

Journal of the Experiment with Light Network

Issue 18 2016

£2.50

From Shadows to Light



Editorial	Helen Meads	2
Tiny Shifts	Bridget Fensholt	2
Ponderings	Margaret Roy	5
From Shadows to Light	Audrey Vaughan	6
Journeys to the Light within: Introductions		9
Retreats		10
South West Regional Gathering		10
News: Experiment in Peru	Sue Glover Frykman	10
9 Step Version of the Experiment used at FWCC		11
Report: Shallowford Weekend, October 2015	Audrey Vaughan	12
Notice of Experiment with Light Network AGM 2016		14
Experiment with Light Network minutes 2013-2015		15
Website, facebook, email and Subscriptions		20

Editorial

Helen Meads

When I looked at the articles submitted for this edition, I could not better Audrey Vaughan's article title, so Audrey's words carry the edition as well as her article. All the photos in this edition (except those on pp9-11) are Audrey's: see the story behind them on p6.

This eighteenth edition of the Journal comes in four main sections.

In the first (experiential) section, Bridget Fensholt, from St Paul, Minnesota reflects on the shifts the Experiment has brought in her life, Margaret Roy ponders after last September's Swarthmoor Retreat and Audrey describes her creative journey.

The second section contains the usual details of forthcoming weekend and day events (those of you in the South West, please note particularly the Regional Gathering on Saturday 21 May). Then follows a third section, with news of the Experiment at the FWCC Gathering in Peru in February from Sue Glover Frykman and Audrey's report on last October's weekend at Shallowford.

The fourth section consists of notice of the Network's Annual Meeting 2016 and the Network minutes 2013-2015, with a preceding explanation of the background.

As lead editor this time, I thank Audrey for her careful reading and support. Susie has taken an editorial holiday this time and we look forward to her being back at the typeface soon.

15 March 2016

Tiny Shifts

Bridget Fensholt

The articles in edition 17 of the Journal came together for me as if harmonies in a choir. I was left with the sense that this practice was not invented so much as discovered: like a subtle sixth sense of perception that is an inherent human capacity. Similar ways of refining *knowing* are peppered throughout so many spiritual traditions. The final stage of Experiment with Light (Submission) is my late breaking news: the idea that the necessary result is a change in my behaviour, although I generally dislike altering course. Sometimes the work is adjusting an attitude, which no one might see. But most often it calls for me to do something, or stop doing something ... to open my schedule or home to aid a refugee family, maybe ... or to stop giving my grown son relationship advice.

I am finishing week one of two as a visitor at a small Buddhist monastery in the Midwest of the USA, founded by an old friend. I find myself irritated by all the gongs and statues and drums and tapestries, a hodgepodge, it seems, from many traditions. Book study hours are chewed up parsing out the meanings of words translated from one language to another, through another tradition and back again. Personal anecdotes are discouraged during

discussions in favour of global theories ... and the teacher pops in at the end of the session to answer any questions about the meaning of it all. The culture seems to suspect and discourage any enlightenment not personally mediated by the teacher.

I find myself aching for the fluidity of the spiritual growth process in Quaker meeting, my work in the Experiment ... and my life-saving twelve-step communities. All of these groups have a deep faith in the inherent wisdom in each of us that connects seamlessly to a universal wisdom and have developed a process to help draw that wisdom out. They each provide a non-hierarchical framework for spiritual growth, for understanding and accepting how things really are and working with that. They each assume a desire to change, as we see more and more of the truth about our situation.



When I am in pain (my cue that I do not understand and accept a situation) I can ask for counsel from whoever in my community or from whatever literature I suspect might be of use. I will hear one of three types of messages. I may hear that I am right and need make no adjustments. That message usually comes from someone I have no business consulting in the first place.

(Like a too loyal high school friend who has never met my irritating ex-husband.) Or I hear something that is so unlikely to be helpful that I resist it because, at that time, it has no handle for me to grasp. (Like a teacher giving me the advice to sit and meditate six hours a day when advising me how to be friends with a struggling friend, who wants only confirmation that her familial meddling actions are justified.)

I am training myself to heed the counsel which asks me to change in a way that I find distasteful or scary, but reasonable. It is the counsel I receive from doing the Experiment. In my experience, this process always results in undeniable encouragement to make a shift, however small, in my behaviour. This comes from a shift, however small, in my understanding. When I enter a session, I am already acknowledging that it is not a question of whether I will be asked to align myself more closely with truth, but how.

Recent sessions have pushed me to make small but frequent visits to my children, rather than tension-filled weeks with them. I have learned to let jibes by my older sister come and go without defending myself, trusting that her love has porcupine qualities. I have decided that I will keep a stash of \$5 bills, 20 per month, in my car so I can give them to panhandlers out of a fund just for them, so I do not have to judge worthiness every time someone asks for help on the entrance ramps of I-94. I have decided that the degree of ambition my son chooses for his life is his business. And so on.

