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The InnBetween Activity Overview 2017/2018

Home. The InnBetween strives to be a home away from home for students in Maastricht. A place to eat, study, meet, be together, play games, share your life. The InnBetween aims to be an open-minded community that brings people from different backgrounds together. Here's our story. Spirituality is our core business. The InnBetween is rooted in Christianity. This means for us that we first listen to others, and then speak about ourselves. It means that we want to give students a place to be themselves and nothing else. It means we know many people have mixed thoughts about religious organisations. It means we are aware that religion is at the same time a source of hope and conflict. It means we are aware that people should be respected to the utmost, whatever they believe or not believe. We would love to hear what inspires you. What motivates you. We are also open for your struggles and pain, for what makes you cry, and for what makes you laugh. Please join us in a good conversation over fresh food and a drink. Please join us in being silent for those who are denied speaking their minds. Please join us by bringing your true self to the table. See you soon!





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THE INNBETWEEN
STUDENT CHAPLAINCY



THE INN BETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INN BETWEEN

STUDENT CHAPLAINCY

Contents

| | |
|---|----|
| Our weekly community events | 8 |
| Monday | 8 |
| 1 Morning Meditation 9.30-10.00 am..... | 8 |
| 2 The InnBetween Staff Meeting 10.00 am-12.00 pm | 8 |
| 3 Dutch Language Café 4.00-5.30 pm (Refugee Project Maastricht) | 8 |
| 4 Gospel Choir | 8 |
| Tuesday | 8 |
| 1 Yoga Practice 4.00-5.30 pm..... | 8 |
| 2 Meditation Course 6.00-8.00 pm | 8 |
| 3 Kirtan Singing Circle 7.00-9.00 pm | 8 |
| Wednesday | 9 |
| 1 Midday Meditation 12.00-1.00 pm | 9 |
| 2 Taize Prayer 6.00-8.00 pm..... | 9 |
| 3 Wednesday Non-Regular Events | 9 |
| Thursday..... | 9 |
| Tafelen – Weekly Dinner 6.30-10.00 pm..... | 9 |
| Friday | 9 |
| English Language Café 4.00-5.30 pm (Refugee Project Maastricht) | 9 |
| Weekend events | 10 |
| Ongoing student service | 11 |
| 1 Counselling / Loss and mourning | 11 |
| 2 Prayer / Meditation room | 11 |
| 3 Purpose Course | 11 |
| 4 IB Quarters: Study Spaces | 11 |
| Appendix | 13 |



THE INN BETWEEN
EUCUMENICAL STUDENT CHAPLAINCY



THE INN BETWEEN
STUDENT CHAPLAINCY

| | |
|-----------------------------|----|
| August | 13 |
| September | 13 |
| Connect Festival 2017 | 14 |
| October | 19 |
| November | 22 |
| December | 25 |
| January | 28 |
| February | 29 |
| March | 32 |
| April | 34 |
| May | 38 |
| June | 40 |



THE INNBETWEEN
EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN
STUDENT CHAPLAINCY



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

Our weekly community events

Monday

1 Morning Meditation 9.30-10.00 am

We start the week with silent meditation and some chanting from Christian tradition. It is a good way to be present ready, focused, and loving.

2 The InnBetween Staff Meeting 10.00 am-12.00 pm

On Monday, the Board members meet and discuss the past week and future projects.

3 Dutch Language Café 4.00-5.30 pm (Refugee Project Maastricht)

We come together, drink tea and coffee and practice our Dutch skills! Refugees, residents of the AZC, students, locals and everyone else who appreciates an intercultural experience and wants to improve talking in Dutch is welcome to join! All Dutch levels are welcome - Practice makes perfect.

4 Gospel Choir

In the academic year 2017/2018, we had a weekly Gospel Choir in the first and second semesters.

Tuesday

1 Yoga Practice 4.00-5.30 pm

Every Tuesday Anais Fuente Rodríguez gives a yoga session at The InnBetween. This yoga class will be open to all. The class is donation based and we recommend giving at least €5. We can provide mats but we suggest bringing one's own.

2 Meditation Course 6.00-8.00 pm

Every second and fourth Tuesday, our pastor Petra Kormendy gives one of in total six lessons on meditation. She is teaching meditation for more than 10 years and has been trained in different background meditation traditions.

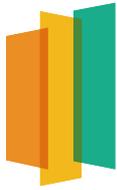
3 Kirtan Singing Circle 7.00-9.00 pm

Every other Tuesday, we are welcoming everyone to come and form a singing circle with us. We sing songs from all kinds of spiritual traditions; Medicine songs, heart songs, mantras,



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

Christian songs, rainbow songs, African songs. In essence they are all the same, celebrating love and light within yourself. By doing so, it creates a meditative experience.

Wednesday

1 Midday Meditation 12.00-1.00 pm

Participants can join Petra for an hour of guided meditation. The sessions are meant for practice not training so it is aimed at the experienced.

2 Taize Prayer 6.00-8.00 pm

Every second Wednesday of the month we gather in front of the Basilica of the Lady at 6.20 We sing together in the crypt, and enjoy the sound of chanting and of silence.

3 Wednesday Non-Regular Events

Every Wednesday (except the second) we offer non-regular events. You can find a detailed description of all events of the Academic year 2016-2017 in the Appendix.

Thursday

Tafelen – Weekly Dinner 6.30-10.00 pm

Tafelen is our weekly dinner where we host students for a delicious, vegetarian, three-course dinner for only €3.50. We always aim to have a good conversation. Whether it's a political debate, a religious discussion or just an amble chat, we feel conversation over the dinner table is an important thing.

