparked a wish to learn from and inspire each other in equality. Longing for more, the idea of this Festival was born.

A multi generational team came together to create the foundation of this Festival that is inspired by Convergence. There will be community cooking, workshops, music, dance, open mic, sharing circles and sauna. This is a Co Created Festival. We want you there!

This three day festival will be happening from 20 till 23rd October at the Treefield, Tui in Golden Bay. Costs are \$180 to cover food and accommodation.

This is a 100% alcohol and drug free event. There is space for 50 people.

For more

info: www.embodiedfreedom.co.nz/

Facebook link for event: <https://fb.me/e/>



The poster for SoulHum Conscious Discovery Festival features a central graphic of a sunburst made of rolled-up scrolls. To the right is a QR code with the text "more info + Register" and an arrow pointing to it. Below the sunburst, the text "SoulHum Conscious Discovery Festival" is displayed in a stylized font. The main text on the poster reads: "Be part of a ground breaking experimental co-created festival that brings together younger (17+) and older adults to explore, discover and resonate together." A list of activities includes: Nature immersion, Music and DJ's, Conscious Dance, Workshops, Sauna, and Community living. The dates "20 - 22 October 2023" and location "Tui treefield, Wainui Bay" are listed. At the bottom, it states "Cost \$180 food inclusive", "Age 17+", and "Drug free event". The website "embodiedfreedom.co.nz/soulhum" is provided for more information.

more info + Register →

SoulHum
Conscious
Discovery Festival

Be part of a ground breaking experimental co-created festival that brings together younger (17+) and older adults to explore, discover and resonate together.

- Nature immersion
- Music and DJ's
- Conscious Dance
- Workshops
- Sauna
- Community living

20 - 22 October 2023
Tui treefield, Wainui Bay

Cost \$180 food inclusive Age 17+ Drug free event
More info + Register embodiedfreedom.co.nz/soulhum

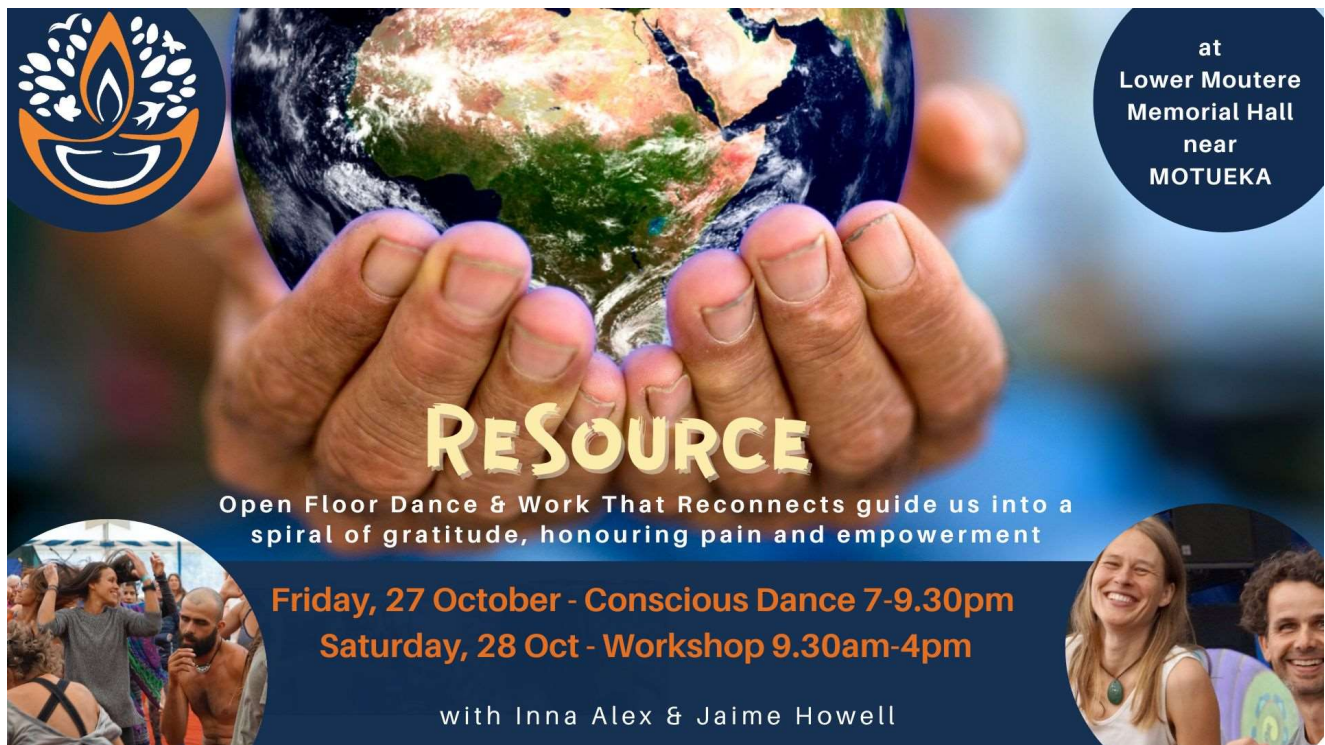
With love,
Aralyn, Damiët, Sybille, Theo, Fox, Mikis, Madison, Chai and Desmond, the Soulhum team.