Tiny shifts. But always shifting toward wisdom and away from that tricky little ego, who wants to be completely right already. I am grateful for this gift of witnessing the work and thought of so many who are committed to obedience to spirit.

I am still on my roller coaster ride. Though perhaps the roller coaster is moving a little more slowly, I expect the ride will continue. Sitting with my own thoughts, and with my journaling, is helping me; but perhaps the most powerful support comes from being upheld by my Light group, and waiting in the Light for leadings.



Ponderings

Margaret Roy

(following the Experiment with Light Retreat at Swarthmoor Hall, September 2015)

Retreats are very special. Shut off from the World, they are a way of re-aligning one's Self. Re-orientating. Re-assessing what is of value so one can re-dedicate one's effort.

I consider myself fortunate in that I have come to the end of a very challenging and productive career and have gone through the trauma of letting it all go. Hinduism has the concept of Ages. I am now in the spiritual phase of turning inward away from the world. And I count myself lucky that I have few responsibilities now.

This retreat had a profound effect on me.


Yes, we are surrounded by Light. Almost all of us have flashes we call insight when the Light speaks to us from the depths of our being. We see the Light in the flowers and the trees, in the song of the birds and the sound of the stream. Human kindness touches our hearts. Something very pure awakens inside, in our heart, in our soul. We know we are more than dust.

I saw the light reflected from the purple hydrangeas. My heart smiled. Scientists now know that it is the light in every cell that switches on the process of life activating the DNA. Now I realised light is more than a reflection from the surface. The beautiful hydrangea is expressing the Light that is its very being. Is this what the Ancients called 'soul'? I have been influenced by Jacque Lusseyran's story. Blinded at nine years, he found he still had vision but internally. His relation to the light changed as he slowed down to pay attention, to attune to it. The Light was within. He did not need to stumble. He knew where things were in his path. His relationship to the trees changed. He sensed a quality in the space around him. However, he lost this new perception when he was plunged into Belsen in 1940. We are so busy that the Ego's demands blot out our Light.

On the retreat I was plunged into a deep stillness, so still that a squirrel dropped down beside me unaware of any danger until I moved. Sitting in the garden I saw Light call forth the Life of plants and birds. The Light awakened the Earth into Life. As I saw rainbows of Light, I saw the waves moving on and on. We are all in the Light. We are the Light, one in all and all in One. You are me and I am you. There is no separation except we create it in our delusion, in our three dimensional Newtonian minds.

In my passion I embraced the Light and held it. NO. The Light moves on. To hold the fire is to burn. "Let the Love flow" the voice said. As the Light awakens the heart it blossoms with compassion and love. To hold someone in the Light now has a deeper meaning for me: to touch from that deep place then to let go. We are all in the stream, never separate in the Light.

And now to go home. How am I changed?



I want to pay more attention to the Light yet I feel my separation. I don't want to be lost again. How/why, do we fall down again? There is so much that feels dark. Jesus said "the Poor are always with you." We strain to create a better world. After all, he also told the tale of the Good Samaritan. As we live in the World, it is as if we have a burden to change it, to bring in the Kingdom. Busy, busy, busy. The Ego charges on. How to keep it attuned to the Light. But he said "the Kingdom is not of this World." What does that mean?

From Shadows to Light

Audrey Vaughan

When I left school I trained as a diagnostic radiographer in a hospital. I learned to take X-rays of people. We routinely looked at black, white and grey images of the human body. Some people refer to these sort of images as shadows. Some years later, on holiday, I found myself fascinated by and taking photos of shadows, and in particular my own shadow.

Later, as a mature student, I went to art college. One morning I stopped on a country road to take some photos. I noticed my elongated shadow was cast straight down the road. At the end of the day, returning from college, I stopped in the same place. This time my shadow went up the gentle slope of a ploughed field. I spent a long time looking at the photographs I had taken that day; they fascinated me. One seemed to show me in the cold light of dawn; the other appeared warm and earthy in golden evening light. These two photos were to influence my final degree show; images of my shadow.



Eventually, I discovered Quakers and soon after, I was grateful to find Experiment with Light. Somehow this seemed like something I had been searching for. All was well for a few months, but then I broke my arm.

A week later, our Light group met. In the meditation, I began to focus on an unease around the lack of creativity in my life. However, I realised that I could still take photos with my little camera, even with an arm in plaster. (I had already taken one that morning.) I knew immediately - my subject was light and I wanted to take a photo every day for a year. And so my Light Project began. My photos of light would be any aspect of light that I found interesting. I had no idea how easy or hard this might be, or what might result from the experience. I loved the idea of an ongoing challenge, despite the worry that I might not be able to achieve my aim.