Friday

English Language Café 4.00-5.30 pm (Refugee Project Maastricht)

The English Language Café a place to come together, drink tea and coffee and practice English skills! Refugees, residents of the AZC, students, locals, and everyone else who appreciates an intercultural experience and wants to improve talking in English is welcome to join!

It is important to be sensible and accept intercultural differences and not exclude anyone. All levels are welcome - Practice makes perfect.



THE INN BETWEEN
EUCUMENICAL STUDENT CHAPLAINCY



THE INN BETWEEN
STUDENT CHAPLAINCY

Weekend events

Every two weekends we offer non-regular events. You can find a detailed description of all events of the Academic year 2016-2017 in the Appendix.



THE INNBETWEEN
EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN
STUDENT CHAPLAINCY

Ongoing student service

1 Counselling / Loss and mourning

Petra Kormendy and Claudia Sarti are offering counselling. Moreover, there is a loss and mourning course with four sessions each semester in cooperation with the University Psychologists.

2 Prayer / Meditation room

The prayer room is open to students for a moment of quiet prayer or meditation.

3 Purpose Course

For those who feel disengaged from what they are doing, have doubts about the purpose of their study, are on the crossroads and are not sure what to do next, or feel like what they do has lost meaning, we offered a two-day workshop that helped to work out some of these doubts. We provide participants with tools, exercise and discuss in small groups to help restore enthusiasm and finding larger or smaller goals that bring joy and happiness.

4 IB Quarters: Study Spaces

During the exam period, The InnBetween offers its' peaceful and quiet place to learn for the exams and to get some cramming done. We prepare some light and healthy food at lunch or dinner. We invite to take use of our communal table and have a good conversation while taking a break from studying.



THE INN BETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INN BETWEEN

STUDENT CHAPLAINCY





THE INNBETWEEN
EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN
STUDENT CHAPLAINCY

Appendix

A detailed description of all non-regular events that took place during the 2017-2018 academic calendar year. Title, description, date, and attendance are outlined for each event.



August

INKOM & 'Get Involved' Info Market

Activity: Present and promote The InnBetween

Description: Fairs for student organizations to present their projects and associations to the newcomers in Maastricht.

September

Weekend Event: Book swap!

Activity: Book Swap

Time and place: 10/09/2017, The InnBetween

Description: It was our first weekend event of the new academic year. What would be the better way to start it than with a book swap! There were several participants who came to swap some of their read books for new exciting stuff!



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY



[Connect Festival 2017](#)

Activity: Yearly festival organized by The InnBetween to celebrate the power of togetherness

Time and place: 18/09/2017 - 24/09/2017

Description: Connect Festival is a week-long FREE festival celebrating the power to bring people together. Breaking down barriers and walls that separate people through entertaining and informative events, that's what connect festival is about. A week of workshops, concerts, lectures, documentary screenings, dancing, poetry and so much more. Get connected!

- MONDAY: SCIENCE -

15:00: Science behind sports:

The talk was given by Keit Keroly Kubpart who is former Estonian national swimmer and currently training for Ironman triathlon. She tested the audience with a little fun quiz, gave a talk about sports and human body that is narrowed to five specific sports. Furthermore, she introduced different student sports associations that are in Maastricht.

19:00: Start the week discovering your motivation - workshop

It is usually not good enough merely to have a desire to accomplish something. If time is needed to achieve the goal, we need to persist in our efforts. Our motivation can be either extrinsic or intrinsic. It is good to be guided by intrinsic motivation, in which we simply have pleasure in what we do, but some goals are better achieved with help from an extrinsic motivation such as earning a reward or avoiding punishment... Sometimes motivations fade



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

away. To tackle this, Claudia hosted a workshop where participants could learn to stimulate themselves to working harder and achieving more!

- TUESDAY: SUSTAINABILITY -

15:00 Trash to Treasure - Workshop

Give plastic a new life! In this workshop, we learned what is possible to create out of trash, cycle up, use trash and let new things arise. With all the plastic that we have in the world, it's good to get some new ideas how we can re-use it and not just throw it away. We made rain jackets out of Ikea Plastic Bags and it was a huge success! Some people even made laptop covers, and protection for their own backpacks.

18:00: Vegan Cooking and Dinner

Maastricht Goes Vegan – organized a vegan cooking at dinner as part of our Sustainability program! The story: A small cheerful group of people get together at the the Landbouwbelang and learn how to prepare a savoury vegan meal and subsequently dine together. This time the dinner was held at The InnBetween and the evening started with a short presentation about veganism.



THE INN BETWEEN
EUCUMENICAL STUDENT CHAPLAINCY



THE INN BETWEEN
STUDENT CHAPLAINCY



- WEDNESDAY: ARTS & CULTURE -

11:30: Meet Maastricht City Tours

Maastricht is claimed to be the oldest town in the Netherlands. How did its story begin? Why is it full of churches? Which door can you open with the key held by S. Servatius, the patron saint of the city? With their tour, "Meet Maastricht" took our Connect Festival participants on an exciting journey through ages, telling the story of Maastricht. They got a chance to learn about the most beautiful examples of religious heritage in town and discovered some of its hidden treasures.

15:30: Rock and Roll Dance workshop



THE INN BETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INN BETWEEN

STUDENT CHAPLAINCY

Energizing music, good moves and laughter – This was what our Rock n’ Roll workshop was all about. Everybody was welcome, beginners and experts. Rock 'n Roll is an easy and fun dance style to music from 60's, danced in couples. The teacher: Ulysse de Bellefroid has been giving Rock 'n Roll classes since November 2016. He has a passion for Rock 'n Roll dance and teaches in a fun an easy way so that everyone can follow.

