

# Quaker quest

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A dynamic and transformative inreach  
and outreach process based on the experience that  
the Quaker way is a spiritual path for our time that is  
*simple, radical, and contemporary.*

## Basic Information Packet for Meetings

Quaker Quest

in the US and Canada is a project of  
Friends General Conference



*Friends General Conference would like to thank the twelve London Friends (Britain Yearly Meeting), who founded Quaker Quest, for their gift and ministry in creating and honing the Quaker Quest program. FGC appreciates that the founders have asked FGC to shepherd Quaker Quest in the US and Canada.*

*FGC would also like to thank the Shoemaker Fund for its generous support of FGC's Quaker Quest Ministry.*

- Portions of this packet are based on the Quaker Quest Network's *Quaker Quest: How to Do It* manual and are used with permission.
- For more information about Quaker Quest in the United States and Canada go to [www.quakerquestfgc.org](http://www.quakerquestfgc.org) or email [quakerquest@fgcquaker.org](mailto:quakerquest@fgcquaker.org)
- *Quaker Quest is one good way to do inreach and outreach. It is not the only way.*

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This packet is intended to be used by meetings or churches having Full-Day Workshops or by other Quaker groups having interest groups, in conjunction with a leader from the Quaker Quest Travel Team. It is also anticipated that this packet will be handed out as an information



piece at the FGC Gathering and at other settings. Permission to copy or adapt these documents is under Creative Commons conditions. Permission is granted as long as it is clearly noted that the materials come from FGC's Quaker Quest Basic Information Packet for Meetings.

Quaker Quest in the United States and Canada is a project of Friends General Conference (FGC).

# Hallmarks of Quaker Quest

*It is vital that the presenters use these hallmarks when preparing for Quaker Quest public sessions. We invite Quakers to consider keeping these in mind whenever sharing with others.*

## Use Positive Language

- Say what Quakers do believe and do “do,” rather than what Quakers don’t believe and don’t do.

## Use Very Little History

- There is time for that later.
- Seekers are usually interested first in what the Quaker way has to offer them today.
- Later, sharing about and classes in Quaker history will be part of integrating newcomers into the life of the meeting.

## Avoid Jargon

- Jargon, like monthly meeting and First Day School, can be confusing and can indicate that Quakers are a closed group. If needed—or used—then explain it. For example, Testimonies can be explained as statements about putting faith into practice, as well as actions taken when putting faith into practice.

## Don’t Criticize Other Religions or Other Branches of Quakerism

- This can come across as self-righteous and judgmental.
- There is no need to do this. Simply share what the Quaker way is.

## Use Stories to Share Your Journey

- It isn’t necessary to speak on behalf of all Quakers everywhere, throughout time.
- Share from your heart.

# What is Quaker Quest?

*Quaker Quest is a dynamic and transformative inreach and outreach program that is based on the experience that the Quaker way is a spiritual path for our time that is simple, radical, and contemporary.*

Quaker Quest was founded in 2002 by twelve Quakers from Hampstead Meeting in London, who were called to do outreach. They honed the process over more than five years. They asked FGC in 2007 to shepherd Quaker Quest in the United States and Canada.

Quaker Quest is both a process and an experience. It is:

- A workshop for the whole meeting, co-led by Quaker Quest Travel Team members.
- An invitation to the meeting to discern for itself what changes it wants to make in order to integrate newcomers into the life of the meeting and nurture those who are already there.
- A deliberate process for the meeting to discern if it is led to undertake the public sessions.
- An opportunity to look at the meeting from a newcomer's perspective.
- A chance to consider how to be more welcoming.
- A set format for public sessions, where the topics and content are determined by each meeting.
- Much more than the public sessions: An experience that the whole meeting shares over many months.
- A lot of work and a lot of fun!

The Hallmarks of Quaker Quest express the Quaker Quest approach to sharing who we are. Quakers are asked to use positive language, avoid jargon, use very little history, and refrain from speaking negatively about other religions or other branches of Quakerism. And, Quakers are invited to use stories to share their experiences and faith journey.

Public Quaker Quest sessions consist of a set format for each session. This format consists of three to four topics that are offered in a series, such as Quakers and God or Quakers and Peace; the series is repeated once.

- Topics for the public sessions are chosen with seekers' needs in mind.
- The meeting discerns which topics to use.
- The three or four topics are immediately repeated, making a series of six to eight weeks.