Now that year is over, I am reflecting on what happened. And trying to figure out what to do next.

I assumed it could be difficult in winter months to get any light for my photos, but even on grey days I managed. Sometimes it was just looking up to the sky. Surely, that had to be some form of light? Some days the lightest thing would be a puddle reflecting light from the sky. However, in summer, I found there could be so much light that taking a light photo was difficult. This was not what I expected!

At certain times of year I can see the sunrise from upstairs in my house. So I began to look at the weather forecast and check what time the sun would rise next morning. When I woke up, I would rush to look round the curtains; often the loveliest colours and effects in the sky are before dawn. Many times I took photos before, during and after dawn. Then I found it a struggle to choose just one for my project. But it was a wonderful experience, just to be there to witness such a beautiful time of day. Often I noticed that the weather would rapidly deteriorate, the sun would disappear, and the subsequent day would be dull. But I carried in my mind (and camera) the wonderful sunrise.

I came to realise that I was creating a sort of diary. Often the photo showed exactly where I was, reminding me what I was doing on that particular day. In November, we were fortunate to witness the sky at sunrise from within the Deer Shelter at Yorkshire Sculpture Park. The next day we went to the James Turrell skyspace in Kielder forest, Northumberland. Those days I will never forget. The experiences were very special. Almost a year later, a third skyspace opportunity came to me, at Houghton Hall, in Norfolk. This was during another treat; a Turrell exhibition.

I tried to photograph light itself - natural light from the sun, or the effects of light in the sky. Sometimes this was just too bright, so I caught the light as it shone on a wall or other object. I had spent time in the past taking photos of shadows, but taking light proved rather different. Some days I had many photos of light; then it was hard to choose just one for my project and delete the rest. However, it had to be done. Other days I only took one. In making a selection, my main criterion was that the photo had to be a good one. This was sometimes hard, especially if I liked another for a different reason.

I was lucky to experience a total eclipse of both the sun and the moon during my light year. Travelling by train at the time of the eclipse of the sun, I found someone at the station with a pinhole image projected onto a piece of paper. This was not the brightest crescent I have ever seen, but it was light.

Many times I took photos of our neighbours' roof, chimney and TV aerial as these framed the sunlight. Light shines through things like net curtains and leaves on trees. It reflects off shiny surfaces like solar panels. I liked the



association of objects to light. I became fascinated when it fell on light switches, glass objects and water. I could incorporate these references into my photos. A prominent feature in my photos is the electric light over our back door, which I took many times with different skies as background.

Fortunately, we have sunlight shining directly into our house. This provides many interesting



shapes of light as it is filtered through leaves on trees or gaps in curtains. It also allows a variety of shadows as it shines on plants and objects inside the rooms. It bounces off shiny surfaces and ends up in odd places - high on walls or ceilings. Sometimes it is subtle, only just visible, but at other times is distinctly bright with sharp edges.

I think my favourite photos are of landscape. A holiday in Orkney gave me an opportunity to see large skies, often filled with clouds. But

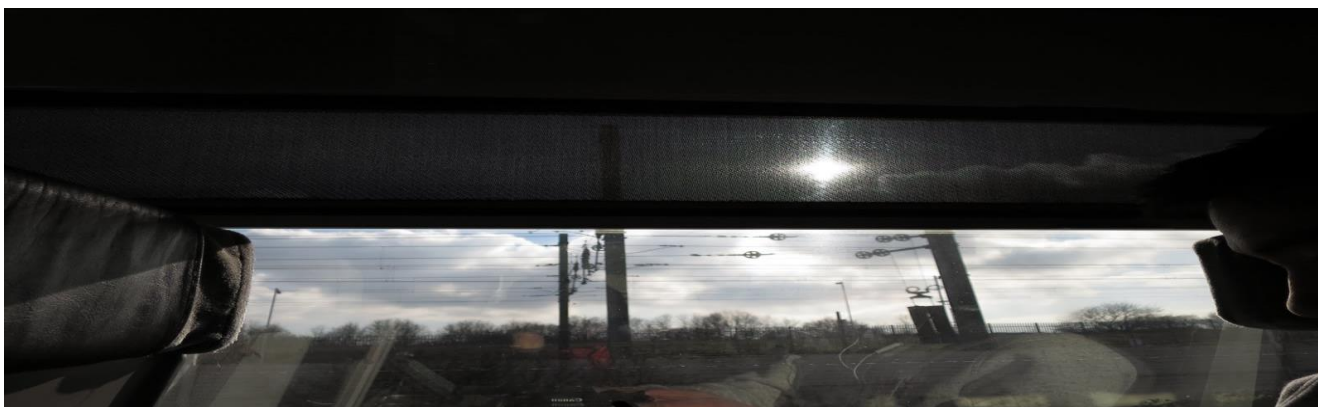
there were some wonderful colours and effects as the light shone through clouds onto a distant field or strip of sea.