19:00: Open Mic Night

Wednesday evening was finalized by some great performances at our open mic night, moderated by Serf Doesborgh. Poets, musicians, magicians, storytellers were all welcome! Entrance was free and beer, wine and soft drinks were served at the bar. It was a lovely end to our Arts & Culture day.

- THURSDAY: SOCIAL RESPONSIBILITY -

15:00: How to Foster Social Responsibility in an individualistic society – Why nobody cares and how to change it.

In a conversation type presentation Serf Doesborgh explored the paradox of social responsibility in an individualistic society. Why is it so hard, and what can we do to change it? Taking a structuralist perspective, he explored how society came to be so individualistic, how it has permeated into our belief-systems/institutions, and how this, with the help of digital technology, is affecting each and every one of us on an individual level. The second part of this timeslot was continued by this exploration in a group setting, collecting ideas from the entire group to actualize fostering social responsibility.

19:00: Refugee Project Maastricht Info Night

This info night was hosted by The Refugee Project Maastricht, which is a student volunteer initiative that aims to welcome our friends of the AZC in the Maastricht society. Students of Maastricht build relationships with and offer practical support for our newcomers in Maastricht. Through different activities we tried to activate students, Maastricht residents and our friends from the AZC to take part in Maastricht life and build up relationships between people.



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

- SATURDAY: FREE TIME -

11:00: Morning Yoga with Anais

During this morning FLOW YOGA session with Anais, participants could wake up their body and soul! They experienced how it feels to practice flow yoga; using breath, movement, and meditation to find inner peace within. All levels were welcomed.

13:00: Playful connections Workshop

“Playfully come into connection - with yourself and with others “– that was the moto of our workshop. To raise awareness of what is alive within you at this moment in this situation. To feel, communicate and express that. It is an invitation to explore your boundaries, open up and see what arises...

16:00: World’s Biggest Eye Contact Experiment

We were extremely happy to have this eye contact experiment as an event part of our Connect Festival. Participants shared eye contact with strangers and enjoyed the presence with that person on a calm afternoon in the Vrijthof square. Nothing was forced, it was okay to feel uncomfortable if the participants were doing it for the first time. Some of us cried, some of us laughed, but most importantly we all took time and felt the beautiful connection.

18:00: Board Game night

Everybody knows Monopoly and Risk. But there's a whole other world of board games out there. Games in which the luck-factor is greatly reduced and insight, strategy and cunning are more important. Other games focus on working together to win -or loose- against the game itself. And many other games are simply about having a fun time without too much rules.

Boardgaming Inc is a gaming society dedicated to bringing people together to play those kinds of games. They lead our guests through this evening and explained the games to play.

- SUNDAY: SPIRITUALITY -

16:00: Beginner’s Guided Meditation



THE INN BETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INN BETWEEN

STUDENT CHAPLAINCY

Petra started our Sunday Spirituality day with an hour of Beginner's guided mediation. The sessions are normally continued during the semester and will then be meant for more practise; therefore, this session was a kind of taste test for anyone who might be interested.

Petra Kormendy has been teaching meditation since more than 10 years, she's been trained in different background meditation traditions, such as vipassana, sufi, zen, mantra, kriya, tantra and several Christian meditation technics. She teaches basics of enabling your heart to open, your mind silent and your whole being open.

19:00: Spiritual Singing Circle

We joined in a circle and sang songs from all kinds of spiritual traditions; Medicine songs, heartsongs, mantras, Christian songs, rainbow songs, African songs: in essence they are all the same, celebrating love and light within yourself. Forming a circle together we created a sacred space that holds opportunity for everyone to be as they are and create a unique energy together. Singing songs from all kinds of spiritual traditions creates a meditative experience if the circle energy allows the space for this.



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

October

Wednesday Event: Sustainability – Screening documentary “Chasing Corals”

Activity: Documentary screening

Date and place: 04/10/2017, The InnBetween

Description: Think of coral reefs as the Manhattan of the oceans. Their dense covering of the ocean floor and upward branching like skyscrapers create a rich environment for marine life to crowd around in search of a home or a good meal. However, coral reefs around the world are vanishing at an unprecedented rate and current warming projections show that we will lose 90% of coral reefs within our lifetime. Coral bleaching from our warming oceans is a wake-up call that the ocean cannot continue to absorb this heat.

With this idea in mind, students enjoyed a screening of the documentary "Chasing Coral" with a discussion round at the end on how each one of us can help against coral bleaching!



Weekend Event: Make your own Tea

Activity: workshop

Date and place: 08/10/2017, The InnBetween



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

Description: *With winter season approaching, it is time to enjoy some hot drinks while reading a book or just relaxing with friends. With this in mind we made a workshop to put together DIY tea mixes. Some people used this workshop to make Christmas gifts for their friends and family, while others experimented for their own tastes.*

Weekend event: Pastries making workshop

Activity: *cooking workshop*

Date and place: *14/10/2017, The InnBetween*

Description: *Who would not love a nice pastry with a hot tea on a cosy day. To pair with the aromatic teas that were prepared in the previous weekend event, we decided to make a healthy pastries event! The idea was to show that you do not have to be a MasterChef or have a lot of time for making pastries. Participants could afterwards enjoy them with a cup of tea and could take some home.*

Wednesday Event: Science vs Religion: Clashing Worldviews?

