

# Quakers

The Religious Society of Friends

[www.quaker.org.uk](http://www.quaker.org.uk)



## A way to God

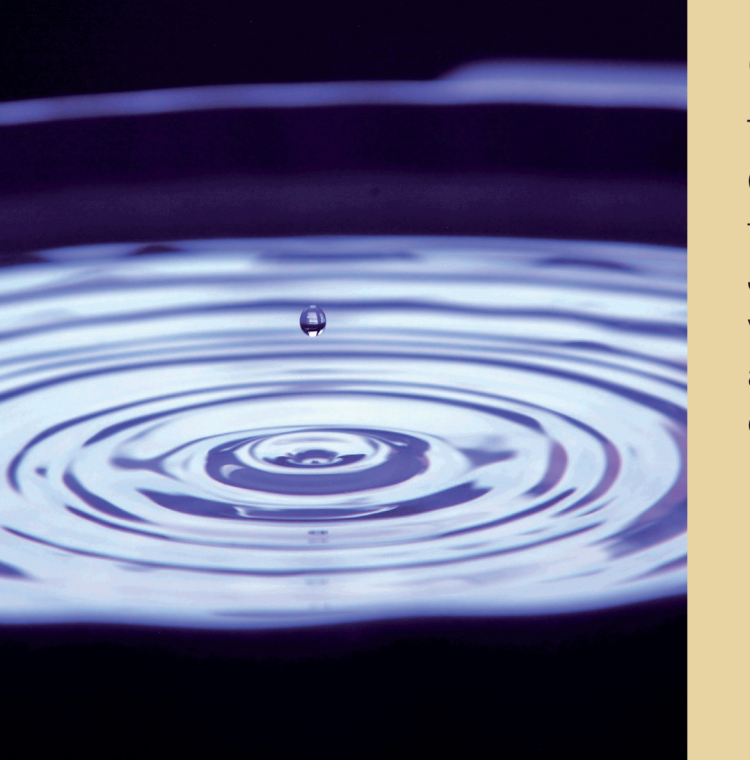
Quakers share a way of life rather than a set of beliefs. We seek to experience God directly, within ourselves and in our relationships with others and the world around us. These direct encounters with the Divine are where Quakers find meaning and purpose.



Photo: © Charles Milligan for Quaker Life

## Quaker spiritual practice

The bedrock of the Quaker way is the silent meeting for worship. We seek a communal gathered stillness, where we can be open to inspiration from the Spirit of God. During our meetings for worship some may feel moved to speak: something anyone can do, as all are considered equal. Meetings can be held anywhere, at any time, although they are often on Sundays in our Quaker meeting houses.



## Quakers and Christianity

The Quaker way has its roots in Christianity and finds inspiration in the Bible and the life and teachings of Jesus. Quakers also find meaning and value in the teachings of other faiths and acknowledge that ours is not the only way.



## Sharing our experience

Our focus is on our experience rather than written statements of belief and our collective experience is shared in *Quaker Faith & Practice*. This book is an anthology of Quaker insights from the founding of the Religious Society of Friends in the seventeenth century to the present day. It is updated every generation, recognising that our understanding of truth moves on.