

## Online Experiment with Light meditations Quaker Week 2019

The focus for the meditation will be:

**Monday 30 September**, 8pm-9pm: Privilege

**Tuesday 1 October**, 8pm-9pm: Sustainability

**Wednesday 2 October**, 8pm-9pm: Peace

**Thursday 3 October**, 8pm-9pm: Diversity

**Friday 4 October**, 8pm-9pm: Simplicity

### Format of the sessions

Participants will be able to join the Zoom meeting from 7.50pm onwards. The session will start promptly at 8pm, with an introduction given by the facilitator. The guided meditation will begin around 8.05pm and last until about 8.30pm. There will then be time for reflection, followed by a time for sharing what has come up in the meditation for those who wish to do so. This will be held in the style of worship-sharing (or creative listening). The session will finish at 9pm. The meditation, time for reflection and sharing are all part of one process. Therefore please do not join the meeting after 8.05pm and do stay until the end of the session at 9pm. (All times are in British Summer Time.)

### If you have not used Zoom before

There is a small download required to run Zoom which works well using PC/Mac/Smartphone/Tablet formats. You will need a device with a camera and sound options. A smartphone or tablet may be better than an older desktop computer as they can be slow running with video.

To get you started

- with a laptop or desktop computer: click on the link <https://zoom.us/j/7889989984> and follow the onscreen instructions. This shouldn't take much longer than a couple of minutes.
- with a phone: ring one of the numbers under 'dial by your location' (in the joining instructions below) and follow the instructions. The meeting ID is 7889989984
- with an iPad/tablet: open the App store and search for "Zoom". Choose "Zoom" with a mid blue icon of a video camera and download it (there is no charge). Once installed, open the app, click on "Join a meeting" and enter the meeting ID 7889989984

## Join Zoom Meeting

<https://zoom.us/j/7889989984>

One tap mobile

+441314601196,,7889989984# United Kingdom

+442030512874,,7889989984# United Kingdom

Dial by your location

+44 131 460 1196 United Kingdom

+44 203 051 2874 United Kingdom

+44 203 481 5237 United Kingdom

+44 203 966 3809 United Kingdom

+1 646 558 8656 US (New York)

+1 720 707 2699 US (Denver)

Meeting ID: 788 998 9984

Find your local number: <https://zoom.us/u/ab1w2i36Mc>