

Seekers Group Summary August 14, 2017

Many of us came with stories of rejuvenating experiences or insights that we had while at Yearly Meeting last week. Others came with heavy hearts. We all acknowledged that these are very scary times.

We talked about how we support people who are really stressed and anxious. We agreed we cannot make anything better, but that it is really really important for all of us to have others who listen to us, who don't try to change our minds, and who help us to not feel alone. We heard that there is a sociological theory that our civilization goes through huge changes every 500 years.... and this is all right in time. They say it takes about 50 years for this change to occur. With humor and thoughtfulness we noted that it would be very helpful to know what year we were in in this 50 year cycle. Some of us have heard or read advice from people like Thich Nhat Hahn who says that we must continue to breathe, love, and be present. Those of us who work with young people have a taproot to hope we can connect to. Many of us told pieces of the story about the transformation of the caterpillar into a butterfly that was told at Yearly. We will try to share that story fully.

We all agreed it is much better to be with each other than alone.

Our next two meetings will be on Monday, September 11 and Monday, October 2, 2017 at 7pm in the Community House. All are welcome.

with love and care,

Gretchen