

Tips for First Time Attenders of the FGC Gathering

We look forward to sharing a week of Quaker worship, learning, community, and new friendships with you! There are so many things to do - the first Gathering can be overwhelming for some people. With this in mind, we have compiled some suggestions to make your week more nurturing and fulfilling.

Technology

Since most of this year's Gathering is on [Zoom](#), make sure you have internet access and [download the most recent version](#) well before the Gathering starts.

Attend one of the Zoom Basics classes for Gathering attenders.

Friends attending by phone only will be emailed the Zoom phone numbers to use. You can dial into most events using these phone numbers.

Self-Care and Connection

◆ Please attend one of the Welcome Sessions for First Time Attenders on Sunday, June 28 at 6:30pm eastern/3:30pm pacific or Monday, June 29 at 9:30pm eastern/6:30pm pacific You can also practice your Zoom skills!

◆ Be sure to get plenty of rest. Some experienced attenders encourage afternoon naps. You can't do everything!

◆ For many Friends, workshops provide a comfortable home base with friendships that develop out of sharing a common interest.

◆ Take a break from the computer. Stretch, go for a walk, call a friend.

Worship & grounding

◆ There are numerous opportunities for worship. Worship sessions are open to anyone who wishes to attend. They are not limited to members of the sponsoring group, unless they say so specifically. The worship sponsored by FLGBTQC (Friends for Lesbian, Gay, Bisexual, Transgender, and Queer Concerns) is open to all Gathering attenders.

Connect with us

Overwhelmed, confused? Email the First Time Attenders Committee at FTAGathering@gmail.com

Having technology problems? Email the Gathering office at gathering@fgcquaker.org.

If you would like to change your workshop, there may be space in another one that suits you better. Email the Gathering office for more information.