

The InnBetween Activity Overview 2020/2021 academic year



THE INNBETWEEN
STUDENT CHAPLAINCY



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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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Our weekly community events

Monday

1. Morning Meditation 9.30-10.00 am

Let's start the week together in meditation. It is a good way to be present, ready, focused, and loving. Join Petra for half an hour of guided meditation and relaxation in which the experience of meditation is the most important.

2. The InnBetween Staff Meeting 10.00 am-12.00 pm



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On Tuesday mornings, the board members meet and discuss the past and upcoming week as well as ongoing projects.

3. Reading Circle 6.00-8.30 pm (once/twice per month)

A new program at The InnBetween, suitable for introverted people - a READING CIRCLE on Joanna Macy and Chris Johnstone's possibly life altering book, the ACTIVE HOPE. We ask to read one chapter to every time and we create a safe place for a dialog on those ideas in non-violent language. Note: live-streamed during the lockdown.

4. Paradigm Shifts and Popcorn - Documentaries for Change 6.00-8.30 pm

A new program at The InnBetween from May 11th (after Reading Circle has ended) to June 22nd, 7 weeks of documentary-and-discussion Mondays where we imagine how the world should be. Each documentary has a theme connected to sustainability, spirituality, social responsibility, social justice and global citizenship. Paradigm Shifts Popcorn is a collaboration between The InnBetween and Mondiaal Maastricht.

Tuesday

1. Vinyasa Flow Yoga 4.00-5.30 pm

Every Tuesday Jeska Onderwater gives a yoga session at The InnBetween. This yoga class is suitable for both beginners and advanced yoga practitioners. It starts with a short meditation from where we continue into a dynamic yoga sequence, finished by a deep relaxation. The class is donation based and we ask for €5-15 contribution per session. We can provide mats but we suggest bringing one's own. Note: live-streamed during the lockdown.

2. Beginners Meditation Course 06.15-8.15 pm

Twice a month, our pastor Petra Kormendy gives one of in total five lessons on meditation. She has been teaching meditation for more than 10 years and was trained in different background meditation traditions. Entry to the course is in October and March, but due to COVID-19 pandemic it has been canceled in March.



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3. Kirtan Singing Circle 7.00-9.00 pm

Every second 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, 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. Note: live-streamed during the lockdown.

Wednesday

1. Mid-week Meditation 12.00-1.00 pm

Every week Wednesday at noon, it is an opportunity to take a deep breath, sit down and meditate to find the balance back. Midweek is a good time to practice consciousness, love, and silence. Participants can join Petra for an hour of guided meditation. The sessions are meant for practice not training so it is for experienced ones. Note: live-streamed during the lockdown.

2. Taizé Prayer 6.00-7.00 pm

Every Wednesday we gather in Sint Servaas chapel to sing together in the crypt, and enjoy the sound of chanting and of silence. Note: live-streamed during the lockdown.



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3. Wednesday Events – Wide Horizons 7.00-9.30 pm

Every Wednesday (except the first) we offer non-regular events (“Wide Horizons” series). You can find a detailed description of all the events this Academic year in the Appendix. Note: live-streamed or hosted online during the lockdown.

4. The InnBetween Student Board Meeting 7.00-9.00 pm

Every first Wednesday of the month, InnBetween Staff and Student Board gather together to reflect on past events, discuss ongoing topics and future events/projects. Held online during the lockdown.

Thursday

1. 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. Sometimes we organize theme nights such as Halloween, Polish dinner, Greek night, Pizza & Movie night, Tafelen Anniversary dinner. Live-streamed as a cooking workshop during the lockdown.



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Friday

1. Come Together, Chat & Connect on Fridays 10.00-11.00 am

A special online program in times of the lockdown (from March 27th to May 8th) where The InnBetween community comes together (virtually) to connect with each other. This is a place to look back at last week and reflect on the situation we find ourselves in together with our chaplain Rachelle van Andel. It is a space to also share some music, poetry, suggestions for weekend reads, and what ideas were sparked during the time of isolation.

Weekend

1. Sunday Events – Growth

Every two weekends we offer non-regular events of series called “Growth”. You can find a detailed description of all the events of this Academic year in the Appendix. Note: live-streamed during the lockdown.





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Ongoing student service

1. Counseling

Petra Körmendy and Rachelle van Anandel are offering counselings.

2. Loss and mourning

A course with four sessions each semester in cooperation with the university psychologists for those who have lost their loved ones.

3. Prayer / Meditation room

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

4. Beginner's Meditation Course

A course with six lessons on meditation given by our pastor Petra Körmendy.





Quarantine

The following brief explanation is on the COVID-19 pandemic, the effects it had on The InnBetween, and ways we mitigated them between March and June 2020.

Early in March we started introducing a 'no-hug policy' in which we aimed at preventing excess physical body contact at The InnBetween, although it was already a tough decision being directed against everything we aim standing for. Having done so, and later knowing that for multiple weeks no cases of COVID-19 were known among the student population of Maastricht University, it proved to be the correct decision.

We closely followed Maastricht University's response and RIVM's recommendations, at times having stricter regulations in place than recommended by officials. When events were evolving on a daily basis, we decided on closing The InnBetween's physical location on March 13. The Growth event scheduled for March 15 was the first taking place online, thus having adapted to the online environment already before the university did.

Following event series continued online without or, rarely, with minimal transition time. These took place as either live-streams hosted on facebook or in a Zoom conference setting: meditations and associated tea meetings, reading circles/ documentary discussions, team meetings, yoga, kirtan singing circles, Wide Horizons, Tafelen dinners, and Growth events. Chat and Connect was launched in the end of March as a new event series on Friday mornings, giving those lacking social interaction a way to meet virtually and a platform for all sorts of topics to be discussed. It was again discontinued when less demand was noticeable and physical distancing guidelines were relaxed in May.

The InnBetween being a fundamental anchor for many students in Maastricht, we did not experience a big effect on our community and visitors, other than that of general social interaction being missed. When slowly we allowed for events taking place again outside in June (Taizé and Growth), we noticed people happily returning to the location, expressing seeing each other was really missed over the months.

A further effect which was noticed from the online environment is that regular visitors from past years, which had already moved abroad after gaining their Maastricht University degree, were again participating in our events.

Counselings were continued either outside or with plenty of distance indoors, many were also done online. We noticed a greatly increased demand for counseling when quarantine time began.



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Appendix

A detailed description of all non-regular events that took place during the 2019-2020 academic year. Title, description, date, and collaborators are outlined for each event.

August

INKOM

Activity: Present and promote The InnBetween

Description: *Introduction days for new students in Maastricht were mostly online. Yet, two events on Sustainability and Social Responsibility could happen in person after sign-up.*





September

Hiking Afternoon - We Have Wanderlust!

Activity: Hiking, socializing

Time and place: 29/09/2019, outdoors in Maastricht

Description: *"Into the woods I go, to lose my mind and find my soul."*

- John Muir (environmental philosopher)

But unlike John, we won't go into the woods by ourselves! We are gathering a little hiking group to explore the hidden (and not so hidden) beautiful surroundings of Maastricht.

Are you new to the city and ready to explore Maastricht with fellow nature lovers? Have you been living here for a while but still don't know the nice hiking paths Maastricht has to offer? Do you want to go on a (last) hike before winter starts? Then join us on Sunday, the 29th of September, on a little hike around the Sint Pietersberg in Maastricht!

The Sint Pieterberg is very close to the city centre of Maastricht, but offers mystical forests, an old fort, underground caves, owls that span their wings up to 1.8m, a view over the whole city and of course comfy benches for the best part of a hike: the breaks!

The start- and ending point of the hike will be the courtyard of The InnBetween in Capucijnenstraat. The hike will be roughly 8 kilometers, which is a very doable distance. So this hike is for everyone, also if you usually do not hike often, if you are a "Lustwanderer" (someone that walks for pleasure) or a hardcore hiker. After an hour of walking, we will stop for a cosy picnic. We will take care of some yummy snacks for our picnic, but please bring your own drinks/water bottle! Comfortable shoes/ boots and a rain jacket (just in case :PRAY:) are handy to bring as well!





