


# The Spiritual Deepening Experience



“I discovered how much I resonate with  
Quaker thought, worship and practice.”

— Spiritual Deepening pilot program participant

The Spiritual Deepening Program seeks to deepen the life, worship, and witness of Quaker meetings, individual Friends, and newcomers.

Participants explore Quaker thought, share and listen to each other’s spiritual stories, and practice new ways of connecting to Spirit. Spiritual Deepening exercises and activities are designed for both **newcomers and Quakers**, as well as **adults and children**, and encourage experiential learning through activities, discussions, role-plays, spiritual practices, art and music exercises, and worship.

## There are Two Ways to Engage:

**Spiritual Deepening small groups** meet in-person to experience activities and discussions together, led by trained leaders from the meeting. Groups can form at any time and meet for as few as 3 sessions or for as long as a year. Small group topics include *Silence & Expectant Waiting*; *The Light, Seed, Christ Working in Us*; and *Friendly Practices*.

**Spiritual Deepening eRetreats** invite participants to build spiritual community and explore Quaker practices and faith over a 4, 6, or 8-week online session. eRetreat topics include *Silence & Light*; *Beloved Community*; *Becoming Patterns & Examples*; and *Understanding and Healing White Supremacy*.

The Spiritual Deepening Program is **flexible and affordable**. The participation fee is \$20-45 per participant, on a pay-as-led basis. FGC offers **training and ongoing support** for Friends who lead Spiritual Deepening small groups in their home meetings.

Learn more: [www.fgcquaker.org/spiritualdeepening](http://www.fgcquaker.org/spiritualdeepening)

Questions? Contact: [spiritualdeepening@fgcquaker.org](mailto:spiritualdeepening@fgcquaker.org)