Activity: *Lecture w/ discussion*

Date and place: *18/10/2017*

Description: *On this Science event, we invited the geologist and religious scholar Richard Peters. Dr. Peters has finished a MSc in Geology (Loma Linda University, CA) and did his PhD in "Science, Philosophy and Religion" (Boston University). Our guest talked about the relationship between scientific and religious worldviews. The topic was of interest to many participants and was continued in a discussion after the lecture.*

Wednesday Event: Information evening – Remembrance visit to Auschwitz

Activity: *Info session*

Date and place: *24/10/2017*

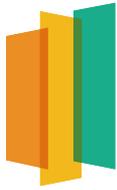
Description: *A remembrance visit to Auschwitz was organized on the 2-5 February, 2018. It was organized by The InnBetween of Maastricht and MoTiv of Delft. Students from both cities, Maastricht and Delft were welcome to join, and this October evening was used to provide information on this trip to interested students.*

We must not forget the Holocaust. We should remember those who lost their lives so it will not happen again. We invited students to remember those who perished in the Second World War by visiting Auschwitz. We discussed the subject of refugees (past and present) and war in depth during meetings/lectures leading up to the visit.



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

Weekend event: Clothes Swap

Activity: clothes swapping event

Date and place: 29/10/2017, The InnBetween

Description: Think about those clothes, shoes and accessories you have in the back of your closet that you never wear or that you do not want anymore. These are the perfect things for you to swap for something new.

At this collaborated event, participants could swap items of clothing and personal belongings with each other! This is what we call sustainable fashion!

November

Weekend Event: Clay workshop

Activity: Creating sculptures out of clay

Date and place: 11/11/2017, The InnBetween

Description: This weekend event was all about getting crafty and creative! We got our hands dirty and made sculptures out of clay. Some of the participants used this opportunity to make early Christmas gifts for friends and loved ones.

Wednesday Event: Poetry Slam

Activity: poetry reading evening

Date and place: 15/11/2017, The InnBetween

Description: The magic of spoken word happens again in Maastricht.

We had a wonderful crowd of people listening to one another and sharing beautiful pieces. We heard poems of love, war, peace and emotions. It was truly a cosy November evening with tea and biscuits shared with the lovely people of Maastricht.

The Art of Letter Writing

Activity: workshop on the art of letter writing

Date and place: 16/11/2017, The InnBetween

Description: "When was the last time someone sent you a letter; hand written, in an envelope, stamped, sealed with a kiss? Was it recently, a long time ago, or perhaps never? As years go by and technology thrusts us into the future, we decided to host a workshop, "The Art of Letter Writing".

During the event we discussed several types of letters, their history, forms and styles, to name



THE INN BETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INN BETWEEN

STUDENT CHAPLAINCY

a few. Letter writing is part of a relationship and through the ages the one thing that remains constant are people's emotions.

Wednesday Event: Solar Mamas and Renewable Energies

Activity: Workshop and Screening

Date and place: 22/11/17

Description: When the sun goes down over 1.3 billion people are plunged into darkness, without access to electricity. In association with 'Liter of Light', in this Wednesday-event we explored the topic of sustainable energy in developing countries, specifically solar energy.

About Liter of Light:

'Liter of Light' is a global, grassroots movement committed to providing affordable, sustainable solar light to people with limited or no access to electricity.

The Programme of the evening was as followed:

- Documentary screening (1h) "Solar Mamas"
- Open Discussion on renewable energies and social implications
- Workshop: Learn how to build your own solar lantern

Intercultural Jam Session

Activity: Jam Session/Music

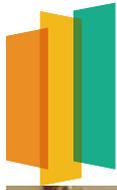
Date and place: 24/11/2017

Description: Music! Friends! Intercultural exchange! To kick off this new year, the Music Team of the [Refugee Project Maastricht](#), in cooperation with ISN Maastricht, hosted an evening of music and fun (and free snacks!). It was a great event, where music was shared and friendships were made.



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY



Weekend Event: Sustainable DIY day with Green Office

Activity: sustainability workshop

Date and place: 25/11/2017

Description: Sustainable DIY day consists of two different workshops: Making reusable wraps (for keeping food fresh) from beeswax which is in collaboration with the Green Office Maastricht; and making your own Christmas ornaments.

Would you like to be more Sustainable?

Ever think about how to keep food fresh without using plastic wrap?

Join us to learn something about the bees from @Bee Friendly Maastricht and hand make your own reusable bee's wraps!

The Green Office is a driving force for sustainability efforts at UM. They are a sustainability service-provider that connects students, staff, and the community. As such, they empower bottom-up initiatives, raise awareness, and inspire critical, creative and collaborative thinking about sustainability challenges.

Wednesday Event: Documentary screening: Auschwitz survivors

Activity: Screening

Date and place: 29/11/17



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

Description: *In preparation for our Remembrance visit to Auschwitz (2-5 February 2018), we have organized a screening this Wednesday of a documentary about an Auschwitz survivor. We all know about the atrocities that occurred in the extermination and concentration camps. We have probably heard stories of those who survived and accounts of what they witnessed. We can read various historical books, statistics, facts, and numbers. It happened not long ago to people like you and me, and the scary part is that the perpetrators were also people like you and me. Visiting the camp, entering the buildings and seeing the things left by those who perished may make it real to us. It is important not only to remember but also to visit and pay respect to those who perished in Auschwitz and to educate others. Visiting Auschwitz will not be easy, but after seeing these horrifying sites, many experience overwhelming hope for the future and gratitude for what we have now.*

After the documentary screening, we will reflect on the atrocities that took place during the II World War. We will discuss the propaganda of dehumanization and the demonization of particular groups of people as dangers that led to the mass murder of innocent people. It is and will be knowledge and experience that make us sensitive and strong enough to oppose any propaganda that intends to make our neighbors into our enemies.