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Connect Festival 2019

Activity: The fifth edition of the festival organized by The InnBetween to celebrate the power of togetherness in the beginning of the academic year

Time and place: 16/09/2019 - 22/09/2019

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

1. Tai Chi session with Equilibrium Maastricht 2.00-3.00 pm

Tai Chi is a form of body-mind exercises that has been used for centuries in the East to improve mental and physical well-being, and is currently gaining traction in the West.

Research has shown that practicing Tai Chi can considerably improve balance, flexibility, and cardiovascular and respiratory function, as well as quality of life, and further studies indicate that Tai Chi can improve mood and mental well-being. In this workshop, we will practice simple Tai Chi forms and explore what the effects are on our body and mind.

2. Mental health and student life workshop 4.00-6.00 pm

In this workshop held by Jacoline Tanis (psychology student) & Aafke Uilhoorn (medical student) we will explore how to handle struggles and setbacks in your student life.

We will explain how common it is to get overwhelmed or lost sometimes – you are not alone! Next to that we will give tips about what to do or where/whom to go to in these situations. We will also share some easy and helpful exercises to create space in an overfull mind...



3. Self-gynaecology workshop 6.30-9.00 pm

Self-gynaecology is a method. A method of research and experimentation on our bodies. A method aiming to reappropriate knowledge, skills and language. A method of dialogue and confrontation. During this workshop we will start from our bodies to redefine human anatomy cleaning up doubts and satisfying curiosities. Thanks to horizontal education, we will learn to look for appropriate materials to answer our questions.

This workshop is open to all people who have or have had a vagina and to those who are in a process of sex reassignment.

Tuesday: Sustainability

1. DIY waste alternatives & prepare to march! 2.00-4.00 pm

Ever wondered how to minimize waste and make your own hygiene products? But do you also want to prepare together for the upcoming Global Climate March? Then read on!

On the 20th of September, citizens of the world will once again take it to the streets to voice their concerns and demand concrete measures as well as the truth. Our home is burning and it is our future and that of many species that is at stake. For months now, we have shown those in positions of power that we are here, we are many, we are impatient and we want change. Maastricht will host its 3rd climate march on the 20th and to make it a success, we need BANNERS, and we need CHANTS! Join us at this banner making event, we will provide you with painting material and cardboards so you can let your creativity flow! We will also rehearse and try out some new chants together to make this march a success!



Bolivia's rights? 4.30-

2. What about Amazon & human 6.00 pm

Recently, the Amazon has been the center or focus on both international news and social media. The devastating fires have been deemed the symptom of a larger crisis of illegal deforestation and land seizures across the Amazon, while also being used as a moment of self-reflection concerning consumerism, the current state of our planet and the necessity for sustainability.



While currently topical, the Amazon has been a longstanding area of concern for Amnesty in regards to the rights of indigenous people, as well as the protection of environmental activists, highlighting that those most marginalized within society are often those most vulnerable during environmental crises. Climate justice is the fulfillment of human rights in the face of climate change. It is a process of addressing the climate crisis as a human rights crisis and using the court of law to hold corporations and governments accountable.

2. Coming together with Climate Action Network Maastricht and student sustainability initiatives 6.30-8.30 pm

Climate Emergency is the biggest threat our civilisation has ever faced. On Tuesday 17th of September, Climate Action Network and the Connect Festival, in collaboration with major environmental initiatives of Maastricht will host a panel discussion at The InnBetween. Anything you want to address or challenge, anything you would like to know or share? The discussion will circle around the most effective reactions and solutions to climate change from different angles, various perspectives; but most importantly your questions!

Wednesday: Spirituality

As part of Connect Festival, weekly recurring events throughout the semester were offered.

- 1. Weekly Wednesday Meditation 12.00-1.00 pm**
- 2. Vinyasa Flow Yoga 4.00-5.00 pm**
- 3. Singing Circle Kirtan 7.00-9.00 pm**

Thursday: Social Responsibility

- 1. Boundaries, consent & intimacy workshop with Centrum Vaktherapie 12.30-2.45 pm**

Come and explore how you relate to others (and yourself!) in intimate relationships and friendships. In this workshop we will explore the role of consent in human interactions through a series of exercises and dialogue. Everybody is welcome :)

Topics we will explore are self awareness, (somatic) boundaries, communication, and assertiveness.

- 2. Power and privilege with Fossil Free Maastricht 4.00-6.30 pm**

Join us for an interactive workshop that explores the meaning of power, privilege, and oppression, and how to apply these ideas to our campaigning. The aim is not only to



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understand the concepts of power and privilege, but to be critical about the role we play in the maintenance of these power relationships. This is ideal for anyone who is active in campaigning in any area, whether environment, human rights, feminism or anything else - or anyone who is just interested in these issues.



3. Tafelen: Share a meal with Refugee Project Maastricht 6.30-9.00 pm

Since the beginning of time, sharing a meal has been a central aspect of sociality, communication and bonding. Food lightens the mood, it shifts the dynamic, and it strengthens the bonds that we are building. It is essential to the community building that we are doing. Leon Aarts has himself experienced the power of sharing a meal. In his TedX talk, he shares his experiences about working in a refugee camp in Calais and how shared meals had the power to connect people with each other.

With his idea in mind, we invite you to share a meal with us and to connect with others. Together, we will prove that sharing a meal can shift our perception and expand our views, because compassion is truly delicious! Come, enjoy a meal with us and nourish your body as well as your soul.



Friday: Free Time

1. Drum circle 11.30 am - 12.30 pm

Start your Friday with some Rhythm! In the drum-circle we learn different rhythms on percussion (djembé's & DounDoun's) and we practice, play, and improvise together. You don't have to bring your own djembé, but if you have one, feel free to do so! Experience with percussion (or music) is not needed, all levels are welcome to join!

Facilitator Sirik de Jong is a music therapist at Centrum Vaktherapie and part time at Stichting Pergamijn, giving music therapy for children and adults. The therapy he engages with is about experiencing, playing and doing. From within a space of relaxation and in a safe and heartfelt atmosphere he invites us to discover new ways of being in ourselves and with each other.

“Where I come from we say that rhythm is the soul of life, because the whole universe revolves around rhythm, and when we get out of rhythm, that’s when we get into trouble.”

— Babatunde Olatunji

2. Connect Festival goes march! 12.45-13.30 pm

Lets gather our instruments, the banners and signs we painted, and the chants we learned this week! The Connect festival and The InnBetween team welcomes anyone who would like to walk together to the Global Climate March at the Vrijthof (only a few minutes away from The InnBetween). Here you can also find others to buddy up with if that helps you feel more comfortable to strike and march.

3. Checking in with oneself – tools & exercises for self-direction 6.00-8.30 pm

Where do I stand in my life at the moment? What do I need to live my life to the fullest? What are my needs and desires in this phase of my life? What gives me energy and what drains my energy? In this workshop, we will engage with individual as well as partner and group exercises



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to develop a deeper understanding of where we are at. I will guide you through a process of finding clarity concerning the above questions within yourself. I will introduce simple yet effective exercises that encourage you to find answers beyond the mental realm of thoughts and words. The aim of the workshop is that through checking in with yourself in this moment, you are able to identify what is needed for you to lead you to live the life you envision and to take concrete steps in this direction.

Saturday: Resting Day

"It is very important that we relearn the art of resting and relaxing" Thich Nhat Hanh

Sunday: Arts & Culture

1. Brunch & books 11.00 am - 1.00 pm

With a lovely and lazy (vegan) Sunday brunch we would like to introduce you our new reading circle, starting in October on the life altering book called ACTIVE HOPE by Joanna Macy (check out the woman, she's a rockstar!) "So this is where we begin - by acknowledging that our times confront us with realities that are painful to face, difficult to take in, and confusing to live with. Our approach is to see this as the starting point of an amazing journey that strengthens us and deepens our aliveness. The purpose of this journey is to find, offer, and receive the gift of Active Hope"

2. Face painting & tea 2.00-3.45 pm

We will do some fun exercises to get to know each other (so please come on time), share some tea and paint each other's faces. The beauty of painting a face versus a canvas is that you can draw inspiration from the unique facial features and personality of your 'living canvas'. There is a beautiful kind of relaxation and coziness to be found in painting faces together.