The meeting publicizes the public sessions, using flyers and pamphlets, radio ads, their website, and other methods.

- Publicity is key to intentionally inviting people to attend and to reaching seekers who are looking for the Quaker way.
- Communications are written to reflect the Hallmarks of Quaker Quest and other learnings.
- Some people may come to worship who will not have come to a Quaker Quest public session.
- This is an investment in the meeting, and will cost money.

Friends General Conference provides:

- Quaker Quest Travel Team members who co-lead a meeting's Full-Day Workshop.
- A Quaker Quest Travel Team member, who leads a meeting's Half-Day Preparation Session, which is held six weeks before the first public session.
- Templates for flyers and posters.
- Email and phone support to the meeting throughout the process, through the clerk of the core group, and follow-up after the public sessions are over.

Costs for a meeting to undertake the full process are:

- For the Full-Day Workshop, budget \$1,000 for transportation and materials.
- For the Half-Day Preparation Session, budget \$500.
- For publicity, budget around \$2,000.
- *FGC has a matching grant for publicity for up to \$1,500 for eligible meetings, while the funds last.*

Benefits of the entire Quaker Quest process can include:

- Energizing the meeting.
- Deepening the sense of community.
- Becoming more confident in sharing one's faith with others in the meeting as well as with seekers.
- Considering what it is like to be a newcomer in the meeting.
- Inviting seekers to share the Quaker spiritual path.

Success is defined by the positive energy that the Quaker Quest experience brings to the meeting, by the way current participants feel included into the life of the community, by the experiences of transformation that occur throughout the process, by the increased exposure that the meeting or church has in the local community, by having seekers come to the public sessions, and by having newcomers attend worship.

*Since its beginnings in the United States and Canada with one meeting in 2007, through the summer of 2010, over eighty meetings, churches, and other Quaker bodies across the United States and Canada have participated in the Quaker Quest process! These include small and large congregations. Contact [quakerquest@fgcquaker.org](mailto:quakerquest@fgcquaker.org) or go to [www.quakerquestfgc.org](http://www.quakerquestfgc.org) to find out more!*

# Core Principles

The British founders of Quaker Quest honed and refined the program for over five years and found the best practices for doing this program. They asked Friends General Conference (FGC) to carry forward Quaker Quest in the United States and Canada. At FGC, our experience bears out the learnings of the British Quakers.

Quaker Quest is not the only way to do outreach, but if you do Quaker Quest, the British founders ask *that all of the core principles be followed if a meeting or church calls their public sessions Quaker Quest*. The core principles are:

- Affirm that Quakers have a spiritual path for today that is simple, radical, and contemporary.
- Use the support and guidance of an experienced Quaker Quest Travel Team member to start a new Quaker Quest program in a meeting.
- Adhere to the lively and varied format for QQ public sessions.
- Recruit three Quaker presenters for each topic. They will speak briefly from their personal faith experience. Spiritual journeys convey information more powerfully than a list of Quaker facts.
  - Guidelines for these presentations are in this packet. The guidelines include using several quotes from Quaker and other spiritual sources, in order to ground the sharings.
- Allow time during the public sessions for seekers to explore the topics for themselves.
- Include an experience of Quaker worship (a brief introduction followed by thirty minutes of worship).
  - The worship will use the same format that the meeting or church uses on Sunday mornings.
    - If worship is normally unprogrammed, then the thirty minutes will be unprogrammed.
    - If worship is normally semi-programmed, then the thirty minutes will be an abbreviated version of that.
    - If worship is normally programmed, then the thirty minutes will be an abbreviated version of some or all parts of the service.
- Offer hospitality before and after each public session—about thirty minutes of refreshments, browsing of literature, and conversation.
- Include an introduction to your yearly meeting's faith and practice. This shows that, while we value the individual's journey, as indicated by the three presenters, the Quaker way is a grounded faith tradition.
  - If your yearly meeting doesn't have a faith and practice, you can refer to one or more that are on-line. Many yearly meetings list these on their websites. A number are listed at:  
<http://www.quakerinfo.org/quakerism/fandplinks.html>
- Choose topics for the public sessions based on their relevance to seekers in your community. Avoid Quaker jargon, history, and structures, or touch on them briefly.
- Public sessions consist of a cycle of weekly meetings, held at the same time each week, at the same place where the meeting is located. Repetition and continuity are important to the process. The topics (usually three or four) are repeated once, to make a complete cycle of six to eight weeks.
- A core group is responsible for implementing the program. Core group members worship and work together, attend all of the public sessions to give continuity to the program, include the rest of the meeting in the process, and reflect on and evaluate at the end of the public sessions.