December

Advent Calendar - #MeToo



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EUCUMENICAL STUDENT CHAPLAINCY



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STUDENT CHAPLAINCY

Activity: *Discussing and raising awareness on consent and harassment through short videos*

Date and place: *1/12/17 – 24/12/17, www.innbetween.nl &*

www.facebook.com/inTheInnbetween

Description:

#MeToo – Advent calendar

Advent. Adventure. We challenge you this December to face the reality of sexual harassment and assault.

Help you to find methods, skill and knowledge to make a change, to overcome trauma.

Advent, we are looking towards Christmas, when the Christian world celebrates God becoming human.

In this advent time we long and search to find God among us, in the midst of us, in our own heart, so we can live up to our own Human and Divine self.

Wednesday event: Ethics in Scientific Research – The story of Henrietta Lacks

Activity: *screening + discussion*

Date and place: *06/12/2017, The InnBetween*

Description: *Henrietta Lacks was an African American woman who died on October 4th, 1951 - 9 months after being diagnosed with cervical cancer.*

When Lacks came to Hopkins for treatment of her cancer, a surgeon sliced away small samples of the malignancy and Lacks' healthy cervical tissue for George Gey, the director of tissue culture research at Hopkins. By 1951, Gey was nearly 30 years into a quest to culture "immortal" cell lines: human cells that would reproduce endlessly in test tubes to provide a steady supply of cells for medical research. Gey had experienced little but failure when a Hopkins resident dropped off the pieces of Henrietta's tissue. Soon after the malignant cells, labeled "HeLa," were placed in culture medium by Kubicek, who was Gey's lab assistant, they began to reproduce, doubling within 24 hours. They have never stopped. They now live by the uncountable trillions in laboratories and the inventories of biologics companies throughout the world, still robust after 60 years and perfect for all sorts of research. The HeLa cell line has been the foundation of a remarkable number of medical advances, including the polio vaccine, the cancer drug tamoxifen, chemotherapy, gene mapping, in vitro fertilization, and treatments for influenza, leukemia, and Parkinson's disease.



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

Women's Rights Spoken Mic

Activity: Discussion

Date and place: 10/12/2017, The InnBetween

Description: Share your thoughts on women's rights, or just come to listen on International Human Rights Day! Everyone who would like to talk about women's rights is invited. There will be snacks provided. No entrance fee :-)

Winter get together – sing, eat and be merry!

Activity: Discussion

Date and place: 17/12/2017, The InnBetween

Description: Refugee Project Maastricht and The InnBetween are thrilled to invite you to our last event of this 2017 year!

MUSIC

We are trying to create the perfect winter playlist. And we need your help for that!

We'll also have a Christmas karaoke, so warm up your vocal chords!

FOOD

Is there any traditional winter food from your country that you particularly like and want to share with everybody? We encourage you to bring it along!

We'll also provide cookies, tea and coffee for everyone.

This event is kid friendly, so you're welcome to bring along your children – or release your inner child!

Beers and Carols

Activity: Christmas carol singing

Date and place: 18/12/2017, Duke's Cafe

Description: With the university gospel choir we go to Dukes, buy a lovely pint and sing carols. Join us for a happy hour of singing, laughing and drinking :)

Seeking light – a Christmas Meditation

Activity: meditation

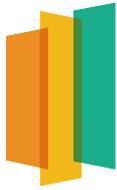
Date and place: 20/12/2017, The InnBetween

Description: Celebrate Christmas with us this coming Wednesday in a meditation liturgy focusing on seeking light and finding God.



THE INNBETWEEN

EUCUMENICAL STUDENT CHAPLAINCY



THE INNBETWEEN

STUDENT CHAPLAINCY

One of the many gifts of Christmas is its capacity to nurture within us an openness to new possibilities coming into being, unseen, unlikely, unnoticed. Closer than we may imagine, something new is always being birthed. God coming towards us, God with us, God within us. A stream of light spilling under the door of darkness. May we not miss the wonder of this moment..

January

Wednesday Event: Auschwitz Remembrance Lecture

Activity: Lecture + Discussion

Date and place: 24/01/2017, The InnBetween

Description: On 24th of January, on the eve of the Holocaust Memorial Day, we would like to honor the victims, survivors, and rescuers of the Holocaust by organizing a special lecture. The Holocaust Memorial Day is on the 27th of January, which marks the anniversary of the liberation of Auschwitz, the largest of the Nazi concentration camps, where more than one million men, women, and children were murdered during the second world war.

The Lecture will be given by Professor Dr. Fred Grünfeld of Maastricht University's Faculty of Law. Prof. Grünfeld will discuss some testimonies of children and others about Maastricht victims of the Holocaust as part of the Stumbling Stones project in Maastricht (www.struikelsteentjes-maastricht.nl). After the lecture, we encourage our students to share their thoughts and perhaps debate on the topic with our guest lecturer.