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3. The musicality of moving bodies 4.00-6.00 pm

The Musicality of moving bodies is a creative Dance Impro workshop developed by Jo-An Westerveld; teacher of creative, improvised & contemporary dance. In this 2 hour workshop we will have a playfully deep dive into all different dynamics and musicalities in our bodies while dancing. We will also explore many different ways of responding to music and playing with it as if music is our dance partner! This will give us a much bigger and joyful range of possibilities for movement on very diverse music or for collaborations with musicians.

4. Cozy concert evening with Las Lloronas, Bint Mbereh, & Keyth Brightland 6.30-9.30 pm

After a week full of workshops, encounters and inspirations, we come together to celebrate with beautiful music in a cozy, familiar atmosphere. All are welcome to join to close out this year's Connect Festival together! There will be drinks, snacks and space for dancing, sitting and lounging, to listen to the sweet tunes of 3 amazing artists.



October



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Wednesday Event: Wide Horizons – Clothing Swap and Movie night on Fabric Industry (Social Responsibility)

Activity: Documentary screening, discussion, clothing swap

Date and place: 09/10/2019, The InnBetween

Description: *Following the collapse of the clothing factory Rana Plaza in Dhaka in 2014, the practices of the fast fashion industry has become more widely discussed in the media. But what effects does this production industry really have on us humans and the environment? Did anything change since? And (how) can we improve this system?*

We are going to watch some sequences of the documentary “The True Cost”, which deals with the latest developments of the fashion industry towards a “fast fashion” model. Among others, we are going to discuss the working conditions and security issues of sweatshops, environmental issues, and the downsides of our current economic system in general.

Also, a clothing swap will take place, so that we can have that feeling of having something new to wear without having to buy new from a store. For the clothing swap, please bring up to five items that you don’t like to wear anymore. The clothes should be washed and still be in good condition, so that someone else will be happy to wear them. At the end of your event, you will take your newly swapped and your un-swapped clothes home with you.



Sunday Event: Growth - Chakra Yoga workshop



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Activity: workshop

Date and place: 13/10/2019, The InnBetween

In collaboration with: Caro Scheele

Description: *You are very warmly invited to join our Chakra Yoga workshop! The workshop will be guided by yoga teacher Caro (who is passionate about the topic and loves sharing the old yogic wisdom with you 😊). Chakras are energetic points that are located along our spine, with each of the seven Chakras having its own associated colour, affirmation and effect on your mental and physical state. In the Yogic tradition, when all Chakras are balanced, we are in our fullest health, juiciness and power...And we simply have this sense of being in alignment!*

The workshop consists of some Chakra theory, but at its heart lays a practical part in which you learn about the tools to feel into your Chakras and bring them into balance during your meditation and Yoga practice.

Wednesday event: Wide Horizons - On the Way to Become a Cyborg (Science)

Activity: Lecture, discussion

Date and place: 16/10/2019, The InnBetween

Description: *Over the centuries, humanity has been driven by the feeling of *faster, further, deeper, better*... It seems like it's in our nature to push the limits 🚀*

We even have started to equip our bodies with different tools and accessories that are supposed to help us keep up with the rushing world: contact lenses, smartwatches, bypass, AR glasses... Some people, because of their disabilities or experienced accidents, are fitted within prosthesis. Others are taking it to the next level and implanting chips, magnets, diodes under the skin or even antennas into their skulls. Not because they need it, but because they desire more and more!

All of this is getting us closer to become cyborgs. What is a cyborg? Who is a cyborg? Where and when this futuristic vision has begun? What are we becoming as a result of technology development? What will the future bring?



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Wednesday Event: Wide Horizons - PLAY! Workshop Theatre of Oppressed

Activity: Workshop

Date and place: 23/10/2019, The InnBetween

Description: *How to orchestrate bottom-up change? During the exam week we're going to PLAY, and find out! We will introduce you to the world of Theatre of the Oppressed (TO), and we start with the basics of this groundbreaking method.*

TO is an arsenal of theater techniques and games that seeks to motivate people, restore true dialogue, and create space for participants to rehearse taking action. It begins with the idea that everyone has the capacity to act in the "theater" of their own lives; everybody is at once an actor and a spectator. We are "spect-actors!" — a term which visionary and Brazilian political activist Augusto Boal coined.

Our chaplain Rachelle van Andel will guide you through the workshop. She is trained in the method of TO by Formaat 'werkplaats voor participatief drama' in Rotterdam and she has been working with the method for the NGO the Grail in the Netherlands.



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Sunday Event: Growth – Mov*in w/ Coco – Free Your Dance

Activity: Workshop

Date and place: 27/10/2019, The InnBetween

In collaboration with: Coco

Description: *A free movement exploration journey inspired by different rhythms and natural elements. No need for any specific dance experience, physical condition or mood... each person will have their own very unique discovery. “We start within ourselves and end up in the collective body, dancing in relation with everyone and everything! By connecting to our essence through effortless and conscious movement, we’ll explore places within us, ways of relating to others and ultimately the feeling of fully surrendering to life’s creative movement! My approach is inspired by 5 Rhythms, Movement Medicine, Deep Ecology and Contact Improvisation.”*

Wednesday event: Wide Horizons - Dawn of the Light Film Screening (Arts&Culture)

Activity: movie screening, discussion

Date and place: 30/10/2019, The InnBetween

In collaboration with: Bahá’í community Maastricht

Description: *Whenever a divine Educator appears in the world, a Figure Whose teachings will come to shape human thought and action for centuries thereafter—at such a dramatic, seismic moment, what would we expect?*



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👉 *The program for the special event is as follows:*

19:00: Live music and interfaith devotional

19:30: Reflective art activity

20:00: Film screening

21:00: Group discussions



November

Sunday Event: Growth - Sustainability workshop with Sacha

Activity: Workshop

Date and place: 10/11/2019, The InnBetween

In collaboration with: Sacha Handgraaf

Description: *Many things we do, buy, eat have a big hidden impact on the climate. But trying to live in a more sustainable fashion can be quite overwhelming. During this workshop, Sacha Handgraaf will give us more background information about climate change, single use plastics, the impact of different industries (agriculture, clothing etc.). Afterwards she will give tips on how to make daily life changes that decrease our ecological footprint and in the final part of the workshop we will work on a personal plan.*



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Wednesday Event: Wide Horizons - Belly Dance workshop (Arts&Culture)

Activity: Dance workshop

Date and place: 13/11/2019, The InnBetween

Description: You've always wanted to try Belly Dance, but never had the chance to? It's about time! Come and join us for Wide Horizon's Belly Dance Workshop and learn how to **KEEP CALM AND SHIMMY ON** 🌟🌟🌟 The workshop will be led by Anna, a Belly Dancer from Danzando school located in Maastricht. You'll learn about Oriental dance and get to know your body better! Do you want to know a secret? 🤫 You'll also learn to move the muscles you do not even know you have! Everybody is warmly invited to come, no previous experience or special skills are required. Let's have fun, relax, feel the rhythm, and express ourselves through dance... 😊



Wednesday Event: Wide Horizons - Take a step forward in recycling (Science)

Activity: lecture, discussion

Date and place: 20/11/2019, The InnBetween

In collaboration with: Precious Plastic Maastricht

Description: One of the most frequently mentioned global issues is plastic pollution. We often hear that it is extremely harmful to the environment, but what can we actually do to change it? Taking a small step forward in our daily lives and improving our recycling habits isn't that hard as it can look like at first! But how does the recycling process work?



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Join us at The InnBetween on the 20th of November - we're going to learn some recycling tricks & tips, take a closer look at the industry, and share our personal experiences and opinions! Also, we'll have a lovely guest who incorporates sustainability in her daily life as well as has scientific knowledge on this topic and is willing to share it with us!



Sunday Event: Growth - Air pollution. How is Maastricht's air quality?

Activity: Workshop, discussion, lecture

Date and place: 24/11/2019, The InnBetween

In collaboration with: Jessie Steevens

Description: *All we need... is the air we breathe! But unfortunately, air pollution is getting worse, causing air quality to decrease. This impacts both climate change and human health, so we want to have a closer look at this topic!*

Are you curious to know more about the air quality of Maastricht? Curious to know what the Municipality of Maastricht does to improve our air quality? And what about your own role in keeping the air clean?

