



**YONGE STREET  
MONTHLY MEETING  
NEWSLETTER**

Special Edition

May 2021

On May 1, 2021, Yonge Street Half Yearly Meeting met online to spend the day with Guest Speaker:

**Wess Daniels**

William R. Rogers Director of Friends Center & Quaker Studies at Guilford College.



*“The change brought on by this pandemic will lead to years of transition. ... Thinking of it this way will help us understand what it takes for us to come out the other side.”*

# “In A Time of Transition: Seeds of Change, Roots of Strength”

## Key Concept:

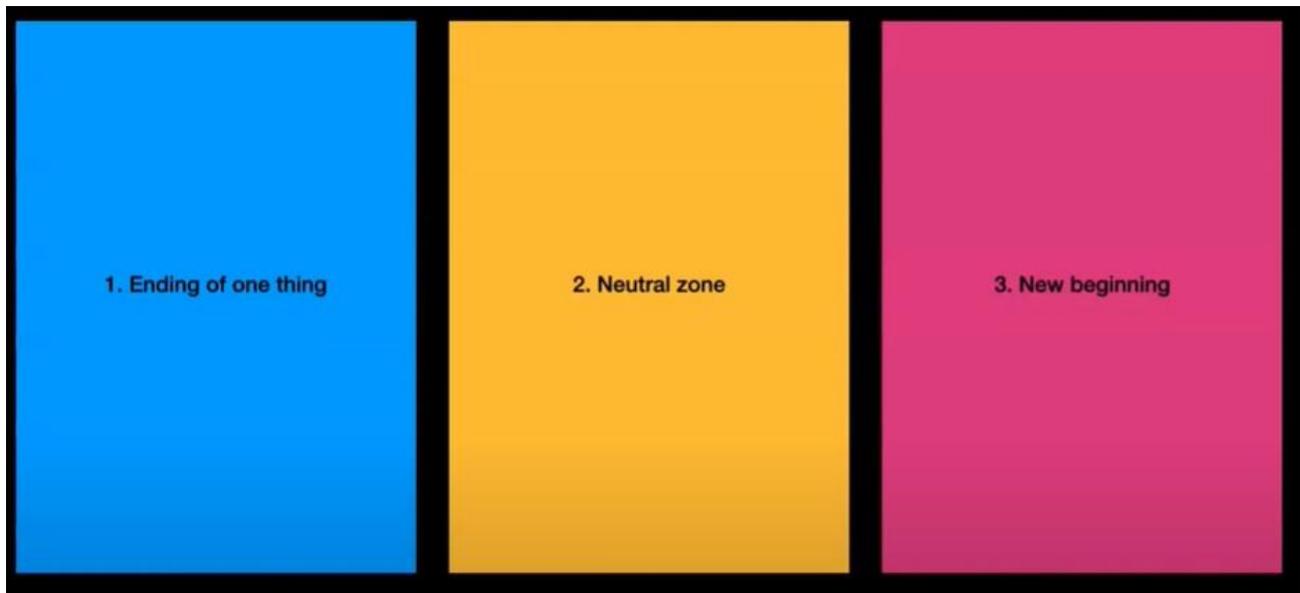
‘It is important to distinguish between the idea of Change and Transition.

Change marks an event – usually with a start and an end time

What follows from that change is the Transition’–

“Transition...is psychological; it is a three-phase process that people go through as they internalize and come to terms with the details of the new situation that the change brings about.” William and Susan Bridges, *Managing Transitions*

## The 3 Phases of Change and Transition:



1. Ending of one thing = change
2. Neutral Zone = no person’s land between old reality and new unknown era; limbo; grappling with old identity
3. New Beginning = out of transition; a new era has begun

There is no ‘right’ timing shifting between these different phases – we could be in a process for a long time before moving on.

## *“It isn’t the changes that will do you in; it’s the transitions”*

William and Susan Bridges, *Managing Transitions*

*“Yearning for a new way will not produce it. Only ending the old way can do that. You cannot hold onto the old all the while declaring that you want something new. The old will defy the new; the old will deny the new; the old will decry the new. There is only one way to bring in the new. You must make room for it.”*

Neale Donald Walsch

**Key Concept:** ‘Transition is uncomfortable and disruptive work.’

1. **Breathe, Listen, Observe, Take in.** – gather information & listen to the edges and the center too
2. **Check yourself. Go deeper into the story.** – are you as grounded and as deep into your own tradition as possible?; are you doing what you need to do to stay healthy?
3. **Keep moving. Help others keep moving too.** –we don’t want to get stuck in the middle of transition, the goal is to move through the transition so a new thing can be born
4. **Remember this is important work.** – this is spiritual work; disruptions are to be expected in life; disruptions test our outer and inner safety; offer an opportunity for growing and changing
5. **Enlarge the circle.** – grow your community; build new community



Key concepts, quotes, and diagram taken from Wess Daniel’s talk, May 1, 2021.



## More Wess



Watch video of Wess Daniel’s talk, including the Q&A [HERE](#).

Connect with Wess via his newsletter— [Gathering in Light](#)

## Further Resources

shared during HYM

[Life is in the Transitions](#)

By Bruce Feiler

March 10 - June 15, 2021

[Woodbrooke Simpler Meetings Series](#)

