**Experiment with Light day at Swarthmoor Hall Sunday 2 October 2016**

Swarthmoor Hall is pleased to offer a day introduction to Experiment with Light.

Quaker faith and life are not based on authority, but on experience. “This I know experimentally” said George Fox. But what *is* the experience? We shall attempt to find out in the lovely historic ambience of Swarthmoor Hall.

We shall look first at what the experience was, at the beginning of the Quaker movement. We shall then undertake an experiment to see whether that experience is still available to us. Part of this will be a meditation in which we try to experience the Light as early Friends understood it. This can be a searching and powerful experience. Finally, in small groups and in the larger group, we shall try to make sense of what happened and reflect on the significance of the Light for our lives today.

Rex Ambler’s book, *Light to Live by*, explains how he discovered what has now become Experiment with Light; Friends have been practising Experiment with Light in Britain for twenty years and there are thought to be about 60 groups meeting regularly. To read more about Friends’ responses to their practice, see the Experiment with Light Journal: <http://www.experiment-with-light.org.uk/resource.htm>.

The day will be facilitated by Helen Meads, Hilary Southall and Sasha Bosbeer. Helen researched the Experiment while studying for her degree at the University of Birmingham through Woodbrooke’s Centre for Postgraduate Quaker Studies. She has been in the High Flatts Light group since 2000 and has been facilitating introductory workshops and retreats since 2007. Hilary has been in the Yealand Light group since 2008 and helped start the Kendal Light group in 2013, where she also Experiments. Sasha is currently Friend in Residence at Swarthmoor.

To register for the event, please contact Swarthmoor Hall: info@swarthmmorhall.co.uk; 01229 583 204; Swarthmoor Hall, Swarthmoor Hall Lane, Ulverston, Cumbria LA12 0JQ.