The project showed me just how different light can be. It can be golden and also pale silver. The sky can be bright blue and also dark grey. Light can be reflected and refracted. Light is endlessly fascinating. It also provides us with metaphors and food for thought.

Afterword

Since finishing my project, I discovered that the past year was the United Nations International Year of Light. Also I found that Amsterdam was holding a Festival of Light...

I am still working out what to do with my project but I am sure of one thing - Experiment with Light has changed me. And I can't stop taking photos...



Journeys to the Light within:

In 2016 there are four weekend introductions to Experiment with Light with time to understand the Quaker roots of the practice, to try it for ourselves and to then reflect on our experience in a time of quiet.

Woodbrooke

1046 Bristol Road Birmingham B29 6LJ

Tel: +44(0)1214725171

Friday 25 – Sunday 27 March 2016

with Margaret Bradshaw and Peter Estall



<https://www.woodbrooke.org.uk/courses.php?action=course&id=10506>



Charney Manor

Charney Bassett, Wantage, Oxon OX12 OEJ, UK

Tel: +44 (0)1235 868206

Friday 3 – Sunday 5 June 2016

with Barbara Childs and Susie Tombs

<http://www.charneymanor.com/events>

Glenthorne Quaker Centre,

Easedale Road, Grasmere, Cumbria LA22 9QH,

Tel: +44 (0) 15394 35389

Friday 5 – Sunday 7 August 2016

with Jerry Conway and Susie Tombs

<http://www.glenthorne.org/events/>



Swarthmoor Hall

Cumbria, LA12 0JQ

Tel: +44 (0)1229 583 204

Friday 11 – Sunday 13 November 2016

with Angela Greenwood and Mary Pennock

<https://www.woodbrooke.org.uk/courses.php?action=course&id=10694>

Day workshops with Meetings or other groups are held around the country. For these, the expenses (travel and photocopying) of the workshop leaders are the only costs charged to the Meeting. To arrange a workshop, or to talk about a preliminary visit to start discussion of one, contact the Network members at experimentwithlight@gmail.com to book dates and facilitators to help you.

Retreats

Retreat with Experiment with Light: deepening the practice

Swarthmoor Hall, Cumbria LA12 0JQ

Tel: +44 (0) 1229 583 204

Friday 20 - Monday 23 May 2016

with Andrea Freeman, Helen Meads and Margaret Roy

<https://www.woodbrooke.org.uk/courses.php?action=course&id=10688>



Day Retreat with Experiment with Light

High Flatts Meeting House, Quaker Bottom, High Flatts, Huddersfield, HD8 8XU

A Saturday in Quaker Week 2016 10am to 4pm

Contact Helen Meads experimentwithlight@gmail.com

or Andrea Freeman 01484 301 657

Other opportunities: If an established Light group would like to arrange a day or weekend retreat based on Experiment with Light, please contact the Network on the usual email: experimentwithlight@gmail.com

South West Regional Gathering

Barbara Childs and Maggie Cartridge are organising an all-day Regional Gathering at **Exeter Meeting House**, Wynards Lane, Magdalen Street, EXETER, EX2 4HU on **Saturday 21 May**. The day will include an opportunity to practice the Experiment together and to talk about our experiences of the Experiment. The event is for anyone who practises the Experiment, whether in a group or alone, or who has been on an introductory workshop. All in the South West who can get to Exeter are welcome. For further details, contact Barbara Childs: barbara.childs@btinternet.com.



News: Experiment in Peru

Sue Glover Frykman

Sue Glover Frykman led a session on the Experiment during the Friends World Committee for Consultation (FWCC) World Plenary Meeting in Pisac, Peru (19-27 January 2016).¹ The version of the Experiment she used follows. It harks back to the very early days of Rex's introducing the idea of the Experiment. Sue writes:

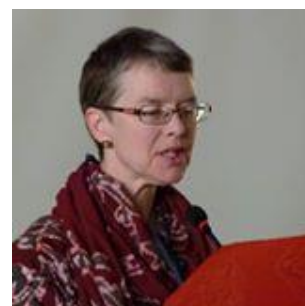
¹ The photo on the next page is of Sue reading the meditation at FWCC; it was taken by the event's official photographer, Vanessa Julye.

