



YOUTH & YOUNG COUPLES SUMMER WS

On my way to Happiness

Lively voices filled the workshop site in Gafrenz, Austria from the 3rd until the 8th of August. The main cause were the 41 international participants and staff from 6 different nations of the Youth and Young Couples Workshop that was organized by Harp & Carp Austria.

The theme “On my way happiness” came out of the desire to create an uplifting workshop, where everyone involved could have the opportunity to reflect about and work on their relationships in life. Relationships were a vital focus of this workshop – in specific the 4 Great Realms of Heart. Despite the big age gap of the participants the lecturers managed to convey topics such as *How can I love myself? - My identity as a child of God as the root of true self love, Siblings’ and Conjugal love - The meaning of true filial piety - The love between Parents and Children - Importance of Community* in a meaningful and interactive way.

The WS theme was also explored through various activities, such as teambuilding, brother & sister afternoon, testimony night, game night, challenge day and of course daily sports. An activity that turned out to be very meaningful for many was a special letter activity, where the participants received a letter from their parents as a surprise and could write a letter back, expressing their heart and sometimes things they have not been able to express until now.

We want to express our deep gratitude to everyone who was involved to make this workshop happen – all lecturers, staff, parents and of course the participants. A special thanks goes also to our cook Ilse Steiner, who provided us with delicious physical food next to the spiritual nutrition we received.

SOME REFLECTIONS OF PARTICIPANTS

“The letter experience was most meaningful to me, both personally and because I felt like people in my team could take it very seriously, and I really hope this can be a big step in resolving some issues in our relationships with our parents, and towards better, more open & honest relationships.”

“One meaningful experience was the line game (Cross the line), where we had to step forward if the statement was true for us. I really liked it as it showed that you're not the only person with struggles and that there are others who have their problems. I also found Antto's & Jose's Lectures truly great and helpful and I managed to share things with my team that I haven't told anyone outside my family. For me the whole WS was a meaningful experience that helped me to see the situation I'm in from a different perspective and it helped me to relax, heal and grow.”

“The content was deeply meaningful for everyone because it was concerning everyone. And I felt it was really adapted to the diverse age group. Even though it was a short ws everything was there. And it didn't feel so short because it was so full. (...) Definitely this ws had many cleansing/new start elements which where absolutely on point. Thank you for your Love!”