Wednesday Event: Delicious Vegan sweets

Activity: cooking workshop

Date and place: 31/01/2018

Description: It's the end of January, the time by which most of the new year resolutions have already long been thrown overboard. You wanted to eat healthier but simply can't resist sweets? We may have a solution! Come to The InnBetween and learn about two delicious desserts that are vegan, "healthy" and way more sustainable than the conventional stuff you buy and/or bake at home! Are you curious and brave enough to test a new lifestyle? Then come and join us at The InnBetween on Wednesday 31st of January! A yummy evening with good music and friends is waiting for you! Get to know about sustainable food and sustainable shops in Maastricht and learn how to contribute making this planet better while eating delicious sweets! Who knew saving this world could be just so easy?



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February

Auschwitz Remembrance Visit

Activity: *Trip*

Date and place: *02/02/18 – 05/02/18, Auschwitz*

Description: *Join us on our remembrance visit to Auschwitz on the 2nd – 5th February 2018. It is organized by The InnBetween of Maastricht and Motiv of Delft. Students from both cities, Maastricht and Delft are welcome to join.*

We must not forget the Holocaust. We should remember those who lost their lives so it will not happen again. We invite students to remember those who perished in the Second World War by visiting Auschwitz. We will discuss the subject of refugees and war in depth during meetings leading up to our travel. We invite you to write a reflection on this visit and to share it with your fellow students and teachers.

Wednesday Event: Democratic Speed-Dating

Activity: *Discussion and Talks*

Date and Place: *07/02/2018, The InnBetween*

Description: *Dear respectable voters,*

Are you ready to challenge yourself with some good big talks?

Today, February 5th, 2018, it is your last chance to register at the municipality to participate in the local election in Maastricht (on March 14th, 2018: save the date)!

Therefore, we would like to invite you for an evening to reflect on our rights as voters, to meet new people and to have some fun!

In the beginning, Simon Wirtz, one of our student board member, will challenge your knowledge about the upcoming elections. Then, it will be your time to exchange some big talks!

During this time, you will have different topics and questions about voting to discuss with someone that you may not know. After 15 minutes, you will switch place, switch topic and switch partner, ready for a new big talk!

Come and be ready to share your thoughts on democracy, elections and your rights, we are looking forward to hearing your opinion!



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And you'd never know, maybe you will find your (democratic) life partner!

Wednesday Event: Marble Paper Evening

Activity: workshop on the art of marble paper

Date and place: 28/02/2018, The InnBetween

Description: Emerge in the Art of Marble Paper.

This Wednesday, Caro will introduce you to the marbling technique with foam. There will be great music and home-made organic snacks to assure 100% cosy vibes. All the materials will be provided.

You do not need to be a skilled artist to master marbling! Marbling is an incredibly easy technique that has WOW effects: Marble's abstract forms stimulate our minds and the outcome of your artwork is always an exciting surprise!



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March

Wednesday event: Natural Soap Making

Activity: Workshop

Date and place: 07/03/2018, The InnBetween

Description: It's March and spring is coming soon! Most of us can't wait for warmer days after these extremely cold temperatures the past week. The weeks that mark the transition from winter to spring are however the typical period where a lot of people get a little sick. Washing your hands regularly is a good way of getting rid of all the germs. Washing your hand with homemade, natural soap is even cooler and it's sustainable as well! You think this sounds like something you want to try? Then come and join us this Wednesday, 7th of March at The InnBetween at 19:30 and enjoy a cosy evening with friends, tea and good music.

Weekend Event: Indian Cooking Workshop

Activity: cooking workshop, The InnBetween

Date and place: 11/03/2018

Description: Weekend events are welcoming spring with an Indian cooking workshop and a talk about ayurveda and ayurvedic spices. The weather is still a little bit cold so come and warm your heart up with a creamy vegan chickpea curry. The curry will be served afterwards with a side of rice and you can adjust the recipe at home for your desires (with chicken or something else for example).

Wednesday Event: The Dark side of Chocolate: make your own fair-trade chocolate!

Activity: discussion and workshop

Date and place: 21/03/2018, The InnBetween

Description: Are you a chocolate lover? Have you ever question yourself how chocolate is made? Did you ever want to make chocolate in the fairest way possible?

Well, join us on March 21st to make some good chocolate and to learn something more about your beloved!

Firstly, we will make some chocolate (it will be vegan!) and then, while it will rest in the freezer, we will watch a short documentary about children exploitation in the cocoa plantations in the South-West of Africa. In the end, while degustating our homemade chocolate, we will have a little chat on how can we improve our consumer behavior, be fairer with the rest of the world.



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Weekend Event: Get the Groove – Poetry meets Music

Activity: workshops and presentations

Date and place: 24/03/2018, The InnBetween

Description: On 24 March, a special edition of Open Podium Poëzie Maastricht (Open Stage for Poetry) will take place. In cooperation with 'The InnBetween' we can present this inspiring event, focused on the young people living in Maastricht. What are the possibilities of poetry and music when you're bringing them together? What happens when you put young people together and let them create a musically poetic performance?

Young people can join a workshop, given by also young musicians Ard Kok, Isidor ten Hooven, Joram Heijmans en Tato Wesselo. They will give the participants an experience of what you can do with music when starting from poetry, and they will create a presentation which will be given at the end of the day, together with the whole group (max. 12 people). As a participant you can bring a poem, in whatever language, which will be incorporated in the performance. The musical poems will be alternated with music from divers compositions of the musicians themselves.

Easter Circle Ritual

Activity: Meditation

Date and place: 28/03/2018, The InnBetween

Description: Today we celebrate the Spirit of Life over death.

We will light the fire, aware that the power of resurrection has forever changed who we are, and given us the courage to boldly proclaim a living faith.

Today we celebrate:

new life,

new joy,

new possibilities.