On Sunday the 24th, The InnBetween invited Jessie Steevens to discuss these questions with us between 15 and 17 pm. Jessie works for the CNME Maastricht (Centre for Nature and Environmental Education) where she leads a project on creating awareness about air quality. You can expect an interactive workshop with collective brainstorming, experiments, getting answers to the questions you bring along, and a quiz!

Wednesday Event: Wide Horizons - Soap DIY workshop (Social Responsibility)

Activity: Workshop

Date and place: 27/11/2019, The InnBetween

In collaboration with: Refugee project Maastricht (RPM) and Enactus Maastricht

Description: *Together with refugees living in Maastricht, we will make pretty soaps from soap rests that were not used by soap factories and give them our own touch with dried*



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herbs and flowers. Thus, we can avoid waste and make something useful and pretty from it. Also, that sounds like a nice and eco-friendly Christmas gift, right? 😊

In doing this, we can learn a new skill while exchanging and getting to know each other better. All materials for the soap making will be provided. Of course you will be able to keep your self-made soap, but it might take some time to dry.



December

Sunday Event: Growth - Sociocracy: How to Create Dynamic Social Structures

Activity: Workshop

Date and place: 01/12/2019, The InnBetween

In collaboration with: Catherine de Jaroueh

Description: *This Sunday's workshop at The InnBetween aims to introduce you to the awesome dynamic governance tool everyone should know about:*

!!! S-O-C-I-O-C-R-A-C-Y !!!

Sociocracy is a wonderful tool for any type and size of organisation to fruitfully collaborate and co-create the aims of its common vision. It is increasingly used in grassroots projects and activist groups, as well as in businesses and living communities. And it's stunning, because it efficiently takes into account all voices and opinions of members, without losing time or getting lost in decisions.



We will try to create an atmosphere in which interested individuals as well as organisations can come and learn how to do this crazy stuff.

A one-day workshop really only gives space for an introduction to the topic, nevertheless the aim is to provide you with information about the following topics:

- *Dragon dreaming - creating a common vision*
- *Sociocracy culture - how to do consent rounds and feedback rounds*
- *Sociocracy's organisational structure - how are working groups and subgroups of an organisation formed? What roles can people take over?*
- *Policy-making in Sociocracy*
- *Meeting organisation - how does it work?*



Sunday Event: Growth - Banana Bread Baking Breakfast

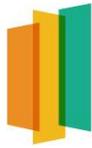
Activity: Cooking workshop

Date and place: 08/12/2019, The InnBetween

In collaboration with: Chiara Gullota

Description: *Wanna relish in the cosiness of baking but not do boring Christmas cookies? Come join our banana bread-baking (& eating) workshop!*

Since modern love teaches us that dawns are for lovers and bakers, we will get you out of bed somewhat early on Sunday the 8th.



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We invited two banana bread- experts: Chiara is coming from Italy and Svea all the way from Scandinavia to share the art, the process, and the love for banana bread baking. These two bakers spent the past semester studying banana bread baking on a weekly basis and are now excited to share their experiences with you! The most important lesson they learned was: everything is much better with butter! But of course, we will also bring recipes and ingredients for vegan banana bread.



Wednesday Event: Wide Horizons - Game of Privilege: Poverty and Equality (Sustainability)

Activity: Interactive workshop

Date and place: 11/12/2019, The InnBetween

In collaboration with: ASAP Sustainability Science and Policy Student Association

Description: *This Wednesday we will come together for another sustainability event. Sustainability does not only include environmental issues. Also social, political and economic aspects are dimensions of sustainability. This workshop is organised by The InnBetween in collaboration with ASAP and will focus on poverty and inequality.*

Join us for an interactive workshop (game) where we want to create an experience of what poverty means in our society.

Make sure to be there by 18.30h (being late will result in a societal disadvantage in the game). The evening will be concluded with a vegan meal and a reflective discussion.



Advent/ure- winter retreat day - Facing Darkness

Activity: Retreat day

Date and place: 14/12/2019, The InnBetween

Description: *The Netherlands is one of the most illuminated countries in the world. How to spend time in the darkness? 💡 For one day, we come together to face the darkness in this light-polluted world. To honor the pain, the loss, the grief. Even in spirituality, there is so much "light pollution" that forbids us to go through the darkness. So we invite you to meditate, eat together, have some shadow-work and darkness meditation walk in nature and indoors.*

Our schedule for the day:

meditation

breakfast

shadow work workshop with Rachelle

lunch

reflection time and walk in the Hoge Fronten park

interactive meditation walk on darkness (indoor)

closing circle

University Christmas Service - Tired of Waiting Alone

Activity: celebration

Date and place: 18/12/2019, The InnBetween

Description: *"The ship of my life may or may not be sailing on calm and amiable seas. The challenging days of my existence may or may not be bright and promising. Stormy and sunny days, glorious our lonely nights, I maintain an attitude of gratitude. If I insist on being pessimistic, there is always tomorrow. Today I am blessed." - Maya Angelou*

We'll celebrate our lives in the light of the newborn, the openness towards new possibilities, renew ourselves, and celebrate life together in this christmas service. 🎄 ✨

Together we will sing carols, listen to the story of birth and be reborn with texts of contemporary writers and activist Bleri Leshi to celebrate the end of the year at The InnBetween.

We hope to see you all! ❤️



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January

New Year's Drinks - Potluck

Activity: Celebration

Date and place: 09/01/2020, The InnBetween

Description: *We gladly invite you to our annual new year's drink on the 9th of January! To celebrate the last year, prepare for the new one, laugh, love, be together! It's a simple meal - we provide soup, bread and hummus (for free this time) and invite you to bring something extra with you to nibble on, maybe something from your country? We provide the bubbly, hope you celebrate with us.*

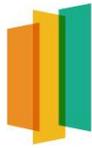


Sunday Event: Growth - The Art of Writing Letters

Activity: Workshop

Date and place: 12/01/2020, InnBetween

Description: *Why still write letters in an age of where immediate online communication is possible? 🤔 Possible answers might be 🙌 "What it signals is that someone took time, that it is more labour-intensive, and therefore meaningful, communication." - Anne Trubek*



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"I love the rebelliousness of snail mail, and I love anything that can arrive with a postage stamp. There's something about that person's breath and hands on the letter." - Diane Lane

And even though writing letters can create meaning or be rebellious, the medium of analog writing and 'penmanship' are slowly dying out.. but on Sunday, the 12th of January, we want to give the archaic some space: we invite you to gather and to write letters. To loved ones, to lost ones, to our future selves 🖋️💕 It's tough to keep the 'old ways' going smoothly, but we will create a cozy, creative space for you, you only need to bring your awesome ideas and dreamy thoughts 💕



We find that this is a beautiful way to start the new year:

to sit together; to take time for what has been neglected in the past year (or at least I still have a couple of funny postcards I bought last year and never took the time to send them); to show people you care about them; to speak those words that have been on your chest for way too long and that you don't want to carry into the new year; to note down what you want your future self to not forget about; or anything else your mind reveals that day.. .

Oh,... "Don't you like to write letters? I do because it's such a swell way to keep from working and yet feel you've done something." (Ernest Hemingway's way to procrastinate)



Wednesday Event: Wide Horizons - Ways Of Thinking Outside the Box (Science)



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Activity: Lecture, workshop

Date and place: 15/01/2020, The InnBetween

In collaboration with: Charles A. Wesemann

Description: *Thinking is a 24/7 fella in our everyday lives. We sometimes get stuck understanding the things that for some people are easy peasy 🍌💧. Crazy enough, sometimes a totally random topic can help to see things through a different angle and make it easier to solve your problems. Breaking the conventional process of <how to> can bring unusual and exciting solutions to <know how>.*

Join us at The InnBetween on the 15th of January - we're going to learn how to tackle daily life challenges such as studying, time management, self-motivation, and so on, in fun and new ways. We promise you, we will laugh and be awkward all together, so come along and bring the thoughts which keep you up at night! ✨

In the first part of the event, we will explore different topics through a comedic perspective. The second part will be a workshop focused on group dynamics, followed by finalizing the questions brought by participants. Please bring any idea you would like to discuss or make one up as we go along.