If the Quaker Quest name is used, the founders of Quaker Quest and FGC request that you work under the care of an experienced Quaker Quest Travel Team member, and with their support, create a program that is faithful to these core principles. Using these principles and a trained team member is essential in order to maintain the integrity of the Quaker Quest name. This pattern of using trained facilitators is the same model used by the Alternatives to Violence Project (AVP).

FGC has a team of trained Quaker Quest Travel Team members who co-lead Quaker Quest workshops. FGC staff and Quaker Quest Travel Team members are available to support meetings in the Quaker Quest process.

# Basic Format of Public Sessions

*After the meeting or church has a Full-Day Workshop and if it approves moving ahead with public sessions, then it is important to allow at least six months before holding the first public session.*

This time is needed to prepare for incorporating newcomers into the life of the meeting and to advertise public sessions.

*Experience has shown that shortening the six month preparation time is not helpful and creates stress.*

<i>Begin with: Refreshments and informal conversation</i>	
Welcome and introduction by the host	10 minutes
First presentations: 3 speakers. 6 minutes each	20 minutes
Small Group Discussions	20 minutes
Second presentations: 3 speakers, 6 minutes each	20 minutes
Q & A	15 minutes
Introduction to meeting for worship by the host	5 minutes
Meeting for Worship	30 minutes
Final announcements	5 minutes
<b>Total</b>	<b>2 hours of programming</b>
<i>End with: Refreshments, informal conversation, and pamphlet browsing</i>	
<small>*In the Quaker Worship session it is better for the question time to follow Meeting for Worship.</small>	

This framework gives balance to hospitality, presentations and listening to seekers. The aim is to avoid an overload of input and to allow space for participation and interactions with the seekers.

Choose a time of day that suits your local community.

Hold these public meetings in the same place, on the same day of the week, in a repeated cycle.

# Bringing Quaker Quest Public Sessions to Your Meeting and to Your Community

Quaker Quest is a process, not merely a moment in the life of a meeting. The process begins when the meeting first starts discussing having a Full-Day Workshop and continues through the follow-up to the workshop. The follow-up might be to move on to public sessions or to follow-up in other ways. *Quaker Quest is much more than the public sessions: it is an experience that the whole meeting shares over many months.*

Significant steps needed for the entire QQ process:

## ***Information Gathering***

- Learn about Quaker Quest at [www.quakerquestfgc.org](http://www.quakerquestfgc.org).
- Contact Quaker Quest at FGC to let them know that you are beginning the process.
- Be *inclusive and transparent* in the entire process.
  - Share information with everyone in your meeting.
  - Put an article in your meeting's newsletter.
  - Keep everyone in your meeting informed and included at every stage.
- Bring Quaker Quest to a committee, such as worship and ministry or outreach, or have a group formed specifically for planning the Full-Day Workshop.

## ***The Full-Day Workshop***

- The planning committee or group brings a request to business meeting to have a Full-Day Workshop.
  - This request is only for the workshop.
  - Approval to do the public sessions comes back to business meeting after the workshop, *if* the meeting discerns to move ahead.
  - The budget for the workshop is \$1,000 for travel reimbursement. FGC does not charge a fee for the workshop. Contact FGC if it is a hardship to reimburse all of the travel expenses. We try to keep reimbursement costs as low as possible.
  - The clerk of the coordinating committee for the workshop contacts FGC to arrange to have two Quaker Quest Travel Team members co-lead the workshop.
- The meeting holds a Full-Day Workshop on a Saturday.
  - The workshop is intended to:
    - Build community.
    - Have folks get to know each other more deeply.
    - Consider what it is like to be a newcomer and how to include newcomers into the fabric of the community.
    - Share what Quaker Quest is all about.
    - Share what is involved in holding public sessions.
  - Everyone from the meeting is invited to, and hopefully will, attend.
    - The same number as attend meeting for worship should be the goal for how many attend the workshop.
    - Invite active older high school students or college students.
  - The workshop is valuable whether or not the meeting later discerns to do the public sessions.

