



WELCOME TO BAHA'I SUMMER SCHOOL 2019

“Building Vibrant communities”

Welcome to inspiration and happiness at this years summer school with the topic «Building Vibrant communities»!

It will be an exciting and varied program for all ages. Among the guests coming are professor and author Nader Saiedi, the musician Ali Youssefi and a great number of other participants with known and unknown talents and capabilities.



When and Where:

From 6th to 12th of July

At Beitostølen høyfjellshotell

A little about the program:

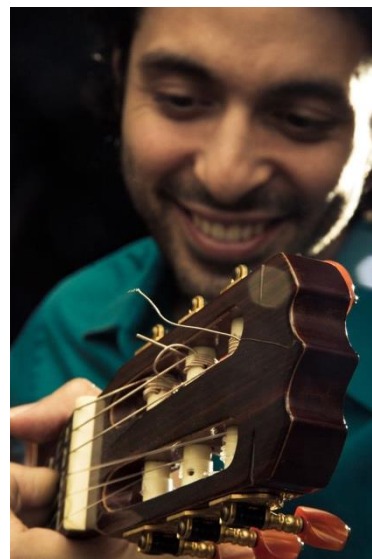
The main program

Dr. Nader Saiedi was born in Iran, and is educated in economics and has a Ph.D. in sociology from the University of Wisconsin. He will share his great knowledge of the Báb. You may read more about him and his work at www.bahaikipedia.org



Ali Youssefi

His music is well known in the Bahá'í world, with popular songs like Unite and Rise. Many will recognize him from the summer school a couple of years ago, when he both performed and had workshops. You may read more about him at www.aliyoussefi.com



Evening program

In the evenings we gather for music, theatre and playback theatre and performances by our many talents.

A spirit of service

As part of this years summer school, all participants may take part in activities of service during the school period. In the registration form you can select in which field of service you wish to contribute, and you will then be referred to a small group and given a simple task of service which is helping to create the summer school. This will contribute to increase the spirit of service, so that everybody may use their capabilities and have a chance to get to know new ones. To accompany each other on the path of service strengthen our focus on the topic of the summer school; «Building living communities» – this may give a good experience to bring back to your local community.

You may also come with your own suggestion concerning what kind of service you wish to contribute.

You will receive information and a reminder via SMS.



For the children

Welcome to a summer school with a greater focus on children than ever before!

We will provide for the children a warm, safe framework, with motivated knowledgeable teachers. The content will be Bahá'í-inspired, with much space for happiness, friendship, music, creativity, learning, development and humour. Through the service of everyone the children will have a greater space in the wholeness at the summer school and feel that all the adults care. There will be a separate «Bahá'í-kindergarten» in a suitable locality with a program for the pre-school children. This year there will also be a separate morning-prayer session for all children with parents, happening at the same time as the morning-prayer session of the main program.

For junior youth and youth

The content of the program for junior youth and youth will during this years summerschool be more tied together than earlier. We will explore the responsibility older youth have towards those who are younger. Inspired by institute material creative activities, sport, conversations, studies, service, friendship and happiness will provide the youth with a deeper understanding of the importance of our choices. The older youths will be given the opportunity to guide and establish friendship with the junior youths; at the same time the two groups will have separate programs exploring topics relevant for their age. Both junior youth and youth will be inspired by stories about the lives of the young heroes and heroins from the heroic age at the time of the Báb. Like those fearless young souls, even the youths of to-day are encouraged to show a spirit of sacrifice which can contribute to the

transformation of ourselves and our communities. What does this look like in this age? How do we motivate ourselves for a life of service and how can we support each other with mutual happiness and love in these world-embracing communitybuilding endeavours? This exploration, which also contribute to the strengthening of the youth movement which is already ongoing in this country, will be the guiding principle of the program.

Family gathering - picnic

One afternoon there will be a common picnic for all families who wish to participate – this is weather-dependant. All bring their own food which you may share with each other. There will be common playing for all ages.

