

Testimonies from the Nordic Winter Workshop 2019 in Helsinki, Finland

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During the holiday period, over 40 young adults (including 5 from the UK) gathered in Helsinki, Finland to attend the Nordic Winter Workshop centred on the motto: 'Your Life, Your faith'.

Christophe M., 27 –

"I met Peter Nylen (workshop director) last year and he told me that he was organising a workshop in Finland and invited me to come – I'm glad I did. The weather was cold, but the atmosphere was warm, and it was great to make many new friends and see some old friends too.

Each day started with morning exercises where we perfected our jumping jacks technique followed by 'Wake up with God' which included singing, yoga and drawing groups and then Hoon Dok Hae. After a breakfast of delicious bread freshly baked by David and Inmi Nylen (kitchen staff) we had some thought-provoking lectures by Matthew Huish (UK national leader). I could certainly take away a lot from them to apply to my daily life.

After lunch and afternoon sports, the highlight of the day for me was spending time with brothers, singing and telling funny stories.

We also went on an outing in Helsinki and the Finnish second-generation members showed us around their favourite places. I took a lot of photos until my battery died due to the cold! I am very grateful to all

the staff who really put a lot of effort into making this a great workshop. It went far too quickly, and I can't wait for the next one!"



Kieran H., 20 –

"The motto of the workshop was 'Your Life, Your Faith'. Our faith is linked to our lives and our lives are linked to each other. Our faith is made up of the experiences we have, personally, and with the people we meet. Our lives of faith are interwoven with the people that are close to us, and we only can grow as far as the depth of the relationships we have with the people around us; our friends, our families and our communities.

The Nordic workshop for me was a refreshing experience of the power we 2nd Generation have in being able to inspire each other to be the best versions of ourselves. Just by being around each other, you can feel that there really is something special about us Moonies. We have an immediate common base which allows us to become friends faster than anything you can experience anywhere else. That is what this workshop was for me, a reminder that we are special. Our hearts are one of a kind. We are passionate. Enthusiastic. Loving Individuals. But together we can a wall-breaking, peace-making, unifying force."



The Nordic Winter workshop (previously known as the Swedish Winter workshop) has been held for the past three years for young adults aged 18+. For more information on the workshop and future workshops, please don't hesitate to contact Peter Nylén – peter.nylen94@gmail.com.