**Follow-up Letter to Zoom Call 04**

Dear Friends,

Here is the recording of yesterday's Training Call:

[Gallery view](https://us02web.zoom.us/rec/play/qlG6zVhUMoTFd0qtbVYncpBW5NqQXDHI2z-mrPb81AkzBYuIxvRvV7RDyTGsbfhDFSK1-dsTUNCa7SMN.nKJqXi-Z_cqe-AuS?autoplay=true)

[Audio only](https://us02web.zoom.us/rec/play/YNeo0kdltvsFZSOqQZfqwkYsKbCiGmDtMe-2tWOtfv4QqWTRMZt_TCGb58GteO6th9ypfqzLpMopwbkg.nfIXmngs7dVCZKzp?autoplay=true)

I didn't take into account that our clocks changed in the US, so apologies to overseas folks who might have not realized that. (Gretchen had the foresight to include that fact in the schedule.)  Glad that Nadav and Maya joined us from Israel. FYI, this link has the full schedule of calls:

<https://www.awakeningjoy.info/traineeConfCalls.php>

I'm glad most of you could join us. We had a rich discussion on how to address the current events in Ukraine with your groups. This was quite timely since the current topic is "Finding Joy in Difficult Times." As I mentioned, you might change the wording when you're with your groups to something a bit more accessible like "Accessing Well-Being in Difficult Times", "Opening to the Hard Stuff" or whatever words you or your group members resonate with.

If you weren't with us please watch the video. The breakout sections were not recorded. I hope you find it helpful as you navigate these challenging weeks.

Our next meeting will be March 28th at our usual 1-2:30pm Pacific Time.

Wishing you all the best,

James