

Worship Sharing Guidelines 2021 Virtual Gathering

Worship Sharing is a sacred time where Friends respond to the truth in their heart. It is not a conversation or an intellectual endeavor. It is a place for deep listening to the Spirit moving within us.

It starts with a thoughtful query (a question meant for reflection) which is read aloud. This query will be open ended and oriented toward individual experiences. It may have a particular focus such as our spiritual journey, an issue with which the community is dealing, or a particular reading which has been shared. Then Friends go into worshipful silence.

There are some basic rules of sharing:

- Reach as deeply as you can into the sacred center of your life.
- Speak out of the silence and leave a period of silence between speakers.
- Speak from your heart, not your head, about your own personal experiences (I not we). Stay in touch with what your body is feeling and saying to you; it may be divinely inspired.
- Listen carefully and deeply to what is spoken.
- Expect to speak only once, and be concise in what you share, so everyone has an opportunity to participate fully.
- Respect the confidentiality of what is shared.

Sometimes Friends are asked to speak out of the silence as they are led to do so. Other times Friends are encouraged to go around in a circle. The facilitator will decide how to proceed. Nobody is required to speak; it is fine to pass.

Worship sharing involves centering into a sacred space, which is maintained throughout the session and deepened as Friends listen and share. Dialog or interruptions are avoided, with one exception. When someone says something harmful, and Spirit leads you to interrupt, do so. Harmful speech will change the dynamics within the worship circle whether or not it is addressed.

FGC has resources available when someone has been harmed. Please contact the worship sharing facilitator, the zoom host or the Info Desk for more information.