

Pacific Yearly Meeting, Young Adult Friends Epistle from Annual Session

14-19 July 2014

*Take my hands I give them over*

*Make my heart an open door*

*Make my life a house of Spirit*

*Make me an instrument*

*Nothing more*

This year at Annual Session the Young Adult Friend (YAF) community found meaning and deep work in many things. We cared for the younger members of our community from 5 months to 11 years in the children's program; participated in plenaries; worship sharing; and Bible study; enjoyed play and deep reflection with JYM; found spiritual communion and unity through song; shared in deep fellowship with older members of our PYM community; and continued to carry forward a message which is stirring our Pacific Yearly Meeting community: We are ONE.

Attending Annual Session gives us an opportunity to dig deeper into our faith as Quakers. In attending Plenaries, Worship Sharing, YAF check-ins and workshops, working with the children and even during meal times, we find ourselves pushed at Annual Session. Pushed to live into the gap between our outward and inward lives, pushed to surrender to Truth and listen more actively to Spirit in our lives as well as in doing our Quaker business. PYM YAF offers us a grounding Quaker community where we are free and challenged to be our complete and whole selves - to live what we each believe.

We welcomed many YAFs this year. We were delighted to welcome first timers as well as old timers; parents; college freshman; and everything in between. We are especially grateful for the opportunity to lead a plenary session. During the singing in worship God's presence brought us to tears. We wish to have this often and regularly returned to the song, Instrument by Carin Anderson as a way of

opening our meetings together and bringing us back to a centered place of Spirit and Christ.

As we move forward we strive to steward this blessed community throughout the year. To do this work we have created a new structure in which to hold our ongoing work. Our new committee, the Committee of Institutional Memory (CIM), will hold an ongoing record of how the Spirit is moving amongst us. We are excited for this work.

We offer our hands, open our hearts, and devote our lives to being instruments of the Light. Now is the time. We are ready. Be prepared.