Wednesday Event: Wide Horizons - Salsa Workshop (Arts&Culture)

Activity: Workshop

Date and place: 22/01/2020, The InnBetween

In collaboration with: Dance association 'Let's Dance'

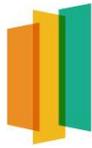
Description: *Have you always wanted to try Salsa, but you felt too shy, or you didn't have a partner to dance with? It is a perfect opportunity to change that on the 22nd of Jan! 🥳 Come and learn how to move sensually, trust your partner, or/and guide the dance, but most importantly, have a lot of fun! The workshop will be led by dance teachers from the association "Let's Dance". They are professionals who will introduce you to the basics of Salsa and also dance together with you to make you live a joyful and enriching experience 🍷🕺*

Sunday Event: Growth - Vegan Baking Workshop

Activity: Workshop

Date and place: 26/01/2020, The InnBetween

In collaboration with: Wim Peumans



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Description: Step into the wonderful world of vegan baking! ✨ Ever wondered how to bake something without eggs, butter, or milk? 🤖 Wim Peumans will teach you all the tips and tricks to successfully bake a delicious cake with plant-based ingredients only.

On Sunday, the 26th of January, between 11 and 13 o' clock, we will meet to bake a vegan lemon-poppyseed cake and give explanations about how more vegan baking works. And of course, we will eat some of the cakes together and very likely you can take some cake home for your loved ones or for the next day!



Wednesday Event: Wide Horizons - Gender Stereotypes and How They Affect Us (Social Responsibility)

Activity: Workshop

Date and place: 29/01/2020, The InnBetween

Description: Through education and media, we all become exposed to certain gender stereotypes: ways we are expected to behave or not to behave based on understandings of femininity and masculinity. We are influenced in ways that can be subtle or quite obvious. But how do these stereotypes really affect us all? How do they perhaps prevent us from being authentic or achieving what we want?

Join us on this Wednesday evening to learn more about how gender stereotypes form part of our lives. We will share our own experiences with our gender identity and discover how stereotypes are used in the media.

Given the international background of people living in Maastricht, let's see how stereotypes can differ, which obstacles they can put in our ways; but also how we can aim to overcome those and approach a more balanced understanding of gender. We aim to create a safe space for sharing and constructive discussion, where we can get to know each other better.



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February

Wednesday Event: Wide Horizons - DIY Personal Care and Cleaning Products Workshop (Sustainability)

Activity: Workshop

Date and place: 12/02/2020, The InnBetween

Description: *Microplastics, parabens, and plastic packaging. These are some infamous ingredients you're likely to get when you buy personal care products. Likewise the countless number of toxic preservatives and bleach found in general household cleaners are neither beneficial for the environment nor your own health.*

The good news is that there are non-toxic alternatives that can easily be made from simple ingredients you're likely to already have at home.

Come join us to learn more about the ingredients to look out for on personal care and cleaning products. During this event we will be making our very own body scrubs and lotions to give your skin the extra love it needs in these last winter months. We'll also learn how to make some household cleaning products, all of which you can take and test out for yourselves at home of course.

If you have any empty jars and/or spray bottles lying around, please do bring them but we will also have a few extras you can take in case you do not have your own.



Sunday Event: Growth - Tibetan Medicine and Buddhism - Key Insights

Activity: Lecture

Date and place: 16/02/2020, The InnBetween

In collaboration with: Dr. Jan van der Valk

Description: - *Healthy Mind, Happy Mind - What is the relationship between being healthy and being happy? Do you need a healthy body for a happy mind, or is it the other way around?*

In the Tibetan 'Science of Healing' (Sowa Rigpa), true health is more than just the absence of disease. Health is about harmony: the search for balance between the energies of body, mind and environment. Tibetan medicine helps people to achieve this 'health through balance' by means of dietary, lifestyle and mental guidelines, as well as with herbs and therapies. Sowa Rigpa is sometimes called 'Buddhist medicine'.

But Buddhist teachings are not just about being healthy. Instead, the focus is on how to transform the mind to realize liberation from suffering for ourselves and for all beings. In this sense, the Dharma is said to be 'the ultimate medicine'.

In this lecture, key insights on health and happiness from the perspectives of both Tibetan medicine and Buddhism will be compared while trying out some of the main 'healing methods' of these traditions together, including constitutional diagnosis, meditation and visualization exercises.

We are delighted to welcome Dr. Jan van der Valk in The InnBetween! Besides running his practice of Tibetan medicine in Kanne on the border with Maastricht (www.deblauwepapaver.be), Jan is also a biologist, ethno-botanist and doctor of anthropology working part-time at University of Vienna's Institute for South Asian, Tibetan and Buddhist Studies.



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Wednesday Event: The Maze of Intimacy (Spirituality)

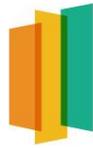
Activity: Workshop

Date and place: 19/02/2020, The InnBetween

Description: *After the success of our last meditation walk during the winter retreat, we have decided to prepare another one for you – on connection, sensuality, sexuality and intimacy.*

We invite you to walk the path of a maze with us and meet yourself, the touch, the taste, the sense and sensuality within spirituality and yourself – maybe it is the same? Take time to breathe and discover the steps of trust towards yourself and another person through the divine.

We will prepare you a meditation walk with stations to reflect and feel. The maze will be open from 7 to 9 pm, you will explore it on your own and at your own pace. And if you want to share your feelings and thoughts afterwards, you will be welcome to do it with the others and/or our chaplains Rachele and Petra.



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March

Sunday Event: Growth - Clothing Swap and Brunch

Activity: socializing, clothing swap

Date and place: 08/03/2020, The InnBetween

Description: *Loving new clothes but hate to consume? Springtime is coming soon and you might (feel like you) need some new clothes for the season. And what could be a better way to spend your Sunday with a clothing swap combined with a tasty brunch? Say goodbye to clothes you don't need/ want anymore and find some new treasures. ✨ Clothing swaps are a great way to refresh your wardrobe without contributing to the fast fashion industry. Clothing swaps are a sustainable and cheap (well, even free) way to find some fantastic new favourite pieces that make your style unique!*

So let's take a stand against consumerism and instead swap our belongings:

- *Bring 5-10 pieces of cloth that are CLEAN and in GOOD CONDITION*
- *Take as many "new" fancy clothes as you wish*
- *Enjoy the brunch (with vegan options) and nice conversations with fellow swappers*

*We will start at 11.00h with the clothing swap and the brunch, and both will be going on until 14.00h. This way you can make it with a filled tummy to the *Women's March*, which starts at 14.00h at the Vrijthof.*

No matter your gender, your size, your style, everyone is very welcome and we can't wait to see you soon at The InnBetween, hopefully with some new nice findings 🥰

All leftover clothes will be donated to the Salvation Army Maastricht.



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Wednesday Event: Wide Horizons - Let's Make Some (Feminist) Collage Art (Social Responsibility)

Activity: Workshop

Date and place: 11/03/2020, The InnBetween

In collaboration with: Hypatia - UCM Feminist Society, Mosaïek

Description: *Have you seen some of the beautiful feminism-themed collages on Instagram or elsewhere, but haven't found the time or courage to make your own yet? Or are you sad that international women's day and the activities leading up to it are already over?*

Join us together with Hypatia, UCM's feminist society and Mosaïek, the magazine affiliated with FASoS, and create your own collage art!

We will show you some options for types of collages, that you could make, but of course you are totally free in what you want to do. Just let your creativity flow. 😊

Material such as cardboard and colourful paper, some magazines to choose pictures from, scissors, glue etc. will be provided, but please bring old magazines that you don't need anymore, to give us a bigger choice of motives. If you have further scissors or glue that you can bring, that would also be appreciated!

Let's have a crafty and chatty evening, creating something unique. This is a good chance to meet some new people and get to know two of Maastricht's student associations.





