

## Yearly Meeting Gathering 2017

I felt so privileged to be a part of such a well organised and gathered seven days amongst some 1500 Friends. There were many special moments for me but my formal contribution was to support workshops on Quaker networks on mental health and especially the Retreat Lecture which was presented this year by the Retreat's Quaker Chaplain, Bronwen Gray. Fitting comfortably under the Gathering's theme of *living out our faith in the world, working with others to build a better world* Bronwen shared her role and how nurturing spiritual life can be fundamental to helping the people at the Retreat to find better mental health.

All the mental health workshops at YMG were well attended and the Retreat Benevolent Fund were able to introduce our very recently appointed Mental Health Development Worker, Alison Mitchell, whose role will include listening and working amongst Friends' groups concerned with mental health and planning an event for next year.

On the day off (Wednesday) I was very moved by my visit to see Coventry Cathedral which epitomises peace, forgiveness and regeneration at the point where the old bombed ruins meet the stunning modern (1962) new building.

And for fun and frivolity I joined the massed ranks of Quakers to sing along to Mamma Mia!

Sallie Ashe