**Swarthmoor Hall: Introduction to Experiment with Light Sunday 2 October 2016**

**9.30** Arrivals of participants – coffee and other refreshments

*Preparation*

**10.00** Introductions

**10.30** The origins of the Experiment (talk by Helen)

*Doing Experiment with Light*

**11.15** How we’ll approach Experiment with Light today

**11.30**The guided steps of the practice

**12.10** Time alone

**12.30** Worship sharing in small groups

**1.15** lunch

*Reflection*

**2.00** Plenary for reflection on the process and experience today.

**3.00** Questions & What next?

**4.00** Valediction.