

**WILLIAM PENN HOUSE**  
**“Simply Awesome” Youth Seminar, November 2-5, 2007**  
**Preliminary Overview Agenda** *(Revised 4/29/07)*

**FRIDAY, 11/02/07: COMMUNITY BUILDING AND OVERVIEW OF THE SEMINAR**

- 1:00-7:00 p.m.      **Arrival at William Penn House and Registration**  
(For those whose plane or train arrives in Washington in the afternoon, we will have sandwich makings available for supper from about 6-7 p.m.)
- 7:00-7:30 p.m.      **Welcome and Orientation to the House** *(Byron Sandford)*
- 7:30-9:00 p.m.      **Community Building and Seminar Overview** *(Felix Unogwu, Facilitator)*  
Our opening activities will help you get to know other youth seminar participants and begin building community. We will also provide an overview of the various aspects of the seminar and how they fit together.

**SATURDAY, 11/03/07: SIMPLICITY, SERVICE, AND EQUALITY**

- 7:30-8:00 a.m.      **Quaker Meeting for Worship**
- 8:00-8:30 a.m.      **Breakfast**
- 9:00-3:00            **Washington Quaker Workcamp/Service Learning** *(Felix Unogwu, Facilitator)*  
One aspect of simplicity is living in a way that avoids excess — including avoiding excess energy consumption.  
  
Friends who are relatively well-off economically strive to make their homes more energy efficient, in part, so all have the energy they need to live. Those who are struggling economically *need* to be energy-efficient to survive. According to the Campaign for Home Energy Assistance, low-income households face a gap between their actual home energy bills and the amount they can afford to pay. Because of this gap, many low-income people have their utilities disconnected, and go without food (the “heat or eat” effect), medical care and other essential life services so they can pay home energy bills.  
  
In this Workcamp, participants will help increase the energy efficiency of homes of Washington, D.C. residents who are having a difficult time making ends meet.
- 3:00-5:00 p.m.      **Travel Back to William Penn House and Free Time**
- 5:00-7:00 p.m.      **Dinner and Service Learning Reflection** *(Felix Unogwu, Facilitator)*  
Together, participants will prepare a simple dinner, share the food and reflect on the day’s Workcamp.
- 7:00-7:30 p.m.      **Break**
- 7:30-9:00 p.m.      **Simplicity, Privilege and Equality** *(Felix Unogwu, Facilitator)*  
Although the day’s Workcamp will unite the group in service, it also points out differences in our society. While some have the luxury to choose energy efficiency, others face deprivation and homelessness if they don’t find a way to use less energy. Through a guided exercise and discussion, we will explore how simplicity relates to privilege, equality, and justice.

## SUNDAY, 11/04/07: *SIMPLICITY, SPIRIT, AND SAVING ENERGY*

- 7:30-8:00 a.m. **Quaker Meeting for Worship**  
8:00-8:30 a.m. **Breakfast**
- 8:45-10:00 a.m. **Simplicity and Spirit**  
This will be a time to step back from the practical and political implications of simplicity to focus on the spiritual. Through a brief presentation and worship sharing, you will have a chance to reflect on the Quaker experience of the simple life as one that is spiritually centered and focused. Early Quakers strived for “plainness” so they would not be distracted from their relationship with God. Are there things in your life that distract you from the Divine spirit?
- 10:00-10:15 a.m. **Break**
- 10:15-11:30 **Simplicity When You Get Back Home: Decreasing Energy Use and Energy Bills**  
During Saturday’s workcamp, you helped increase the energy efficiency of other’s homes. Now you will learn how to assess the energy efficiency of your own home, and identify things you can do to reduce your family’s energy usage and bills.
- 11:30-12:30 **Lunch**
- 12:30-2:15 p.m. **Legislative Issue Briefing and Lobby Training**  
You will find out about current legislation on an energy-related issue, practice lobby skills and prepare for Monday’s lobby visit.
- 2:15-2:30 p.m. **Planning for Free Time** (*Felix Unogwu, Facilitator*)  
The group will have a chance to talk briefly about who is going where with whom.
- 2:30-6:00 p.m. **Free Time with Supper on Your Own**  
(Youth who do not have parental permission to leave William Penn House on their own during free times will gather at 5:15 to travel together to the National Mall)
- 6:00-9:00 p.m. **Walking Tour of the National Mall & Memorial Park**  
*Meet at Smithsonian Metro Stop (Orange/Blue Line) on the Mall Side*  
One aspect of simplicity is simplifying one’s schedule so there is time to relax and enjoy the outdoors. This evening, we will explore portions of the National Mall & Memorial Park. This urban oasis contributes significantly to the open expansive landscaped character of Washington, D.C, and the monuments are especially lovely by night. Among 28 monuments and memorials, some 19,000 trees have been planted throughout the park, many beautifully reflected in prominent water-features such as the Lincoln Reflecting Pool and Constitution Gardens Lake.
- 9:00 p.m. **Travel Back to William Penn House**

## MONDAY, 11/05/07: CARRYING YOUR CONCERNS TO CAPITOL HILL

- 7:30-8:00 a.m. **Quaker Meeting for Worship**  
8:00-8:30 a.m. **Breakfast**
- 9:00-10:00 a.m. **Tour of a Relevant Washington D.C. Site To Be Determined**
- 10:00-12:00 **Lobby Visits** (*William Penn House staff will arrange the visits*)  
You will lobby staff of a federal legislator on an energy-related issue. Washington D.C. residents without voting representation in Congress will visit either D.C. Delegate Eleanor Holmes Norton or join other participants on their lobby visits.
- 12:00-2:00 p.m. **Lobby Debriefing, Lunch and Closing**