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Sunday Event: Growth - The Happiness Formula: A Self-Discovery Workshop

Activity: Online workshop

Date and place: 15/03/2020, The InnBetween

In collaboration with: Jaro Pichel

Description: *What do I want to do with my life? Where shall I move after my studies? Does this relationship make me happy? Following the advice of that self-help book you got for Christmas? Why does everyone else seem happier than me? Is mindfulness really the key to happiness? What makes us truly happy?*

In this workshop, we will work on your formula to achieve long-lasting happiness. We will look into your past, present, and future. What can you acknowledge and be grateful for concerning past events? How do you experience life in the presence? What is the value of creating and manifesting a hopeful future? The keyword is practice! And this is exactly what we are going to do. You will engage in a number of exercises to discover yourself in a new fashion. Understanding that the self is constantly developing is as important as standing still and looking back at all the great things you have done in the past.

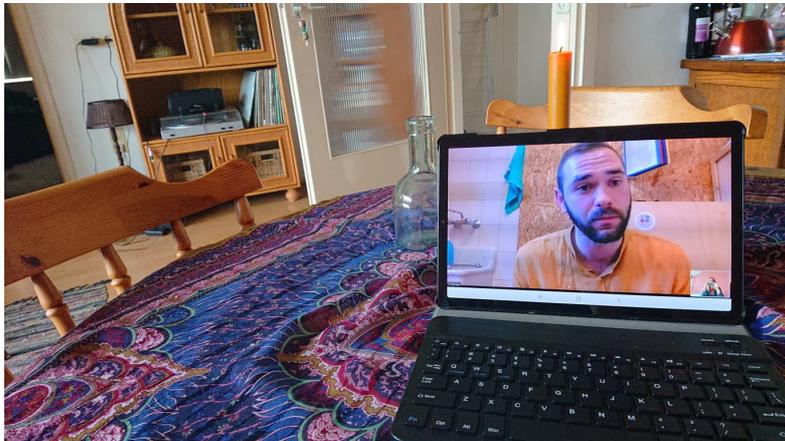
Be prepared for 3 hours filled with activating exercises, and moments of introspection and meditation. Dreaming and vision will lead our transformational journey. More specifically, in this workshop you will:

- ~ Put attention to positive events of the past*
- ~ View yourself' from a broader perspective*
- ~ Find beauty and gratitude in what's surrounding you*
- ~ Build connection and clarity through conscious communication*
- ~ Define and visualize your desired future*

Jaro Pichel is a trainer, coach, educational specialist, and passionate meditator. He coaches and trains students and young professionals on various personal development subjects. For many years, Jaro has explored and refined his personal definition of happiness through retreats, and extensive self- and group-work. Jaro holds a master's degree in learning & development in organization and is a certified consciousness coach.



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April

Wednesday Event: Wide Horizons -Transformation (Spirituality)

Activity: live-streamed discussion

Date and place: 08/04/2020

In collaboration with: Hein Kuipers

Description: *Transformation. When we open ourselves to feeling the pain and suffering of the word, we also change. What happens if we peel off all the layers, and show what's there, underneath? If we are longing for liberation, and connection with our core and the world around us? What will stay, and what needs change? How can we transform ourselves, in light of the crisis we find ourselves in?*

The holy week has started, the week before Easter. It's a week for reflection, meditation, endurance, and waiting for transformation. In this Wide Horizons, we will share our thoughts about transformation. With us will be our guest Hein Kuipers who is a therapist and spiritual counselor.



Easter Vigil



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Activity: Live-streamed event

Date and place: 11/04/2020

Description: *The night before Easter we keep watch for the Sun to rise, sink into the mystery of rebirth and resurrection. With songs and texts for two hours we silent our brains so our hearts can listen.*

Easter Service

Activity: Live-streamed event

Date and place: 12/04/2020

Description: *We proclaim and celebrate this Easter season because it links Jesus with all life, with transformation, and with the possibility of life beyond our imagining. Easter offers meaning and hope to all people.*

In the 21st century, there is a movement among Christians, that focuses more on who Jesus was and why he had such an impact on the world rather than his death. We have studied the historical Jesus in-depth and found him to be someone who had a powerful impact on the world because of his radical perception:

He modeled for us how to live in the Truth and stand up for justice. He conveyed to us the importance of love and compassion. He had the extraordinary capacity to recognize the Divinity in all human beings.

So, in the same way, we honor the Divinity in all people with 'Namaste' which means 'We honor the Divinity Within You.'

Just as Jesus empowered the people he encountered to believe in themselves, we want you to walk away with awareness – not of how ordinary you are... not of how unworthy you are – but an awareness of your greatness and lovability.



Wednesday Event: Wide Horizons - Decorate Your Room Walls (Science)



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Activity: Online workshop

Date and place: 15/04/2020

In collaboration with: Luise Baek

Description: *Have you ever wondered how to embrace your inner designer for decorating or rearranging your room? Since we spend most of our time indoors now, that is a perfect time to refresh your room - join our online workshop to learn some tricks & tips ✨*

The workshop will be held via ZOOM and spots are limited, so grab a ticket on our website now! We will send you the log in details later on. Use the ticket link above to sign up and let us know if you cannot make it as soon as possible so we could give your spot to somebody else 😊

The aim of this workshop is to apply theories in hands-on practice and design composition of photographs, postcards, artworks, or whatever you like to put on your wall - have them ready by your side for our workshop.

You can rearrange things you already have on your walls, add some new things to what you already have, or create a whole new wall arrangement. You can use anything you have at home, like postcards, artwork, magazine clippings, or draw and scribble some fun stuff on scrap paper. Use some suggestions for arrangements based on principles of proportion or go wild and test your own aesthetic preference in practice.

The event will be led by Luise Baek, a Master student of Interior Architecture at the Faculty of Architecture at Zuyd University in Maastricht. She is passionate about alternative, artistic, and colorful approaches to interior architecture. Continually questioning the boundaries between disciplines such as architecture, design and art, and how they can be blurred. Luise is currently working on a project for a new space at Tapijn. You can take a look at her works on Instagram @luisebaek.design.



Wednesday Event: Wide Horizons - Upcycled Planter Boxes and Candles (Sustainability)



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Activity: Online workshop

Date and place: 22/04/2020

Description: *Do you want to do some sustainable crafting at home? Join us to collectively spend an evening with sparking creativity. We'll show you ways to make your own planters from empty milk cartons and candles from orange peels.*

Milk carton planters and orange peel candles are quick and easy upcycling projects that will brighten up your room. On Wednesday evening, we will meet via ZOOM to all make things together, while also having a little chat. So, until then, don't throw out your empty milk cartons and perhaps also buy some mandarins or oranges on your next trip to the supermarket.

The workshop will be held via ZOOM and spots are limited, so grab a ticket on our website now! We will send you the login details later on.

Here is a list of recommended materials, but you are still welcome to join the zoom session even if you do not have all of them at hand: empty milk or juice cartons; scissors; mandarins or oranges; optional: paint, soil, and seeds (for the planters)

Wednesday Event: Wide Horizons - Belly Dance Workshop (Arts&Culture)

Activity: Live-streamed event

Date and place: 29/04/2020

In collaboration with: Danzando Maastricht Dance School

Description: *We are back with an online version of a Belly Dance workshop for those who did not have a chance to join us last time, or would like to improve their skills! This time it will be live-streamed on our Facebook page, so don't forget to click 'going' to get a reminder about it 🤗✨*

The workshop will be led by Anna and Fallon. Anna is the organizer of Arts & Culture events at The InnBetween and a Belly dancer from [Danzando Maastricht](#) Dance school. Her teacher Fallon will also join the workshop and teach you a Belly dance choreo to exercise and boost your mood during these days staying at home.

Belly Dance, also known as Arabic Dance or Oriental Dance, was born in the Middle East and then spread all over the Arabic world. It developed in different styles. One of the most known styles is the Egyptian Belly Dance. Through hip drops and hip lifts, figure 8, hip circles and shimmies, Belly dance teaches you to isolate different parts of your body.

