

Whether in the same space or miles apart,
it's being present that really counts.

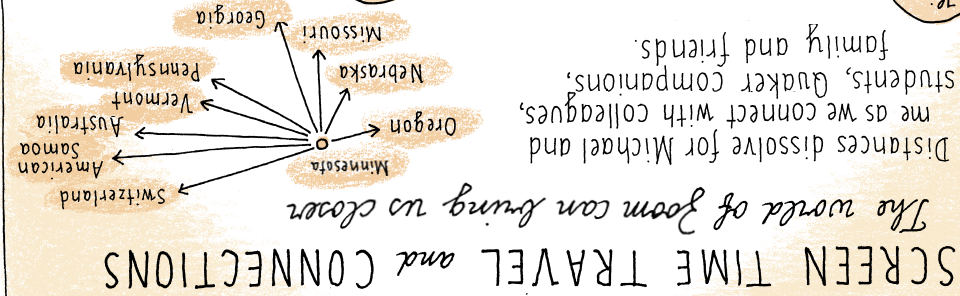
34 hours by train, yet we are connected in 1 second because of computers, microphones, cameras, computer geeks, and such...

St. Paul, MN @ 9:15
Jc. Sweet-heart!
Jc. grandpa and grandma!

Portland, OR @ 7:15
Jc. grandpa and grandma!

SURPRISING BENEFITS of ZOOM CONNECTIONS:

- * in gallery view, all have equal space on the screen
- * each appears in an illuminated field
- * one person speaks, the others listen



How neat if people were to bring this lovely practice forward out of the pandemic!

All this reminds me of the old men who gathered in the Park of the Golden Trees to play chess or checkers in Zürich, where I grew up.



Kindergartners

GATHERING in PUBLIC SPACES

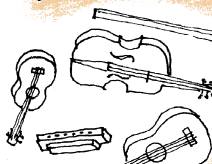
Friendly circles everywhere

Our third-story flat provides us with a bird's eye view of a slice of tree-dotted lawn outside the housing co-op where we live.



Visiting with neighbors and friends

Jamming Buddies



Yoga Practitioners



BAKING, KNITTING, READING, SINGING

Slow-paced pleasures, easy to share

During the pandemic, my partner-in-life, Michael, perfected how to bake hearty, crusty country bread.

A generous stranger on YouTube taught me how to knit socks with perfectly shaped heels.

Dear reader:
What are your favorite slow-paced pleasures and practices to keep?



A pick for adults:
Braiding Sweetgrass by Robin Wall Kimmerer
and one for kids:
Wonder by R.J. Palacio

Six months in, I began learning guitar. My singing vocabulary is bulking up rather pleasingly. It brings poetry to my days.

Who knows — maybe someday I'll be jamming with others on the green...



If the pandemic has taught me anything, it's that joy is resiliency.

KIRSTEN FEDOROWICZ



to make more, download this FREE zine at
www.TransitionASAP.org
or RegulaRusselle.com

My website also includes instructions on how to make and fold an 8-page zine.

Regula



KEEPERS:
Earth-Friendly Pleasures started during the pandemic

