

## FFWPU UK Youth Gather Together For A Spiritual Weekend In Suffolk!

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Last weekend, the Companions of Faith Workshop took place under the motto "HOME: Unlock and Tuck In" in Blaxhall, Suffolk. It was a weekend filled with great moments and memories, read more below from one of the organisers, Carmel M.:

Last week, from the 8th to the 12th of February, 33 adult second-generation members gathered in Blaxhall, Suffolk for a special spiritual occasion. Following ongoing progress in this area of care in our UK community through various grassroots projects, time and space for personal and collective reflection were created on the topics of spiritual growth, community and matching and Blessing.

The theme HOME: Unlock and Tuck In, allowed attendees to explore ideas such as getting comfy with God, community-building, taking the next step in our spiritual growth journeys, developing our love, taking responsibility, service, valuing our friends and family, valuing the Blessing, thinking about our community culture, maturity, self-awareness, consistent attention as maintenance, our influences, communication, contributing to the community in healthy ways and our identity. The hope of the organisers was that participants could experience a positive shift in heart towards life, choices and relationships, through the lens of investing to be able to unlock new levels of growth, deeper truths, and to take the time to really dig into those convictions, to be able to connect them not only to personal growth but the building of a spiritual home in our community.

We shared deeply about our personal situations, listening to a range of perspectives from our core staff team: Grace T., Pyong-Chan D., Carmel M., Miwa S. and Patrick and Yebuny H. As well as from other elders and younger brothers and sisters on the workshop.

As companions of faith we spent our 5 precious days together singing worship to God, praying, learning

from each other through lectures, discussions and conversations, exploring nature, reading Hoon Dok Hae, reflecting, eating great food and bonding through games.

We hope to build on this experience and continue deepening our relationships to God and each other, knowing this is how we build our spiritual home.

Please see some short testimony excerpts from attendees below:

"I found the workshop to be a healthy experience of developing real faith relationships with each other. It was a great opportunity to have good (and sometimes uncomfortable) conversations. In these conversations can serious growth, introspection and realisations appear." - 24-year-old participant

"...I was encouraged through speaking to others that things will get better and to have hope." - 21-year-old participant

"...I found that talk really beautiful, but also helpful and gave me a more realistic insight of what my future matching and Blessing may look like, as well as how to deal with any hurdles on the way. I feel much more prepared and at peace about things now, compared to before the workshop." - 22-year-old participant

"I learned that it's necessary to pause and reflect, reevaluate the things going well and to drop the things that aren't necessarily working anymore. I was able to figure out what I'd like to do in the future at university and how I want to develop my faith throughout the rest of the year. I have a plethora of quotes I'll be able to look back on. The workshop also allowed myself to share my experiences and receive support." - 18-year-old participant

"...The fact that we have such a setting like COF and how good it is makes me want to protect and hold on to it for all time." - 22-year-old participant