



... by coming together and being friends
we nourish our bodis and souls



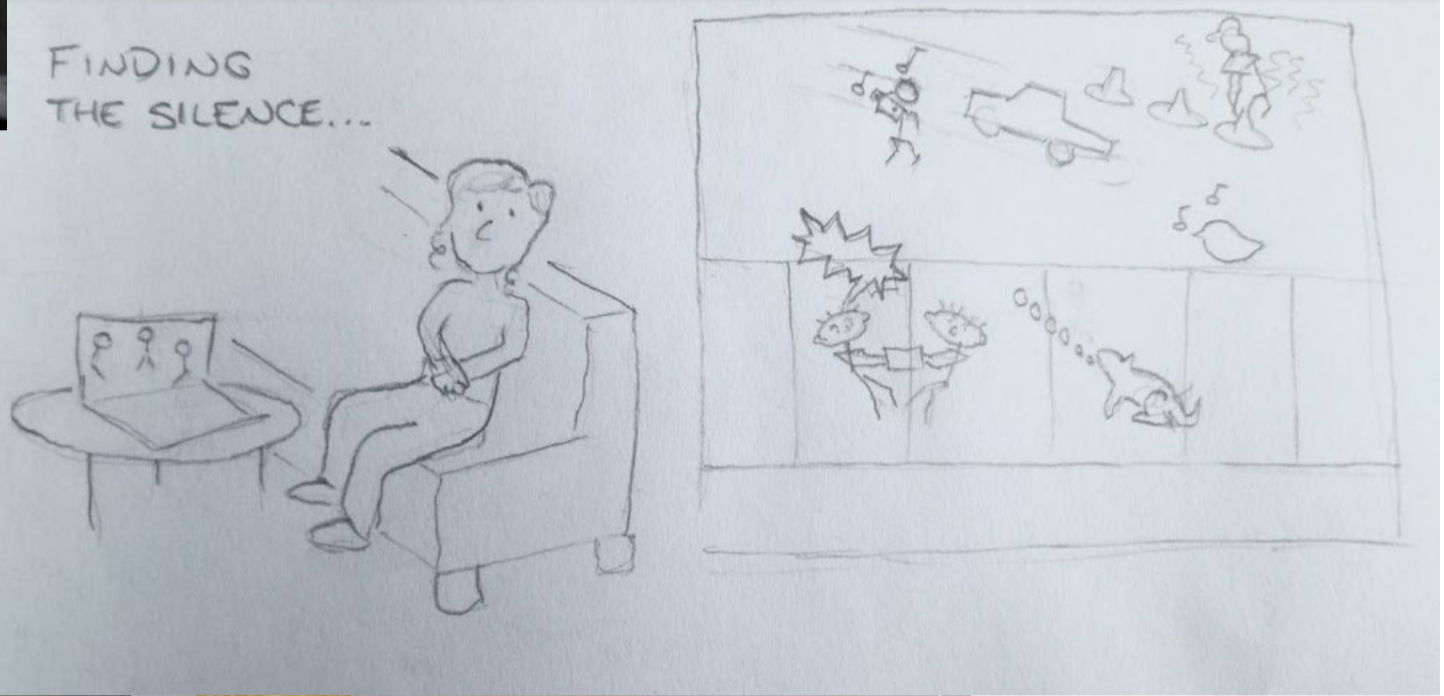
For the second time, European and Middle East Young Friends were not able to meet in person for their Summer Gathering, which was planned to be held in Finland. Building on the diverse ways of connecting online that were developed over the past year, an ad-hoc special Gathering was held instead, to connect Young Friends online, taking part from their hometowns. Instead of traveling and meeting up in person, we explored the connections between us and the ways we are in the world from our living rooms.

Over the course of the gathering, we have spent time participating in creative activities together, and wanted to share a feeling of that creative space in this

EPISTLE.

Reflecting on the week, we asked each other to share the 'view from our window', whether literally or metaphorically, where we are and what we see when looking inwards, outwards and forwards.

I have shared this sky with you, in the morning and in the evening and inward.



I have felt a bit directionless for a long time. Gathering has helped me to feel more grounded and open to new Light

At the right angle, looking outwards and looking inwards are no opposites anymore. I can feel the beauty and the pain of the world and my inward experience becomes part of it.

The View

July 21

An explosion of green texture
lush monotony
Shades of brick and plaster
flaming swirling sky
A sea of flowers
lurking just out of sight
Spectacular specks of colour
unseen
My mind feels not much changed
Stuck inside staring out
at the undergrowth obscuring the horizon
clouded and blue
Ideas growing at the pace of trees
better days prepares to bloom
just out of sight
behind sprawling thickets of tangled thoughts
And yet
contemplating that same view
for months and months and months
I observe that clouds do move
trees do grow
horizons do brighten
I can see flowers
and the view does change.

