

## Bread Day: Yeast & Spirit Rising Reflections from Westport Meeting 3.5.22

How does our meeting help you or your family notice the Light/Spirit/God/Divine in the world?

- Through their generosity of outreach
- It brings us together and we learn from each other.
- This meeting helps me experience God by making me remember that everyone has their own story
- Always focuses on the positive
- Time for reflection & quiet
- Time for listening to others
- Time and space to breathe
- I find it peaceful to pray
- Remembering people and my family
- Peace & Social continuing the centuries old work of seeking justice
- What do you mean by Light?

Where do you notice the Light/Spirit's yeast/Life/Joy in our meeting?

- In our collective work on racism and white supremacy
- In the light of our community in worship together in the meetinghouse
- Being careful
- I notice the Light when no one judges each other and everyone accepts each other as a part of our community.
- In conversations during coffee hour
- In the kids chasing each other through the community house
- In the squares of sunlight on the meetinghouse floor
- We find light when we discover empathy.
- There is a window with blurry glass, & looking through it, the world feels transformed. It takes me to another level.
- In our community when we share food and fellowship
- All of the people are really nice. The energy of this community is really joyful & happy
- I notice the Light in our meeting when we all agree on something, and we all work together to make something happen.
- When I heard that Josh won his close game, I felt joy for him.
- I notice joy at meeting spending time with family and friends during hospitality
- Conversations
- By seeing your faces at meeting or on Zoom.
- In the desire to come back together in person
- People's smiles
- Through moving messages
- I notice people with open minds, and we don't need to expect anything except Bread.
- Playing pass with the kids
- Having my kids around GOOD PEOPLE!
- In business meeting
- During the peaceful and meaningful speeches during worship

How can we help more Joy/Light/Spirit/Connections rise up in our meeting in the next year? What should we add to our recipe?

- Doing things together
- New activities
- More attention to hospitality
- Doing the outside advent thing 4 times a year or more
- Quarterly outings
- BOOK FAIR! (5
- Service projects in community with kids
- More potlucks for fun (2
- Picnics at a destination?
- Game afternoons (board games)?
- fires/cookouts in the summer

- Coming together to play
- Activities that encourage multi-generational interactions
- When we listen to others, the Light IS and spreads.
- Coming together to share the food we have made
- Singing (3
- Working together
- Talking
- The Play Room is really fun!
- Family and others get-togethers
- Giving a helping hand
- We could meet up 7 or 8 times a year and make bread, have smores around a fire, have dinner here (or breakfast or lunch) – just some fun events.
- I miss the sharing of joys and Pain at Seekers. I am hoping for more sharing at Seekers.
- Coming together more like this.