Join us and learn how to KEEP CALM AND SHIMMY ON 🤗🌟🌟🌟🌟



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May

Plastics Clean-Up: #SchoneMaas (Growth)

Activity: Environmental initiative

Date and place: from 01/05/2020 to 24/05/2020

In collaboration with: Maastricht for Climate, Green Office Maastricht, CNME

Description:

-TO ALL-

👉 eco-warriors stuck at home

🚶 people who go on a walk anyways,

🌊 people who would like to enjoy a swim in the Maas in summer with fewer plastics around them,

zzz people who are bored at home,

♥️ to people who care

Have you seen it? Bottle caps, dolls, styrofoam, toys, and much more plastic items are “decorating” the banks of the Maas. After a period of high water in the winter, now is the time to find a lot of plastics on the banks/ shores of the Maas in spring.

We know the story, and we also know what to do: WE NEED TO PICK IT UP! Because otherwise, the plastics will end up in our oceans, slowly degrading into microplastics and resembling bite-sized fish food. Not so yummy.

However, due to the measures that aim to prevent the spread of the novel coronavirus, all collective clean-up actions along the rivers are canceled this year. Usually, CNME alone picks up around 700 bags with plastics collected by around 600 participants on the riverbanks in Maastricht, as part of the annual ‘Schone Maas` (Clean Maas) initiative!



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-ABOUT THE INITIATIVE-

The InnBetween, Green Office Maastricht, and Maastricht for Climate decided to collaborate and organize 'coronavirus-free pick-up walks' with you! 🌱🌍 All three organizations carry sustainability and social responsibility at their heart, and we know that many of you do too!

We aim to raise awareness of environmental issues and take action, but we are taking the protective measures as specified by the National Institute for Public Health and the Environment (RVIM) very seriously and ask you to follow them as well. Go for a walk on your own or with a family/household member, and respect the social distance.

-EQUIPMENT FREE OF CHARGE-

The CNME kindly offers that we can use their equipment (plastic bags, gloves & picking-tools/pliers) so it will be provided for you!

-I WANT TO PARTICIPATE! WHAT SHOULD I DO?-

Is your sustainability spirit activated? Then your next steps are 🙌

- 1. Send us (The InnBetween) a message! We will get you in touch with the CNME, together you will decide where at the Maas to take your pick-up walk.*
- 2. Pick up your equipment with the CNME and go on your walk along the Maas, picking the litter on your stretch!*
- 3. You are done collecting? You leave the bag at an agreed location along the Maas and the CNME will have them picked up. So no worries about carrying a heavy bag! Thus we will ask you to safely return reusable equipment.*
- 3. Let us (The InnBetween) also know how many bags you collected, this way we can keep track of how many bags we collect all together and give regular updates on our collective effort!*
- 4. Did you find a funny plastic item? Did you witness a beautiful scenery of nature during your corona-free pick-up walk? Share these pictures on social media (Facebook or Instagram post) and don't forget to put the hashtag #SchoneMaas and tag us (@innbetween_maastricht). We will select three lucky participants on May 25th and award them with 10€ Gedeelde Weelde vouchers (local organic food cooperative).*



In the end, we are all in this together.

While we are picking individually, it is still a collective effort.

And we are not too stuck at home to save the world.



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Wednesday Event: Wide Horizons - Fighting for Justice in Abuse Cases (Social Responsibility)

Activity: Live-streamed discussion

Date and place: 13/05/2020

In collaboration with: NGO Stichting Cassandra

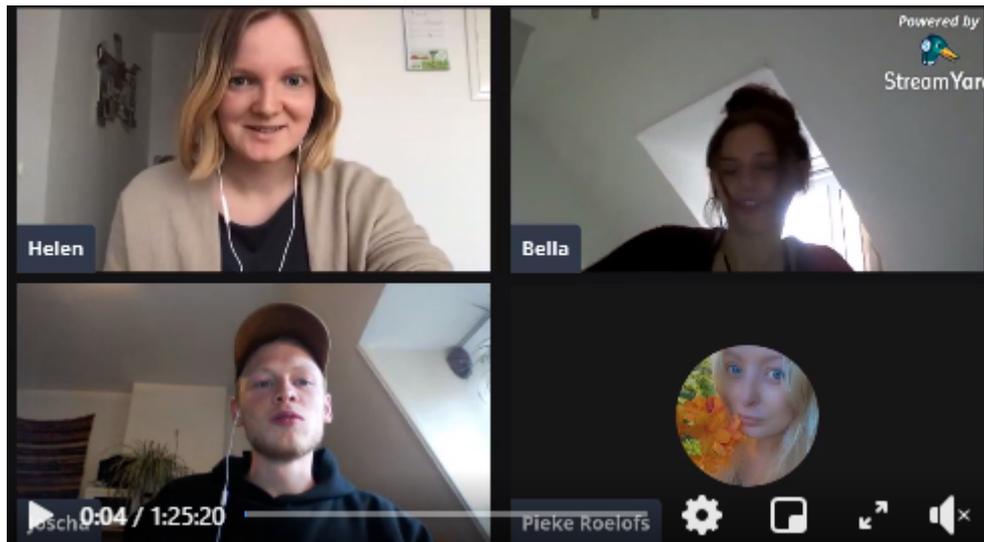
Description: *The exceptional situation of social isolation we are facing right now has led to a rise in domestic violence and child abuse. We want to speak out about this topic, so that people know what striking problems our society is facing in this regard and what can and needs to be done about it.*

In this Wednesday's Social Responsibility event, we will cover topics such the failure of the Dutch police system in some criminal cases and activism to combat abuse. We will talk with experts and activists in the field, and we welcome:



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Pieke, Maastricht-based human rights activist and founder of the NGO Stichting Cassandra, Bella, a student activist from England, who is a volunteer at ConsentMatters Maastricht and helps with Stichting Cassandra's latest awareness raising project "Mask for Justice" and Joscha, a student activist from Germany, who is also involved in the upcoming project.



Sunday Event: Growth - Resilience & Connection - in Times of Social Distancing

Activity: Live-streamed workshop

Date and place: 17/05/2020

In collaboration with: Renée Speijcken

Description: *Been sitting long hours behind your screen and forgetting about your body? Longing for some connection with yourself and others, while being deprived of most of your social contacts? Is it time to strengthen your resilience and connection in times of quarantine?*

In this 1,5 hour "feet & hands-on" online workshop we will share, move and practice together. Renée Speijcken will introduce us to some essential, easy, fun and integrative 'body-mind-spirit' practices, focused on cultivating and strengthening your resilience.

This can help you to stay more relaxed, grounded and focused in the midst of chaos and uncertainty so you can experience more spaciousness, joy, self-compassion and ease in your day to day life!

Sounds like something your mind, body and spirit might need these days? Then join us in this workshop next Sunday, May 17th from 12 to 13.30 hrs!

Just send us a message or a mail, and we will share the zoom-meeting link and password with you!



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*Our dear Renée Speijcken will be giving this workshop. In previous workshops with her, Renée was great at creating a grounded, lovely and honest atmosphere.*

*She is an experienced and certified embodiment coach, educator and trainer in the area of team dynamics, authentic leadership and personal development. She works for Maastricht University as a coach, trainer and lecturer with students and staff, as well as with private clients and organizations through her own company 'Spontaneous Living'.*

*We are delighted that Renée is willing to hold this workshop for and with us, we are looking forward to seeing you there!*

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### **Wednesday Event: Wide Horizons -Tea Talk About Fasting (Spirituality)**

Activity: Live-streamed discussion

Date and place: 20/05/2020

In collaboration with: Tahmina Mitra Ashraf, Gaby Gomes Branco

Description: *Ramadan, the Muslim month of fasting, has started on the 24th of April. It's a period of self-reflection, revelation, revolution and restoration.*

*In this tea talk we will shine a light on what it means to fast, starting from the personal experience of our guests.*

*Our Chaplains Petra and Rachele will facilitate the talk. The guests are: Tahmina Mitra Ashraf. She is Young Feminist Ambassador or the Dutch Council of Women and one of the founders and now coordinator of the NGO Voice of Afghan Women in the Netherlands, and Gaby Gomes Branco, Student of Tu/E Eindhoven who is fasting for the first time during this Ramadan.*