### *Discern Whether to Offer Public Sessions*

- After the Full-Day Workshop, see if a core group emerges to shepherd this work forward.
  - The core group should have eight to twelve members who will coordinate the work but not do all of the work. Their role includes involving all of the meeting in the work.
  - They should consider how many topics to offer and when.
  - They should consider if the Spirit is moving the meeting forward to proceed with the public sessions. If so, they should bring to business meeting for approval a request for the meeting to do the public sessions.
    - This may take several months.
- Take *at least six months* after business meeting approves doing the public sessions before holding the first public session. Use this time to prepare for newcomers.
  - Consider how newcomers will be welcomed into the life of the meeting.
  - Be sure that there are several ways that newcomers will be included—small groups, potlucks, new classes, and so on.
  - Make long-term plans for nurturing new attenders into the life of the meeting.
  - Make sure that spaces inside and outside of where you meet are welcoming.
  - Go to the [www.fgcquaker.org](http://www.fgcquaker.org) website for resources for meetings, such as “Seeking Racial and Ethnic Diversity,” and the “Inreach-Outreach Review.”
  - Plan and implement publicity. FGC has templates of flyers and posters on which meetings can enter their topics, dates, and other pertinent information.
  - Share your topics and dates with FGC so that they can go on our website.

### *The Half-Day Preparation Session*

- Contact FGC to arrange for one Quaker Quest Travel Team member to give a *Half-Day Preparation Session* on a Saturday or Sunday about six weeks before the first public session.
  - This will help prepare the meeting for the public sessions.
  - *The preparation session is for everyone in the meeting.*
    - The session includes specific information and training for core group members, presenters, hosts, small group leaders, and hospitality-providers.
    - Be sure to invite everyone in the meeting, since everyone in the meeting is involved in one way or another!

### *Hold Quaker Quest Public Sessions*

- Review plans to incorporate newcomers into the life of the meeting or church.
- Implement plans for publicity.
- Arrange for books and pamphlets to give away and to sell. One good source is [www.quakerbooks.org](http://www.quakerbooks.org).
- Hold the public sessions!
  - Enjoy the experience.
  - Keep FGC informed about how it is going.
  - Reflect on what worked well, what might be revised, and how the Spirit was present.
  - Consider repeating at yearly or every other year intervals.
  - Share with FGC what difference the entire Quaker Quest process, including the public sessions, has made in the life of the meeting.

# Sample of Topics, Dates, and Times

*The boxed text below is only a sample date/time/topic sheet. Meetings and churches that hold public sessions determine the dates, day of the week, time, and topics, based on the perceived needs of seekers in their local communities. Repeating the series once is an important part of the Quaker Quest process.*

## QUAKER QUEST PUBLIC SESSIONS

Sundays at 3–5 PM or Tuesdays at 7–9 PM

September 21 Quakers and God

September 28 Quakers and Peace

October 5 Quakers and Worship

October 12 Quakers and Equality

*Repeat the series immediately:*

October 19 Quakers and God

October 26 Quakers and Peace

November 2 Quakers and Worship

November 9 Quakers and Equality

# Frequently Asked Questions (FAQs)

## Quaker Quest—what is it?

Quaker Quest is a dynamic new form of outreach to seekers—used across the Quaker spectrum—that encourages Friends to clarify and speak of their faith experience. It strongly affirms that Friends have a spiritual path for today that is simple, radical, and contemporary. It is a process that begins with a Full-Day Workshop and frequently leads to a series of public sessions.

Quaker Quest is also a transformative form of inreach for a meeting or church. Through the process, the community is invited to consider what it is like to be a newcomer and to develop ways to integrate newcomers into the life of the meeting. The community is also asked to consider what forms of spiritual hospitality are already in place and what they might want to change or add.

## My meeting just decided that we would like to offer Quaker Quest public sessions next month. Is there a speedy way to get started?

Unfortunately, the answer is “no.” First, the meeting needs to have a Full-Day Workshop, then approve having the public sessions, then take at least six months to prepare for those sessions. The public sessions also involve a significant publicity effort, which takes several months to develop; and preparing the speakers and the hosts of each session takes time. In addition, the meeting needs to consider ways to prepare, welcome, and incorporate seekers into the meeting—and to implement these preparations (for example, by holding classes for new attenders). The document *Steps to Bring Quaker Quest to Your Meeting and to Your Community* outlines the process for doing Quaker Quest.