Come and join the celebration with the 4 directions, with the 4 seasons, and the four elements. Wednesday evening at 7. We'll start in the garden of The InnBetween and finish in the living room.



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April

Wednesday Event: Chernobyl, Fukushima, Tihange? The Pros & Cons of Nuclear power

Activity: Screening and discussion

Date and place: 04/04/2018, The InnBetween

Description: Chernobyl and Fukushima are examples of catastrophies in nuclear power plants around the world. But also in Maastricht we could be directly affected, with the Belgian Tihange just being 45 kilometres from us. The reactor there has been reported to have thousands of small cracks. Experts and activists warn about the potential harms it could have on the population. The Belgian government tries to play them down and even gave permission for further utilisation. But, are coal-fired power stations the better alternative, when renewable energies are not providing enough energy? How to solve the energy question?

Join for an evening about nuclear energy! We will start with a short film to introduce the topic. Afterwards, depending on the number of attendees everyone is welcome to get active and participate in a workshop. We'll close the evening with a discussion, cookies and milk.

Weekend Event: Know your bike and how to take care of it!

Activity: Workshop on bike maintenance

Date and place: 08/04/2018, The InnBetween

Description: Have you recently moved to the Netherlands or been living here for a longer time, either way you most likely have a bike that you use everyday (or every other day) to get from one point to another. Unless your bike gets stolen after every few months and you keep getting a new one (and even then...) you should really take care of your bike. In this workshop you will get to know more about your bike anatomy, how to take care of it and might even pick up a few new skills!

This workshop is meant for you and your city bike so bring it along to get to know your bike even closer! If you do not want to or can not bring your bike, do not worry, you are still welcomed! We will start with a little introduction and presentation and after that we will get our hands dirty!



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STUDENT CHAPLAINCY

InnBetween Family Reunion

Activity: Bringing together all old and new members of The InnBetween Family

Date and place: 14/04/2018, The InnBetween

Description: are you out of UM and InnBetween bubble? Do you miss having people around, who get it? for whom it's normal - your thoughts, lifestyle, way of living? Did you have some exciting experiences since you left? Research, travel, purpose - maybe you wish to share it with the others? We organize a freeflow weekend of workshops, storytelling, possibility to meet and share about the important stuff, life, goal, love, purpose.



Wednesday Event: Concert for the Heart – Jeska Onderwater

Activity: Concert

Date and place: 18/04/2017, The InnBetween

Description: Feel warmly invited for an evening of heart soothing music by the Dutch singer-songwriter Jeska Onderwater.

Jeska writes and sings songs from and for the heart. Her soft, angelic voice enters into your soul and takes you on a journey to hidden places and forgotten memories. Her music is mostly



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STUDENT CHAPLAINCY

enjoyed in an intimate setting for an attentive audience. Through yoga she discovered the power of mantra singing and started to incorporate mantras and heart songs into her performances and own songwriting.

Jeska recently returned from a journey through magical India where she felt her voice opening up to more depths, feeling her feet firmly connected to the earth and being a channel for the sounds that are coming through. Now she is preparing to record her first album "All Is One" this year and wishes to spread her music in all four wind directions. She believes that singing is a healing practice which helps us calm our minds, express our feelings and come into alignment with the wisdom of our bodies.

Wednesday Event: Maastricht Against Plastic: Let our veggies breathe!

Activity: Peaceful act of raising awareness on the pollution of single use plastic by supermarkets

Date and place: 25/04/2018, Plein 1992

Description: We are calling for your help to improve the plastic problem! If you recently went shopping in the supermarket you will probably have noticed that almost everything is wrapped in plastic, from avocados to carrots, bananas, and even cookies individually wrapped in plastic and then put in a larger plastic container. We as consumers have the power to ask stores in Maastricht to change their policy, and we hope with this event we can bring awareness to this issue. The plan is to meet around 6pm at Albert Heijn on Plein 1992. We will then go in and do our normal shopping routine, however after check out we will have carts at which we will put all the unnecessary plastic that we don't need. We hope to illustrate the huge quantity of plastic that we have to deal with every time we shop. This will be shown to the municipality and the company, and we will have media present. After we will recycle all the plastic! Please add your friends, the more that come the bigger the impact! Thanks for the support and can't wait to see you all ♥ And feel free to contact [Alexandra Marie](#)





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[Nizet](#) if you have any ideas you would like to contribute :) Let us use our consumer power to create change!

Weekend Event: Basketball tournament

Activity: Sports

Date and place: 29/04/2018, UM Sports

Description: Ready to show off your basketball skills? Come along and play at the basketball tournament. Spread the word to your friends and have them join in too! There will be a little prize for the champions but of course everyone will be a winner at heart!

As it is co-hosted with the Refugee Project Maastricht, this event is also about getting to meet and interact with new people. So the teams will be chosen and posted a few days before the event by The InnBetween. But if you would like to be grouped with a friend/s, let us know and we will make sure that you will be in the same group.



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May

Wednesday Event: Class(y) Dinner – Distribution of Goods & Resources

Activity: Discussion and workshop

Date and place: 01/05/2018, The InnBetween

Description: This Wednesday event will take you on a journey where chance decides what role you'll get. Depending on your role, you'll have a different type of dinner. What you do with it is completely up to you-you can decide! The dinner will take approximately one hour. Afterward, we'll have an open discussion where everyone is welcomed to participate and share their experiences and/or opinions about the class(y) dinner (and beyond....)

Wednesday Event: Let's Talk about Gender and Sexual Diversity!

