

Heart Politics Gathering 2019 – Guide to the Programme

4 - 8 Jan

Port Waikato

Friday 4 January

1.00 pm	Registration and Reception <i>When you arrive there will be a registration table set up outside the dining room. Check in to register, find your room and choose your Home Group (see below).</i>
2.00 pm	Welcome <i>The ritual start to the gathering usually includes walking the grounds and welcoming all participants to this place at this time.</i>
2.30 pm	Afternoon Tea
3.00 pm	Warm Up <i>A facilitated session where you get to meet other participants and settle in by sharing a little about yourself with others.</i>
4.30 pm	Home Groups & Orientation <i>When you register you also get to choose a card or token. It may be an image, a poem, a colour or something else. The 4 or 5 other people who choose the same card as you will be in your Home Group. Home Groups meet each day for an hour. Home Group time is where people often reflect on the day they have had, what it has brought up for them and how they are feeling. It is purposely a small group to enable a deeper more personal sharing. At the first Home Group meeting someone will share orientation information about the camp, housekeeping and what to expect over the next few days.</i>
6.00 pm	Dinner <i>All delicious and nutritious meals are provided by Aroha Catering. Special diets are catered for. Please talk to us about your requirements.</i>
7.30 pm	Music and Dancing <i>Bring your instrument and join in a jam session or sing along.</i>

Saturday 5 January

7.00 am	Early Risers Session <i>Participants may offer yoga, meditation or stretching exercises for those who want to start the day in this way. Past activities have also included Feldenkrais and DreamSpace.</i>
7.30 am to 8.30 am	Breakfast
8.30 am to 9.00 am	Music and Movement <i>Join the children and have a good dance prior to Morning Circle. Based loosely on the five rhythms dance cycle, this is a chance to get some blood flowing.</i>
9.00 am	Morning Circle <i>Usually morning circles are fairly short (15-20mins) and are held each morning to reconnect as a whole group and give any notices and noticings. Circles usually start by lighting a candle and finish with a song.</i>

9.30 am	<p>Introducing Ourselves / Whakawhanaungatanga</p> <p><i>This session is for us to get to know each other's passion or 'work in the world'. It's a chance to say a little bit more about yourself, who you are, what you do and why you do it. Speakers are invited to speak for 5 mins each if they wish to. There are opportunities to speak for longer in other parts of the gathering.</i></p>
10.30 am	Morning Tea
11.00 am	Introducing Ourselves / Whakawhanaungatanga ...continued
12.30 pm	Lunch
2.00 pm	<p>Marketplace</p> <p><i>This is the time that we spend setting up for Open Space by bringing forth our ideas together. We put a place and time on the programme schedule for each discussion, workshop or presentation offered by participants.</i></p>
3.00 pm	<p>Open Space</p> <p><i>A self-generated process where participants offer workshops, conversations or activities. The timetable for the sessions evolves in response to participants' suggestions. Sometimes sessions with a similar purpose/theme are combined. Sessions will run concurrently. You may like to bring prepared workshop material to this or make it up as you go along.</i></p>
5.00 pm	Home Groups
6.00 pm	Dinner
7.30 pm	<p>Living Libraries</p> <p><i>Four concurrent 20 minute small group discovery sessions with living "books" (people); choose a book to listen to as the "book" talks about their life experiences on a selected topic.</i></p>
9.30 pm	Music and Dancing

Sunday 6 January

7.00 am	Early Risers Session
7.30 am to 8.30 am	Breakfast
8.30 am to 9.00 am	Music and Movement
9.00 am	Morning Circle
9.30 am	Open Space...continued
10.30 am	Morning Tea
11.00 am	Open Space...continued
12.30 pm	Lunch
2.00 pm	Open Space...continued
5.00 pm	Home Groups

6.00 pm	Dinner
7.30 pm	Sharing Circle For some this is the beating heart of our gathering. It comes from a tradition of oratory that spans all of human history with deep listening and sharing in sacred space. This is an opportunity for participants to share from the heart, should they choose to.

Monday 7 January

7.00 am	Early Risers Session
7.30 am to 8.30 am	Breakfast
8.30 am to 9.00 am	Music and Movement
9.00 am	Morning Circle
9.30 am	Open Space...continued
10.30 am	Morning Tea
11.00 am	Heart Politics Ship A whole group dialogue where we hold a collective vision for Heart Politics, and continue the discussion threads that are ongoing within the community. This includes planning for future gatherings.
12.30 pm	Lunch
2.00 pm	Open Space...continued
5.00 pm	Home Groups
6.00 pm	Dinner
7.30 pm	Celebration Party <i>A chance for young and old to tell a joke, sing a song, make up a skit or play an instrument...dress up, and bring some extra costumes if you have some to spare.</i>

Tuesday 8 January

7.00 am	Early Risers Session
7.30 am to 8.30 am	Breakfast
8.30 am to 9.00 am	Music and Movement
9.00 am	The Well <i>A spiritual reflection time, partly silent with some spoken offerings such as poems.</i>
9.30 am	Morning Circle
10.00 am	Integration <i>A facilitated session that helps you to weave together the strands of meaning from the past few days.</i>
11.00 am	Home Group and Clean Up

12.15 pm

Lunch

1.00 pm

Farewell

The ritual closing of the gathering and a chance to say goodbye individually and collectively.