*The preparation time you allow and the care you take will contribute greatly to the success of your Quaker Quest program and to the depth of inward growth in your meeting.*

## How is Quaker Quest different from evangelism?

The Quaker Quest process is an integrated approach to inreach and outreach that includes—but is not limited to—inviting the public to public sessions. The meeting or church is asked to consider what it is like to be new and to find ways to incorporate newcomers into the life of the community. These are valuable in themselves, regardless of whether a meeting discerns to do the public sessions.

And, Quaker Quest is an invitation for people to find out who we are and to consider if the Quaker way is the journey that they are looking for.

Success is defined by the positive energy that the Quaker Quest experience brings to the meeting, by the way current participants feel included in the life of the community, by the experiences of transformation that occur throughout the process, by the increased exposure that the meeting or church has in the local community, by having seekers come to the public sessions, and by having newcomers attend worship.

## How do I arrange for a Quaker Quest Full-Day Workshop for my meeting or church?

Contact FGC. We ask that discernment about holding public sessions be made at some point after the Full-Day Workshop, so that everyone in the community will know what the public sessions are all about.

There is no charge for the workshop. We ask that meetings pay for transportation costs of the two Quaker Quest Travel Team members, and for materials, postage, and handling. If this is a hardship, the meeting should contact FGC Quaker Quest staff, who will try to ensure that finances are not an obstacle for your meeting. For more information, go to [www.quakerquestfgc.org](http://www.quakerquestfgc.org).

# Presenters Guidelines

*For preparing presentations for Quaker Quest public sessions.*

## Purposes:

- To prepare presenters to give presentations during the public sessions.
  - There will be three presenters on each topic. If the meeting chooses three topics, then there will be nine presenters. The same three presenters share on the same topic when the sessions repeat.
  - Sometimes, in a smaller meeting, it will be necessary to have one (or more) of the presenters share on two topics.
  - In larger meetings, it isn't necessary—or helpful—to have a second set of presenters when the session repeats.
- To aid members of the core group who will give gentle but clear feedback to the presenters.

## Guidelines:

*You will give two presentations.*

- *Consider your sharing to be prepared vocal ministry.* This is intended to be Spirit-led and from the heart.
- The first presentation focuses on how you first encountered the topic.
- The second presentation focuses on what it means in your life today.
- While the topic is “Quakers and . . .,” share your own experiences.
  - Each presentation will be five (or six) minutes long.
  - After the first round, the others will go into small groups for about fifteen minutes.
    - Presenters will not participate in the small groups.
  - When the groups return, you and the other presenter will give your second presentations.
  - A copy of the schedule for the public sessions is on-line and in this booklet so that you can see how a session flows.

*Keep in mind the Hallmarks of Quaker Quest:*

- Use positive language.
  - Share what we do believe and do “do.”
- Use very little history.
  - It is fine to share your personal history.
  - There is plenty of time for history after newcomers start attending.
- Avoid jargon.
  - If you use it, unpack it.
  - For example, testimonies can be explained as, “how we live out our values.”

- Don't criticize other traditions or other branches of Quakerism.
- Use personal stories to illuminate your points.

***Preparations:***

- Use two brief quotes in each of your two presentations. The purpose of the quotes is to show that, while you are sharing your journey, that Quakerism is a deep religious tradition and is more than individual stories. *Some of the quotes may resonate deeply with seekers.*
  - Ideally, these will be Quaker quotes.
  - They should be short, around twelve to twenty words, so that they will be easily heard and remembered, and add to your own ministry.
  - Use *Faith and Practice*, if your yearly meeting has one, or search online for “faith and practice” for some of your quotes.
- Reflect and consider praying about what you want to say.
  - You will have time to make three to five points per presentation.
- Outline your presentation.
  - Jot down your outline on a note card, which you can hold during your sharing.
- You can write out your presentation if you prefer
  - You do not need to write it out.
  - If you do, *try not to read it* but refer to it.
  - If your content is emotionally hard for you to share and you need to read it, then read it. If you read it, be sure to look up regularly during your sharing.
- Spend time preparing on your own. Practice at home or in the car.
  - Time yourself.
  - Be sure you can get into your presentation all that you want to say.
- Also, prepare several times with other presenters, in order to:
  - Worship together.
  - Give the presentations as though in a public session.
  - Give each other gentle but clear feedback.
  - Work together on which quotes to use.

