

# 1. Friendship

As a young adult in the Episcopal Church, I have often wished for more young adult Episcopalian friends. I quickly found new friends from across the country in my delegation. It was a delight to connect with people who had similar passions, goals, and visions.

# 2. Community

I saw the power of community organizing at the UN, specifically as part of a larger delegation, the Ecumenical Women. I am often in my own thoughts and hopes and to gather with other women to make unified statements and advocate on behalf of others was an educational and influential experience in the necessity of working with others.

# 3. Mentors

I came across many strong female leaders at the UN that challenged and mentored me with their words, actions, and example. I now have new models to look up to.

I saw the resources of our faith being tapped into in new ways by ministers and lay people. I saw a new way for myself as a political agent and a follower of Jesus.

# 4. Renewal

The UN showed me a myriad of ways in which I can be who I am, love what I do, and meet the world's greatest needs. I have greater clarity on the gifts I have to give and the ways in which I need to grow.

# 5. Vision



**5 top things I gained from the UN Commission on the Status of Women Meetings**