There were over three hundred Friends from around the world at the FWCC World Plenary Meeting (WPM) in Peru. Each morning the various Sections took it in turn to lead the worship session, which lasted just over an hour. The Europe and Middle East Section's (EMES) turn was on the Saturday, when we were also joined by local Friends from Bolivia and Peru.

Our challenge was to explain, demonstrate and share our unprogrammed tradition also with Friends from the programmed tradition who have perhaps never experienced an unprogrammed Meeting for Worship. In a nutshell, we wanted everyone to feel safe - which is why Julia Ryberg introduced our worship programme by sharing her own experiences of worship. Her talk will be posted on the FWCC World Office website in due course,² when it has also been translated into Spanish. This became a bridge to Experiment with Light, which I led.

We chose the nine-step version because it seemed the most appropriate for such a mixed-tradition Quaker gathering and the various expressions that people are used to. I modernised the language to make it more accessible.

During the Experiment you could have heard a pin drop. We closed with a period of open worship. At the end of that a Friend rose and sang *We are on holy ground*, which I think speaks for itself. Afterwards, in the Home Groups, it was obviously a talking point.



The feedback was that Friends from the programmed tradition had found the Experiment very helpful and wanted to take it home to their own churches. A number of Friends from all the traditions asked me to send the steps to them electronically, which I have now done. The document will also appear on the FWCC World Office website in due course and will be translated into Spanish.

EMES Worship Programme at the WPM³, Pisac, Saturday 23 January, 9:15 - 10:30 am

Experiment with Light is used in many meetings in Europe and even farther afield. It was developed after research into what George Fox may have meant when he talked about steps that helped people to see and stand in the Light. It is a guided meditation that has been found to be inspiring and revealing, both for experienced Friends and as outreach.

The meditation can be worded in different ways to suit the different contexts in which it is done. The words used here reflect what are regarded as Fox's original steps to finding inner peace. Some of his language will be recognisable, but most of the wording is modern-day.

² <http://fwcc.world/>

³ (See previous page, EMES is the Europe and Middle East Section of FWCC and WPM is FWCC's World Plenary Meeting. - *ed*)

Experiment with Light.

There are nine steps to this meditation.

1. Look inside

Sit comfortably. Breathe deeply and slowly. Be quiet. Be still. Become aware of the Light within you. It will show you the way.

2. Identify the Light

Turn to the Light. Open yourself to it. See your troubles, trials and temptations. Let the Light shine into all your dark corners and illuminate them.

3. Let the Light show you yourself

Mind the pure Light of God within you that shows you your sin, evil, how you have spent your time and how your minds have wandered. As the Light opens you up and exercises your conscience, it will let you see invisible things – things that are clearly seen by that which is invisible in you. Let the Light within you show you what is in your heart. Let the bright Light within wake you up to see where you are. Let the Light search you thoroughly.

4. Trace the Light to its source

The Light that lets you see sin and evil is a perfect Light of God. It reveals everything. It is your inner eye. The eye that sees and the ear that hears is of the Lord. Stand in this Light. Let it guide you into out of the darkness to that which is pure, that which is of God.

5. Trust the Light to show you the alternative

Stand still in the Light. Let the real truth within you unfold. Do not look at the temptations, confusions, corruptions and distractions that you are swallowed up in. Look instead at the Light that discovers them, and you will see over them. This is the first step to peace.

6. Feel the new life grow

Wait patiently in the Light, as a gardener waits for seeds to germinate. Let the Light break you open to the new life stirring within. Feel its power. Feel it grow. Allow yourself to be changed.

7. See other people in the Light

Submit to the Light. It will let you see one another and the unity we share. In this Light there is no self-will, no mastery, no ego. See the people in this room in this Light.

8. See the world in the Light

This Light, which is of God, lets you see the world and your place in it from a new perspective.

9. Learn to love in the Light

Trust the Light. It will show you how to love yourself. It will show you how to love others. It will show you the way. In the Light walk, and you will shine.

Report: Shallowford weekend

Audrey Vaughan

Last October I went to an Experiment with Light weekend to train Light group nurturers and workshop leaders, which was led by Susie Tombs and Rex Ambler. The first evening we were invited to share our own experience of the practice in four minutes each. There were sixteen of us in total, so this took some time. Rex took notes so that the leaders could think about our experiences and concerns and bring out the main things for reflection and discussion. I found it interesting to hear how other groups functioned and some of the problems others encountered.

The next morning we were given some questions to ponder. The following words are from my jottings: *What is the Experiment for? How is it supposed to work?*

There was also a list of other things to consider. Rex spoke to us about the Experiment; we could ask ourselves 'what do I want/expect the Experiment to do for me?' He answered this by saying it could be - to find out who we are, how we cope with life; the uncertainty of it ... how we cope with relationships, and so on. There are no easy answers. Quakers had found a way without power struggles, etc. The original Quakers found you could start with yourself and then find the resources to deal with what you found. They were/we are looking for the truth in/of our own Life. This was of universal appeal and relevance.

