**Follow-up Letter to Zoom Call 03**

Dear Friends,

Here are the links to today's AJ Training Call:

[Speaker view](https://us02web.zoom.us/rec/play/W6U9EqIEoykP5mOdPSiPkl9Ncb8UkyFnIw2GyIHIB4TX68ULjiLeKIIo2058NE0WpHhRHHnHDYZOR4Qe.jUo72okcdgohyz9w?autoplay=true)

[Gallery view](https://us02web.zoom.us/rec/play/Dk0uHDyix38g6T8RMCP3wjgqbCGdSQLtbvL5doXP1IvfTKrEvRvpPq5xvX73osdMkKa-w7MPePV_lmx7.qPHXF3onJYXkFoRe?autoplay=true)

[Audio only](https://us02web.zoom.us/rec/play/hvJJCBpQb0BeETdn64hHEXiDOcexrqed8mJWDlQjKvOJunY5bohccfEjf0SNURJQqsARi-fxbFXJRbQ.NLdCtjbsQv_UJKR1?autoplay=true)

It was good to be with those of you who could make the call. For others, please watch the recording.

After a sit together, people first went into breakout rooms to talk about their experience with their groups (the recording was paused for this) and then came back and shared reflections and questions that have come up for them.

We then explored the topic of what makes a good group. People reflected on the groups that they've been in.  Going into breakout rooms again (not recorded) and then coming back together, we explored the various elements that go into creating a field where everyone feels included and safe in a warm, friendly environment.

One important issue was how to manage different degrees of participation when some members are very talkative and others are shy.

We ended with a gratitude practice that I hope you lead your members in when your groups meet.

During our general discussion, Maya brought up the idea of us acknowledging our concern and solidarity about the situation in Ukraine. This is a tragic situation with Ukranians in danger and many fleeing from their country. The solidarity that has followed from other countries and people around the world has been inspiring.

Maya suggested that we might offer something to our AJ groups and perhaps all participants as both a show of our support and a way to express our caring. She was wondering about possibly offering extra sessions for people who are wanting or needing extra support. I'm open to that and suggested that if Maya wanted to coordinate ideas from our Training group I would be happy to support that and bring it to all course members.

I'll be saying something about the situation at our next live class, which fittingly enough is "Finding Joy in Difficult Times." But if you have further thoughts about this please write to Maya and me. If there are some ideas we can follow up on that would be feasible and relatively easy to implement, I'd be happy to hear them. Thank you Maya for your thoughtfulness. Let's see if there are ideas of what we might do.

The next AJ call is Monday, March 14th at 1-2:30pmPT on the same Zoom link:

<https://us02web.zoom.us/j/87091733942?pwd=ODZQNjRSV255R0hlZ25JcE1HM21jZz09>

Until then, stay safe and I hope you enjoy your time leading your groups.

With warmest regards,

James