Afternoon workshops

There will be a number of workshops with both deepening and creative topics. The following are some of the workshops available, see also the program and pay attention to updates on the website:

- **Tone Gilje** *The valley of love* In a letter written on behalf of Shoghi Effendi to a believer it says: *«We need a change of heart, a reframing of all our conceptions and a new orientation of our activities. The inward life of man as well as his outward environment have to be reshaped if human salvation is to be secured»*
In this workshop we will work on going deeper into what this means for our inner life and how it can be reflected in the way in which we communicate, both outwardly and inwardly.
We have become rather good at arranging activities in our communities, what we perhaps fail to do is taking time to let our body be in resonance, let the sacred touch us and move us in new ways. How can we enoble and finetune this tool which is our body? How can we change our heart and our concepts of what is the heart/love.
The steed of the Valley of love is pain, which we meet in life in so many facets.
We will look at some of these aspects, do exercises and share with each other.
This workshop is for 3 afternoons, if you want to join, you have to participate from day one.
- **Lasse Thoresen;** «Conversations about the teachings of the Báb» According to Nader Saiedis morning session and how Báb's perspective of cosmos and personal transformation can be put into practice by the individual.
- **Keyhan Ighanian;** How can The Hidden Words and The Seven Valleys transform the challenges of daily life?
- **Mei Schulz, Meditation & movement for Stress Management**
The purpose of this workshop is to expand our understanding about the connection inbetween spiritual and physical practices, to explore the scientific proofs of the benefits of meditation and offer tools for better self regulation in order to drop stress and rigidity no matter what we foretake in our lives.
We live demanding lives and experience increased need to take better care of ourselves in order to dedicate our lives in service for others. In order to manage the stress in our lives, we need to first learn to manage ourselves. We can enhance the quality of our spiritual practices such as prayer and meditation and practice more awareness, creativity and presence in all our endeavors. After some theory and discourse Mei will lead us through some breathing and movement exercises inspired by Yoga, Qi gong and Tai Chi. We are a marvelous entity consisting essences body, mind and soul. Do you experience too little contact and joy in your body, overactive & frazzled mind, too little contact with your soul? Contentment, clarity, joy and flow come to our lives when

we embrace our three essences in our lives and bring them in harmony. This workshop is offered two afternoons in total, one dedicated for the youth and the other one for adults. The third afternoon is dedicated mainly for movement, a session with Yoga, another session with Persian inspired dance!

- **Huqúqu ʿlláh**
- **Polin Rafat**, in Persian: New thinking in social relationships
- **Hooshang Rafat**, in Persian: What influence Bahá'í teachings had on the social transformation of Iran
- **Hooshang Rafat**; in Norwegian: The story of the Báb
- **Synne Platander**; *PLAYBACK THEATRE* is a creative tool for reflection and sharing of experience. It is a form of improvised theatre which gives room for individual experiences and stories and let them appear on the scene through actors serving as «living mirrors». Synne Platander has worked with playback theatre more than 20 years. She is both trainer and performing artist, and through this method she and her husband have been able to contribute to openness and contact-building; in schools, workplaces, refugee reception facilities, in public administration and private businesses. Wherever there are people, there are also experiences to share and hearts to touch. The summer school is no exception. Both art and stories have the capability to touch beyond the intellect. Playback theatre contains both and is therefore a very good tool for strengthening the feeling of fellowship and affiliation.
- **Parvaneh Andacheh**; *The science behind core activities, action that heals.*
Are core activities healing us only spiritually or are we getting healthier physically too?
What is the impact of the prayer on our physical health? By holding devotional gatherings at our homes do we have an impact on social violence and collective consciousness? A study published 2016 revealed that collective meditation reduced rate of homicide and violent crime. How does volunteering affect our health? Does it make us healthier or exhaust us? How does junior youth volunteering help the junior and the animator to be physically healthier
- **Knut Haugen: Out into nature. Chigong for children and there parents**
- **Fereydun Vahman**; will have two Persian talks on the life of the Bab and the life of Tahirih. In an English talk he will introduce his new book 175 Years of Persecution, history of the Babis and Baha'is of Iran.

Practical information

Financial support

A limited amount is set aside for those in need of financial support.

Contact by Email: **Hamid Zarghooni** before 9th of June. The amount of the support is dependant upon the number of applicants.

Registration for the summer school

[REGISTRATION FORM COMES HERE](#)

Ordering of dwelling unit (hotel room, cottage or apartment):

This year the participants have themselves the responsibility to contact the hotel, preferably before the 9th of June, to order hotel room, cottage or apartment. Contact the hotel after you have registered at this site to secure room within the summer school registration.

[INFORMATION ABOUT PRICES](#)

Information about the hotel

Beitostølen Resort, Beitostølen

Email: booking@beitostolen.com

Tel: +47 6135 1000

Mention to the hotel staff that you participate at the Bahá'í summer school 2019, to secure the discount price.

Welcome!