Then we used the meditation to 'Experiment with the Experiment'. This was to use the meditation to reflect on what it means to us - the good things and the not-so-good things.

For me this proved useful and enlightening. I became aware how much the group represented family to me. Also my desire to be in a small group within my Quaker Meeting. As well as these, there was a reminder of the importance of family to me and my desire to write about my family history journey of discovery. (This followed on from a conversation with someone the previous evening.) We had the usual 20 minutes silent time and then sharing in a small group.

We were given time throughout the weekend to reflect on what we had heard. There was a session about running a workshop.

In the evening we had the opportunity to share something of spiritual significance to us. This was a lovely time; we heard some music, poems, a chant, a song, and I shared my light project photographs. We seemed to come together in this special sharing.



The next morning there was an open session addressing the challenges we have found in workshops, Meetings and Light groups. Later that morning we had an hour Meeting for Worship. Then, before lunch, we had time to reflect and evaluate the weekend and ask, 'what now?'

Susie asked whether I would like to share some of my photos and join her and Helen as editors of the journal.

So what did I take home from this weekend?

A renewed sense of the importance of the Experiment. Encouragement to continue, value and share my experience within our group, our Meeting and the wider world.

I am grateful that our group seems to work so well.

The 2016 Annual Meeting of the Experiment with Light Network

will be held during Britain Yearly Meeting at Friends House, Euston Road, London on the afternoon of Saturday 28 May 2016. Details of the location and time will be announced on the Experiment with Light website and in *The Friend*.

Minutes of the Experiment with Light Network Meetings

Background

The Experiment with Light Network began as a planning group on 1 September 2009 when Rex Ambler, Catherine King Ambler, Helen Meads and Bill Shaw met under David Ball's Clerkship at Swarthmoor Hall (where Bill was then Manager). The meeting planned the timetable of a weekend at Swarthmoor to gather Light group experience, share best practice and generally reflect on what to do next to get more people to Experiment. It also acknowledged that it was time for an Experiment with Light Conference. The Swarthmoor weekend was by invitation and happened in October 2009. The Conference came to fruition in May 2011 at Glenthorne.

Along the way, David withdrew, Hilary Pinder became the Clerk and Diana Lampen joined the group. At the Glenthorne Conference, an action plan was drawn up and, as that plan was implemented, the Experiment started to have a higher profile, helped by, amongst other things, a series of articles in *The Friend* (still available on the Experiment with Light website: <http://www.experiment-with-light.org.uk/friend11.pdf>). Subsequently, Hilary laid down her service and Mary Pennock and John Senior joined the group, respectively as Clerk and Treasurer.

Experimenters met at Yearly Meetings and by the time of the International Gathering at Woodbrooke in 2013, it was felt that there should be an annual meeting and formalised triennial appointments. (By this time Diana and Helen had also laid down their service on what was by that time called the Steering Group.)

The legal form of the Network is a partnership agreement between those serving on the Steering Group (the partnership agreement includes the statement that the Network's business will be run in accordance with *Quaker Faith and Practice* and more is quoted from it in the 2013 minutes below). The Quaker form is, however, that all Friends who Experiment may participate in the Annual Meetings and the understanding is that the Network comprises all those who practise the Experiment. The partnership agreement exists to facilitate the operation of the Network bank account. (Funds were raised for the 2011 Conference and the 2013 Gathering, for publications, for bursaries and to pay for the Steering Group's meetings.) The Steering Group meets four times a year. Since 2014, the Annual Meetings have been held during Britain Yearly Meeting.

Recently your editors realised that the minutes of the Annual Meetings had not been published and that there was no public summary of who serves, nor their terms, so what follows is a bit of a catch-up exercise. Below are the Annual Meeting minutes 2013 to 2015, a list of the Friends currently serving and in which roles they serve. In future we hope to publish the minutes and summary in the Journal following each Annual Meeting.

The Steering Group continues to organise and advertise introductory weekends and retreats, provide bursaries, consider and co-ordinate other matters relating to the Experiment, including publications.