Activity: Discussion and short screening

Date and place: 16/05/2018, The InnBetween

Description: Gender is binary! | Come on, be a man! | Boys are brave, girls aren't. | Girl, you can't go out without some make-up on! | Shave your legs, for god's sake! | Boys will be boys, you know. | That's not a job for a girl! | How can you let her carry things? | Childcare is a women's job. | Scented candles and caring? You sure your new bf isn't a girl after all?
- society

We hear these and other statements about gender and sex often in our daily life. But, what actually is gender? What does it exactly mean to "be a man"? Why do some people think that there are certain jobs reserved for women and certain for man? Why are girls expected by many to wear make-up and shave? And is that a good thing?

For this evening about gender & sexual diversity we join forces with Dionyx Maastricht. Together, we invite you to come around and give us your view on the topic! We will start with ContraPoints who'll give us some input and provide a good starting point for what is about to come (YouTube video screening). The evening will then be about you - we want to hear your thoughts and feelings. Also, we will provide some information. The evening will end with snacks and drinks.

Weekend Event: Yoga Dance Live Music

Activity: Yoga dance workshop

Date and place: 20/05/2018, The InnBetween



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Description: *A session dedicated to a fresh look given on ourselves, our surrounding, our senses,,,*

- ☀️ A meditation as a start*
- ☀️ A yoga dance flow to warm-up*
- ☀️ Some body languages exercises to have fun*
- ☀️ Free dance to let go, go, deeper, harder...*
- ☀️ A soft ending with yin yoga and a closing circle.*

After the session you are invited to stay for a tea and a quick snack. The workshop will be guided in English and is accessible to everyone, all levels, all ages.

Wednesday Event: Evening of Poetry

Activity: *Poetry reading, sharing*

Date and place: *23/05/2018, The InnBetween*

Description: *Join us for another evening full of poetry, thoughts, letters, messages or any text you would like to share! It can be personal, funny, it can rhyme or be sang. Poetry evenings are a safe place for everyone to express themselves and be heard. This has been a tradition upheld for more than three years, mostly in living rooms, to now more public spaces like The InnBetween which we are very grateful for. Everyone is welcome to read in any language! Bring your friends, plants or family along and see you on Wednesday!*

Weekend Event: DIY Dreamcatcher

Activity: *Arts and Crafts workshop*

Date and place: *27/05/2018, The InnBetween*

Description: *Dreamcatchers are handmade willow hoops, on which is woven a net or web. It originates in Ojibwe culture as the "spider web charm" and is believed to be a symbol of hope and healing and traditionally hung over cradles as protection. If you do not fancy a look of a spider web, do not worry because your own made dreamcatcher will be exactly like you want it. Therefore, join us this Sunday to make a lovely dreamcatcher either for yourself or as a nice present to someone close to you (for a protection or healing or just for a decorative purpose). At the event, you will find all the materials and presentation for step-by-step DIY.*

Shake Awake to Morning Beats

Activity: *Dance*

Date and place: *31/05/2018, The InnBetween*

Description: *Revolutionize your morning and start your day with some dancing to morning beats, simply having a chat and a smoothie for breakfast!*



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Shake yourself awake before starting your routine with a fresh mind.

Fresh beats will be delivered by [Couscous Discous](#) who sends Delicious Green Fruit aka Tender Kiwi aka Viktor Valentino who will take care of the right juiciness for the early morning hours (<https://soundcloud.com/viktorinlove>). Also, you can buy delicious smoothies which ingredients are provided by [Foodsharing Maastricht](#), coffee and tea.

June

The Art of Stamping

Activity: Creative workshop

Date and place: 6/06/2018, The InnBetween

Description: Are you trying to be more sustainable and avoid the plastic bags at AH/Jumbo?

Come to our workshop, where we will be printing/stamping on blank beige cotton totes perfect for groceries! We'll be stamping some funky patterns from the fruits & veggies that mother nature has provided us!



The technique is super simple: We'll cut up some fruits and vegetables and stamp away 😊

We will be providing all of the necessary tools for this printing workshop + some blank cards/totes to print on. You are more than welcome to bring your own fabric if you wish to decorate it (great for pillowcases, kitchen towels, scarves etc.!

DIY Organic Bread Baking Workshop

Activity: Bread Baking

Date and place: 13/06/2018, The InnBetween

Description: This workshop is organized by Green Office. The Green Office is UM's sustainability department, whose goal is to connect students, staff and the Maastricht



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STUDENT CHAPLAINCY

community through sustainability initiatives.

And did you know that you can order your own bread from Bread Connection on a weekly basis? Want to know more about Daniel's project? Feel free to reach out on Facebook!

<https://www.facebook.com/breadconnection.nl/>

Weekend Event: A Walk in Sint-Pietersberg

Activity: walking

Date and place: 17/06/2018, Sint-Pietersberg forests

Description: A year has passed and it brings us to the last weekend event of this academic year. So join us for a nice walk in the forests of Sint-Pietersberg and a lovely picnic after that. We will be walking around 1h-1,5h depending on people and weather, and have a picnic on the field next to the fort.

Academic Year Closing BBQ

Activity: BBQ

Date and place: 20/06/2018, The InnBetween

Description: It's come to the end of the academic year now so, as always, we celebrate with a BBQ in our beautiful garden. We thanked those that have been so amazing in The InnBetween community over the past year. Many of our team members were leaving Maastricht so we also gave them a warm goodbye.

The event was hosted Tafelen style with volunteers to help cooking, regular registrations and specially invited guests. There was food, there was music, there were hugs and sadly, goodbyes!