

Quaker Worship

Worship is central to our faith. We meet together in expectant silence to experience the Divine Presence. We believe the Divine surrounds us and is within us at the same time. We do not create the encounter, but rather open ourselves to it.

We begin by becoming inwardly still, allowing thoughts that usually fill our attention to recede. We can help quiet our thoughts by reciting a prayer, reflecting on a sacred text, focusing on breathing, or other means. As the group settles into stillness, we increase our awareness to include the whole group and movement of the Spirit within it.

In holy silence, we can go beyond words to experience the Inward Light or Spirit. When we worship with others, the awareness is amplified, just as many candles increase the light in a room.

Some of the things we may sense during worship are love, healing and renewal. Sometimes, we feel as one in the Spirit, with a sense of timelessness and peace. We may receive guidance about a problem or a decision. The experience is different for each of us.

Worship ends after about an hour when an assigned person shakes hands with a neighbor. Others then do the same.

Worship can happen at any time and in any circumstance — such as in a home or a field. We carry the experience with us into our daily lives. You are welcome to join us.

(continued)

Quaker Worship

Worship is central to our faith. We meet together in expectant silence to experience the Divine Presence. We believe the Divine surrounds us and is within us at the same time. We do not create the encounter, but rather open ourselves to it.

We begin by becoming inwardly still, allowing thoughts that usually fill our attention to recede. We can help quiet our thoughts by reciting a prayer, reflecting on a sacred text, focusing on breathing, or other means. As the group settles into stillness, we increase our awareness to include the whole group and movement of the Spirit within it.

In holy silence, we can go beyond words to experience the Inward Light or Spirit. When we worship with others, the awareness is amplified, just as many candles increase the light in a room.

Some of the things we may sense during worship are love, healing and renewal. Sometimes, we feel as one in the Spirit, with a sense of timelessness and peace. We may receive guidance about a problem or a decision. The experience is different for each of us.

Worship ends after about an hour when an assigned person shakes hands with a neighbor. Others then do the same.

Worship can happen at any time and in any circumstance — such as in a home or a field. We carry the experience with us into our daily lives. You are welcome to join us.

(continued)

Quaker Worship

Worship is central to our faith. We meet together in expectant silence to experience the Divine Presence. We believe the Divine surrounds us and is within us at the same time. We do not create the encounter, but rather open ourselves to it.

We begin by becoming inwardly still, allowing thoughts that usually fill our attention to recede. We can help quiet our thoughts by reciting a prayer, reflecting on a sacred text, focusing on breathing, or other means. As the group settles into stillness, we increase our awareness to include the whole group and movement of the Spirit within it.

In holy silence, we can go beyond words to experience the Inward Light or Spirit. When we worship with others, the awareness is amplified, just as many candles increase the light in a room.

Some of the things we may sense during worship are love, healing and renewal. Sometimes, we feel as one in the Spirit, with a sense of timelessness and peace. We may receive guidance about a problem or a decision. The experience is different for each of us.

Worship ends after about an hour when an assigned person shakes hands with a neighbor. Others then do the same.

Worship can happen at any time and in any circumstance — such as in a home or a field. We carry the experience with us into our daily lives. You are welcome to join us.

(continued)

Quakers Worship (continued)

Speaking and Listening in Meeting for Worship

The aim of our meetings for worship is communion with the Divine. As we experience the Divine Presence, messages from a deep place may arise out of the silence.

- Anyone may receive a message from the Spirit and speak it into the silence. Messages are not prepared in advance. If one is unclear about sharing a message, it is probably best to wait with it.
- It is customary for a person to speak no more than once during a meeting for worship. A period of silence follows each message so that listeners can absorb it.
- We receive each message with openness. It may strike a chord within us, though not all messages will speak to everyone. We do not respond to an earlier message in affirmation, conversation, or rebuttal.
- Meetings for worship may have spoken messages or not. Either can nourish, guide and comfort us. What we seek in worship is stillness that can open to the deep place where the loving Spirit dwells.

You are welcome to join us.

Quakers Worship (continued)

Speaking and Listening in Meeting for Worship

The aim of our meetings for worship is communion with the Divine. As we experience the Divine Presence, messages from a deep place may arise out of the silence.

- Anyone may receive a message from the Spirit and speak it into the silence. Messages are not prepared in advance. If one is unclear about sharing a message, it is probably best to wait with it.
- It is customary for a person to speak no more than once during a meeting for worship. A period of silence follows each message so that listeners can absorb it.
- We receive each message with openness. It may strike a chord within us, though not all messages will speak to everyone. We do not respond to an earlier message in affirmation, conversation, or rebuttal.
- Meetings for worship may have spoken messages or not. Either can nourish, guide and comfort us. What we seek in worship is stillness that can open to the deep place where the loving Spirit dwells.

You are welcome to join us.

Quakers Worship (continued)

Speaking and Listening in Meeting for Worship

The aim of our meetings for worship is communion with the Divine. As we experience the Divine Presence, messages from a deep place may arise out of the silence.

- Anyone may receive a message from the Spirit and speak it into the silence. Messages are not prepared in advance. If one is unclear about sharing a message, it is probably best to wait with it.
- It is customary for a person to speak no more than once during a meeting for worship. A period of silence follows each message so that listeners can absorb it.
- We receive each message with openness. It may strike a chord within us, though not all messages will speak to everyone. We do not respond to an earlier message in affirmation, conversation, or rebuttal.
- Meetings for worship may have spoken messages or not. Either can nourish, guide and comfort us. What we seek in worship is stillness that can open to the deep place where the loving Spirit dwells.

You are welcome to join us.