Minutes of the Experiment with Light Business Meeting at the International Gathering, Woodbrooke, 2013

1. In our Opening Worship paragraph 22.02 of Quaker Faith and Practice has been read:
“Our name, the Religious Society of Friends, suggests that we think of ourselves not only as Friends in the Truth, which the early Quakers saw themselves to be, but also as a society of friends, prizing friendship highly and recognising its value for the religious life. In our intimate relationships, as in the wider community of our meeting, openness to one another can open us to the Holy Spirit and enable us to acknowledge that of God in our own hearts and in those of our friends.”
2. Members of the Experiment with Light Network in Britain Yearly Meeting, which was set up on 1st September 2009, who are present at this International Experiment with Light Gathering 2013, validate the continuing of the current Steering Group until the end of 2014. Our aims as set out in our partnership agreement are: *to support, co-ordinate and develop the teaching and practice of Experiment with Light throughout the Religious Society of Friends (Quakers) within Britain Yearly Meeting and beyond; and to work with the Religious Society of Friends through the channels of Britain Yearly Meeting to facilitate the acceptance of Experiment with Light as a core Quaker spiritual practice.* In addition we recognise the need for us to become a financially self-sustaining organisation.
3. The Experiment with Light Network Steering Group thanks all those who have come to this International Gathering from overseas and will actively support and encourage them in forming their own networks as best suits their particular circumstances.
4. This Gathering accepts the names of Margaret Roy of West Scotland Area Meeting and Hazel Shellens of Cambridgeshire Area Meeting to act as a Nominations Committee, to nominate future members of the Experiment with Light Network Steering Group. We will ask through our newsletter for names to come forward from Wales and the North, West, and South of England.
5. We have received The Epistle from The International Gathering of Experiment with Light 2013. The Epistle⁴ will be circulated to all those at the Gathering, and published in the newsletter.

Mary Pennock, Clerk

Susannah Tombs, Co-clerk
29th September 2013

⁴ (The Epistle can be found here: <http://www.experiment-with-light.org.uk/intgat13.pdf> - ed)

**Minutes of Experiment with Light Annual Business Meeting
held on Wednesday 6th August 2014
at Yearly Meeting Gathering in Bath.**

Minute 1.

During our opening period of Worship para. 19.28 of QF&P was read.

Minute 2.

The steering group's report for May 2011 – May 2014 was accepted. See attached

Minute 3.

The updated Partnership Agreement & Term of reference for the steering group were accepted. See attached.

Minute 4.

The examined accounts for 2013 were accepted. See attached.

Minute 5.

The names of Barbara Childs and Helen Meads being accepted, they were duly appointed to serve on the Nominations Committee of the EWL Network from 1/1/2015 – 31/12/2017

Minute 6.

The names of Angela Greenwood and Klaus Huber being accepted they were duly appointed to the Steering Group of the EwL Network to serve from 1/1/2015 – 31/12/2017

Minute 7.

The following were re-appointed to the Steering Group of EWL Network.

Catherine King Ambler to serve until 31/12/2015

Rex Ambler to serve until 31/12/2016

John Senior to serve until 31/12/2017

Susie Tombs to serve until 31/12/2017

Minute 8.

The name of Ann Banks being accepted she was duly appointed as support person for the workshop leaders, with immediate effect until 31/12/2016

Clerk Mary Pennock

**Minutes of the Experiment with Light Network
Annual Business Meeting, London, 2 May 2015**

Present: All 5 members of the Steering Group and 10 other Friends connected to the EwL Network

- 1) Advices & Queries No. 6 was read during our opening worship.
- 2) We accept the Steering Group's Annual Report with one amendment.
- 3) We accept the following changes to the Partnership Agreement:
Paragraph 2: to remove the names of Catherine King Ambler and Mary Pennock and to add the names of Angela Greenwood and Klaus Huber
Paragraph 6: to remove the names of Catherine Elisabeth King Ambler and Mary McLeod Pennock and to add the names of Angela Greenwood and Susannah Tombs
- 4) We accept the examined accounts and thank our Treasurer for all his work on our behalf. We would like to encourage the Steering Group to look into the possibility of another International Gathering.
- 5) We are still looking for a member from the Southeast Region to join our Nominations Committee.
- 6) The first four new CDs are now available to buy from the Quaker Bookshop and will be made available at other places and workshops.

Notices:

- ⤴ The Belgium & Luxembourg Yearly Meeting's Experiment with Light retreat will be held over the weekend 8-10 May.
 - ⤴ A testimony to the grace of God as shown in the life of Catherine King Ambler is currently being prepared. Anyone wishing to contribute their memories of Catherine's life is welcome to get in touch with Rex.
-

Experiment with Light Network: Friends serving

Steering Group

Rex Ambler until 31 December 2016

Susie Tombs until 31 December 2017

John Senior (Treasurer) until 31 December 2017

Angela Greenwood until 31 December 2017

Klaus Huber (Clerk) until 31 December 2017

Nominations Committee

Hazel Shellens (no specified term)