*The Prophet Mohammed began his journey into prophethood through reflection within. He was searching for a broader meaning in life that would restore justice and peace in society. He was looking for an answer that would transcend the need for material survival and transform humanity into a spiritually wholesome state. He reflected and meditated, spending many years in the sanctuary of a remote cave, surrounded by steep, barren, mountains situated in the outskirts of Mecca. Finally, he received the answers in the form of divine revelations. It was in the ninth month of the Arabic calendar, known as Ramadan.*

*The fast is not simply about denying your body food and water. It also involves arguably the more taxing challenge of avoiding ill speech, arguments, loss of temper and malicious behaviour.*

*Key is the practice of patience and mercy, which, let's face it, we all need more of in these pandemic times. Ramadan is viewed as a month-long school where graduates leave with a developed sense of self-control in areas including diet, sleeping and the use of time.*



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### ***Sunday Event: Growth - Energetic Yoga and Powerful Breathing Techniques***

Activity: Live-streamed workshop

Date and place: 31/05/2020

In collaboration with: Maria Stanford

Description: *You practiced Yoga before, but find it difficult to integrate the practice into your daily life? You never practiced before but are curious about the benefits of Yoga? You are advanced Yogi or Yogini, and would like to deepen your practice, and get some background knowledge on certain yoga poses and breathing techniques?*

*Then join our Sunday Yoga Session! YOGA is the connection of body & mind. This session is for all-levels, as we want to shed some light on both the practice and the theory of Yoga!*

✨ **WHAT WILL WE DO?** ✨ *In this interactive yoga session, we explore some powerful - yet simple - yogic techniques that help relieve stress and anxiety. At the same time, these techniques can create a sense of spaciousness and groundedness of your mind and body. Sounds good, huh?*

*You can expect breathing exercises, yoga poses, and meditation while leaving room at the end for any questions that may come up. Half of the class is dedicated to practicing, and the other half is reserved for a conversation on all yogic matters that come up!*

✨ **HOW DO WE DO IT?** ✨ *Joining Yoga classes was never easier than these times. Just create a comfortable space in your home; on a yoga mat, a carpet, outside in the grass, .. etc. Take your laptop and be guided by Maria's voice.*



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*We are humbled that a very experienced yoga teacher is willing to give this online-session for The InnBetween! 🙏*

*Maria Stanford has been teaching a variety of yoga classes/workshops/retreats for over 20 years in the United States including a few years here in The Netherlands.*

*Maria has trained & is certified in many yogic & meditation practices, such as Ashtanga, Iyengar, Yin, Vinyasa Flow, Shamanic Meditations, and a Phoenix Rising Yoga Therapist. Currently, she teaches a variety of classes in Maastricht and offers one-on-one healing sessions.*

*We are looking forward to exploring the wonder drugs of breath and yoga with you! 🧘🏻‍♀️ 🙏 🌿*  


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## June

### **Wednesday Event: Wide Horizons - Mindfulness and the Brain: What's Going on There? (Science)**

Activity: Live-streamed workshop

Date and place: 10/06/2020

In collaboration with: Jair van Nes

Description: *Here at The InnBetween, we are no strangers to mindfulness. Maybe you've joined us for our Monday Morning Meditation or passed by during the Mid-week Meditation, but in the middle of these practices have you ever wondered: what's actually going on inside my brain? 🧠*

*The public interest in mindfulness has soared with meditation apps becoming a go-to for your smartphone as well as large corporations and higher education implementing mindfulness-based practices into their teams. In parallel, scientific research over the past few decades have continuously supported claims that mindfulness meditation exerts beneficial effects on both our mental and physical health. These positive effects on our health are mediated by changes in the structural and functional networks of our brains: but what exactly does that mean? How do such scientific findings generalize to our everyday behaviour following a mindfulness practice? And can that really help reduce stress? 🧘🏻‍♀️ 🙏*

*Join us on the 10th of June - and together we will explore the brain and mindfulness, taking a closer look at what science has to say about meditation practice, as well as clinical uses thereof and our own personal experiences! Jair van Nes will be giving a presentation followed by tips & tricks and some practical exercises, but we would also love you to share your thoughts and join our discussion during the event!*



*Stas, our student board member and the organizer of science events, has invited a lovely guest Jair who is an active member of The InnBetween community, to give a talk on this topic and share his ideas. Jair is a graduate of the BSc Psychology program here at Maastricht University. While currently enrolled in the research master program in Neuropsychology, he is passionate about studying the relationship between the brain and the emotional aspects of human behaviour. Having followed several mindfulness-based courses himself, as well as dedicating a portion of his studies to the topic, he is keen on the ways in which taking note of the present moment can alter not just your brain but your everyday experiences.*

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### **Sunday Event: Growth - Host Yourself Workshop**

Activity: workshop

Date and place: 13/06/2020, The InnBetween

In collaboration with: Katharina Hermann

Description: *Isn't it strange that we learn all about mathematics, history and geography for years and years in school – But have we dedicated an equal amount of time learning about ourselves and our emotions? Life gets so alive once we start looking.*

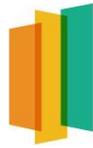
*There are many simple techniques that one can use to understand, support and host oneself immediately and effectively – so that we do not need to wait until a life crisis hits us to learn about ourselves and our emotions. Rather, when a crisis occurs (and it inevitably will) we are more stable and attentive to consciously experience the crisis, learn from it and take care of ourselves.*

*In this workshop, the facilitator Katharina Hermann, will share tools, methods and techniques which she has gathered during her gap year dedicated to self-exploration and coaching, after graduating from University College Maastricht.*

*We will be learning and practicing techniques from Embodied Facilitation, The Art of Hosting, Possibility Management, Transparent Communication, Somatic Movement, Authentic Relating, Circling, Non-Violent Communication, and Meditation, to understand our emotions, actions, communication and ultimately ourselves more deeply.*

*You will get to know simple, yet effective tools that can be used in everyday life and relationships to oneself- and others for greater awareness and equanimity.*

*This workshop is for absolutely everyone, whether you have experiences with similar techniques or not at all. We always have infinite potential to learn from each other! ❤️ This event is part of the event series on 'Growth'. Please use the registration link above to save yourself a spot.*



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*Not another online event, yay! We are looking forward to welcoming you at The InnBetween and to seeing you offline again! To make it possible to meet in person, we will follow the current RVIM measures to prevent the spread of the coronavirus. This involves washing your hands upon entering The InnBetween and keeping the 1,5m distance to each other. Please bring your own cups if you'd like to have some tea!*

*For those who would like to dive deeper into the art of hosting the self, Kati is offering to stay longer on Saturday for further exploration and exercises, or, to create a follow-up meeting at a later point. This will be discussed during the workshop.*



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### **Wednesday Event: Christianity, Racism and Privilege - Thinking out Loud (Spirituality)**

Activity: live-streamed discussion

Date and place: 17/06/2020

Description: *How does religion contribute—both positively and negatively—to the movement for racial justice and related issues including police violence and mass incarceration, especially in light of the protests? What role might pastoral care, religious ethics, and theology play in shaping religious activism on racial justice? How can religious communities apply their historical legacy as key drivers of the Civil Rights Movement to the current moment? What concrete steps can faith leaders and religious practitioners take to fight racism in our society?*

*This Wednesday we invite you to the last Wide Horizons event this academic year! Tune-in and listen to a tea talk on Christianity, racism and privilege with our chaplains Petra and Rachelle. It will be live-streamed on our Facebook page, but we highly encourage you to participate, share your thoughts, ask questions in the comment section!*



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### ***Sunday Event: Growth - Learning to SAY NO: Inner Approach Towards Self-Responsibility***

Activity: workshop

Date and place: 21/06/2020, The InnBetween

In collaboration with: Catherine de Jaroueh

Description: *Often, we are in situations in which we feel and think a “no”, but we say a yes. What do we need, to be able to just say “no”? What does it mean to say, and to receive, a “no”? How does it feel to express a “no” from a source of confidence and love? How can we perceive a “no” as a gift, instead of a rejection?*

*This Sunday’s workshop has the aim to empower each of us to embrace and express our feelings with self-responsibility and respect towards ourselves and the other. It is about exploring personal boundaries and being able to express them – without the need for justification. For this exploration, we will dive into different verbal and non-verbal exercises facilitated by Catherine.*

*We are looking forward to seeing you and hearing your “no”’s!*





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