

The next meeting of our Seekers Group will be on Thursday, June 26 at 7pm in the Community House. We decided to share (as best, and imperfectly as we can) our personal mystical experiences. The reading is the first section of chapter 3 of Marcus Borg's book *Convictions: How I Learned What Matters Most* (Harper One, 2014). (Thanks to Randy for finding this!) Copies are available in the foyer of the Meeting House or from Gretchen (hellogretchen@gmail.com).

At the last gathering, we began by talking about how we try to live out our faith on a day to day basis. We listened to each other try to describe what one's faith *is* -- and what it means to *have a faith to live out*. We talked a lot about self forgiveness, patience, and trying to mindfully remain centered throughout the day, whether by times of quiet, by short readings, by whispered mantras, or by just taking 3 intentional breaths before answering the phone. We are inspired in different ways, and we agreed it is most important to be open to receiving these moments however they come. We decided we are ready to share descriptions of some of our mystical moments -- big or small -- with each other.

Our group has become such a source of joy and fellowship for those of us who attend. We yearn for more Westport Friends to join us in these conversations, however they are able. We are willing to have Friends email one or all of us their reflections about the readings to share with the group. We feel a life and spirit amongst us that feeds us between meetings. We also share great food. At this last meeting, we had wonderful spinach balls and a variety of pastries.

We would love to have more Friends join our gatherings. All are very welcome!