***Follow-Up:***

- Consider meeting once after the public sessions are over to reflect on the experience:
  - What you learned from your own preparation and sharing.
  - What you learned from others' preparations and sharings.
  - What you would like to be sure future presenters know that you now know.

# Matching Grants

## *Matching Grants Can Enable Meetings to Launch Quaker Quest Public Sessions*

Friends General Conference is pleased to announce a special matching grant program to help meetings to offer Quaker Quest, the dynamic new inreach and outreach program that has been successful in England and now in the US and Canada.

Thanks to the support of a Quaker donor and a Quaker fund, FGC is offering matching grants up to \$1,500—on a dollar for dollar basis—for any meeting that has made the commitment to offer Quaker Quest for the *first time* in their meeting. FGC will be able to provide a limited number of matching grants each year, on a first-come, first-served basis.

These grants are to be used to help cover the costs of advertising your Quaker Quest series to the general public and are *intended particularly for meetings which do not have access to sufficient financial resources to run Quaker Quest public sessions in their meeting*. Some direct support is available for meetings that cannot raise sufficient matching funds.

The grant criteria and application procedure are listed below.

## Criteria

1. A monthly meeting needs to have already held an all-day workshop on Quaker Quest facilitated by two members of the Quaker Quest Traveling Team.
2. The monthly meeting needs to have assembled a core group of six to eight Friends who are committed to working to ensure that the program is done well.
3. The meeting for business needs to have already approved doing the public Quaker Quest sessions.
4. The core group must have a budget for Quaker Quest showing the amount being supplied by the meeting.
5. The meeting must be willing to submit a written report on its experience with Quaker Quest within six months of receiving a grant.
6. The meeting must be holding public sessions for the first time.

## Procedure

Please submit a letter from your meeting making a formal request with the following information:

1. A minute from your meeting stating its plan to offer the public Quaker Quest sessions.
2. The budget for Quaker Quest that your meeting has developed showing all costs, and an itemized list of the advertising plans for the series.
3. A specific dollar-amount request for matching funds, up to \$1,500.
4. Your meeting's full budget for your current fiscal year.

Please send your full application to [quakerquest@fgcquaker.org](mailto:quakerquest@fgcquaker.org). Friends General Conference will respond to your request within one month of receiving your application.

# QuakerBooks

OF FRIENDS GENERAL CONFERENCE

- Books on Quakerism, Christianity and other religions, peace, social justice and equality. Many hard to find elsewhere. Also publishers remainders. Sale and secondhand books on these subjects.
- We can provide a booktable for your Quaker Quest event! We will supply you with a selection of basic introductory Quaker books to sell and display.
- Select the books for your book box on our website! Check the website for more information: [www.QuakerBooks.org](http://www.QuakerBooks.org).
- Request a catalog or browse our extensive online store for books on Quakerism: [www.QuakerBooks.org](http://www.QuakerBooks.org).

*Considering a study group or adult religious education class?  
Contact Quaker Books for suggestions!*

Quaker Press of FGC

1216 Arch Street, 2B, Philadelphia, PA 19107  
1-800-966-4556 / [www.QuakerBooks.org](http://www.QuakerBooks.org) / [bookstore@fgcquaker.org](mailto:bookstore@fgcquaker.org)



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- To find out about Quaker Quest in Britain, go to [www.quakerquest.org](http://www.quakerquest.org).
- For more information about the various programs that FGC has that nurture vital Quakerism, go to [www.fgcquaker.org](http://www.fgcquaker.org).

Sample poster Each meeting discerns its own topics, dates, and times.

Explore the Quaker way with

# Quaker Quest

*The Quaker way is a spiritual path for our  
time that is simple, radical, and contemporary.*

Find out about a spiritual community  
that works for peace and justice.

The Very Friendly Quaker Meeting will hold Quaker  
Quest public sessions on Tuesday evenings from 7 to 9 PM.  
Refreshments and fellowship begin at 6:30 PM. Topics are  
Quakers and God, Quakers and Peace, and Quakers and Equality.  
You are invited to come to any or all of these free sessions!

*You are welcome to join us!*

For more information, go to  
[www.veryfriendlyquakermeeting.org](http://www.veryfriendlyquakermeeting.org)

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