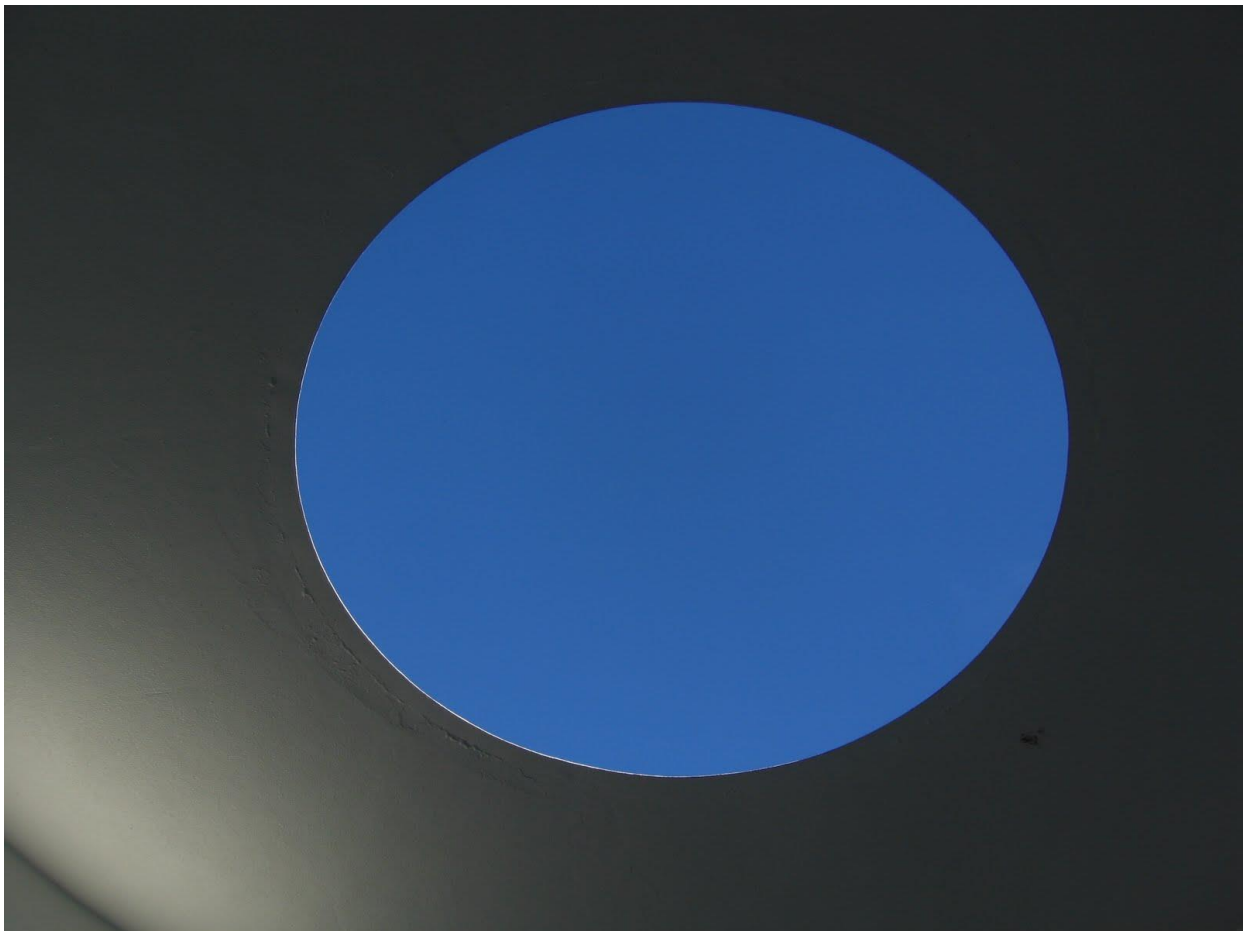
Margaret Roy (no specified term)

Barbara Childs until 31 December 2017

Helen Meads until 31 December 2017

Support for Workshop Leaders

Ann Banks (until 31 December 2016)





The **Experiment with Light website** has lots of information and resources about the Experiment. Here's a link: <http://www.experiment-with-light.org.uk/>

We are also on **facebook**: <https://www.facebook.com/ExperimentwithLight>

You can **email** us anytime on experimentwithlight@gmail.com with news, comments, articles and contributions for the next or future editions of the Journal, whether on-theme or off-theme. We're always delighted to hear from you.

The editors are Helen Meads, Susie Tombs and Audrey Vaughan

Articles, images and artwork in this journal are **copyright** the authors, makers and photographers.

Subscriptions to add your name to the subscribers' distribution list, please contact experimentwithlight@gmail.com. There is no charge for email distribution, but if you wish to receive the journal by post (in colour), there is an annual charge of £10 to cover postage, printing and stationery (four issues per year). Write to:
Postal Subscriptions 21 Gardner Road, Warton, Carnforth, Lancs, LA5 9NY