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reSource

A Day of **Open Floor Dance & Deep Ecology** with Jaime & Inna in **Motueka**
28 Oct 2023, 9.30am-4pm

Being alive now surely is a multi-layered experience, rarely free of challenges. If movement and being in community is part of your resilience, join us for a day of dance, connection and regeneration of our gusto for Life. Find out more: <https://www.centreforthegreatturning.org>



at
Lower Moutere
Memorial Hall
near
MOTUEKA

RESource

Open Floor Dance & Work That Reconnects guide us into a
spiral of gratitude, honouring pain and empowerment

Friday, 27 October - Conscious Dance 7-9.30pm
Saturday, 28 Oct - Workshop 9.30am-4pm

with Inna Alex & Jaime Howell

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Braided Women Gathering

Staveley Campsite Friday 17th - Sunday 19th November

Braided Women Gathering

The Power of Ritual



Celebrating and Living the Sacred Feminine Together

Does a weekend of Ritual, celebration, heart-sharing, and
nourishment excite you?

A heartfelt invitation from the Braided Women of Aotearoa, New Zealand goes
out to all Women everywhere

Beautiful in diversity through age, stage, creed, culture and experience.

Staveley Campsite, Canterbury

Friday 17th November - Sunday 19th November

2023

Tickets Available online

www.braidedwomen.co.nz

Kovido Maddick

Promoting Mindfulness in Otago



Mindfulness 2.0
Continue Your Mindfulness Journey

Mindfulness Works 2.0
5.30-6.30pm Thursdays
October 19th to November 9th 2023

Greetings!

I recently did the training to teach the Mindfulness Works 2.0 course. I found it really useful for my own practice and want to share it with you!

Mindfulness Works 2.0

Alexander McMillan Room

Dunedin Community House 43 Princes Street, Dunedin, Otago 9016

19 & 26 October, 2 & 9 November Thursdays 5.30 – 6.30pm

This course is for people who have already done the Intro to Mindfulness course or have some experience of meditation and would like to deepen and develop their practice. In this four-week course participants will build on what was learnt in the introductory course and practise being with themselves, their thoughts and their feelings in a non-judgmental way.
Cost \$145 with \$125 early bird rate

Registration: <https://www.eventbrite.co.nz/e/mindfulness-20-tickets-712633394667>

I hope you can join me,

Kovido

About Kovido

Kovido provides mindfulness training for individuals, groups and workplaces. He spent 10 years as a Buddhist Monk and has been teaching meditation classes, retreats and workshops for the past 20 years.