

## Queries for Madison Monthly Meeting November 2020

### Worship and Meditation

#### Divine Guidance and Discernment

- In what ways do I seek Divine Guidance? By what manner do I seek a deeper relationship with the Divine? How do these practices open up a fuller understanding of my authentic self?
- How do I create space and intention in my daily life for quiet inward reflection and spiritual readings? How do my spiritual seeking, worship and daily life enrich each other?
- Can the presence of the Divine and unconditional love be felt in my home?
- In what ways does spiritual discernment both support and challenge my everyday life?
- How does my relationship with God teach, challenge and inspire me?
- How do I discern and test authentic leadings? What sources of strength support me in following leadings?
- How do I cultivate and deepen a sense of wonder?
- As I experience changes in life, how do I remain steadfast while finding new ways to receive and reflect Divine love?
- When I am angry, depressed, tired or spiritually cold, how might I seek companionship of the Divine? How do I nurture the comfort of love and truth?
- Am I open to new light whatever the source?

### Beliefs and Testimonies

#### Friends Beliefs and Testimonies

- Consider how all your life could be seen as a testament to your faith. How is your faith manifested in your life? Does it guide your decision-making and interactions with others?
- Do I respect other spiritual beliefs and worship practices that differ from mine? How do I seek that of God in everyone?
- What is our vision of how Friends could work together to be “patterns and examples” of a spirit-centered and sustainable way of life? What next steps could make this vision a living witness?
- How can Meeting better support all who seek a deeper understanding of Quakerism?

#### Simplicity

- How do my choices simplify my life? How am I led to use my time, energy and resources? What impact do my choices have on others - those people living now and those who will live in the future?
- Am I grateful for all that has been freely given?

#### Integrity

- How do I align my beliefs and actions? How do I maintain or regain an inner unity when I experience conflict between my faith and my practice?
- Am I honest and faithful when gifted with the trust of others?
- How do I use money thoughtfully and responsibly?
- How do I hold information entrusted to me responsibly with tenderness and discretion?

- Am I fully truthful with myself and others in all transactions?

### **Work**

- Do I do my work in such a way that supports and holds other people in love? Do I avoid any work that does harm to other people?
- Am I radically honest in all my business and financial transactions?
- How do my Quaker beliefs, faith and integrity inform my work?

### **Healthful Habits**

- In what ways do I cultivate healthier habits in eating, drinking and activity?
- How do I avoid and manage addictive habits?
- Do I avoid participation in all forms of gambling?
- How do I find support and courage to face emotional and interpersonal conflicts and move toward healing?
- Am I able to gracefully contemplate my death and the death of those closest to me?

## **Our Meeting**

### **Meetings for Worship and Business**

- How can I best prepare my heart and mind for worship?
- What more might I do to more deeply hold our meetings for worship and business in expectant waiting for Divine guidance?
- Do I receive the vocal ministry of others tenderly and with an open mind?
- Am I open to hearing the leadings of all people in my meeting and participating in their discernment?
- How can I foster deeper love and unity among us?
- Do I attend to our business gatherings in a spirit of love, understanding, and trust?
- How do I keep my heart and mind open and withhold judgement, when differences arise?

### **Nurturing and Supporting People in Our Community and People who Visit**

- How does our Meeting nurture each person and family in our community?
- Does Meeting personally contact its members and attenders regularly?
- What would help us deepen our connections to each other in our community?
- Consider how we might better identify and support people in our community who are experiencing personal challenges and life-changing events?
- How does our community welcome both those who are visiting and those who are already part of the community?

### **Supporting Our Quaker Community**

- In what ways do I give my gifts of time, attention and resources to support the life of our Meeting?
- How do we nurture the day-to-day work of our Meeting, including committee work, that strengthens the operation of our meeting?
- In what ways does our Meeting manifest integrity in the wider community?

## **Children**

- In what ways does our Meeting welcome and care for children among us?
- How do we give children an understanding of the principles and practices of Friends? In what ways do we offer our young people opportunities for service, for fellowship, and for religious instruction?
- How is our Meeting vigilant in protecting and keeping our children safe?

## **Living Peacefully, Care for Others and the Earth**

### **Living Peacefully**

- How does Friends' peace testimony shape our lives? Do we live "in the virtue of that life and power that took away the occasion of all wars"?
- Do I seek to settle all differences by truly nonviolent methods?
- In what ways am I committed to the work of reconciliation between individuals, groups, and nations?

### **Improving Conditions for Others**

- What is our Meeting doing in our community, our country and our world to improve the conditions under which all people live? How do we strive to secure and maintain civil, human, and environmental rights for all?
- As citizens, how do we participate in and encourage our government to act in ways that reflect our values?
- How are we working toward becoming an antiracist faith community? Do we actively seek to understand racism and our role in it, both in ourselves and in the wider Quaker community? Are we allies with those who are treated unjustly?
- We are historically and currently, largely a white community. What actions are we taking to diversify our community?

### **Caring for the Earth**

- How can I live more in harmony with the earth and what it provides?
- How am I deliberate in decreasing my resource and energy use?
- What burden does my wastefulness place on future generations? Do I consider this impact in the decisions I make?
- How do I work for the conservation and right use of natural resources? Do I speak up when I see environmental injustice?
- How will I weave self, nature, and God into the spiritual fabric of my life?
- How do we share the depth of our gratitude, pleasure, and joy in the natural world with others, including our children? How do we share our concerns and grief?
- How can our meeting encourage a deep appreciation of and a caring relationship to the earth?