



# Journeys in the Spirit

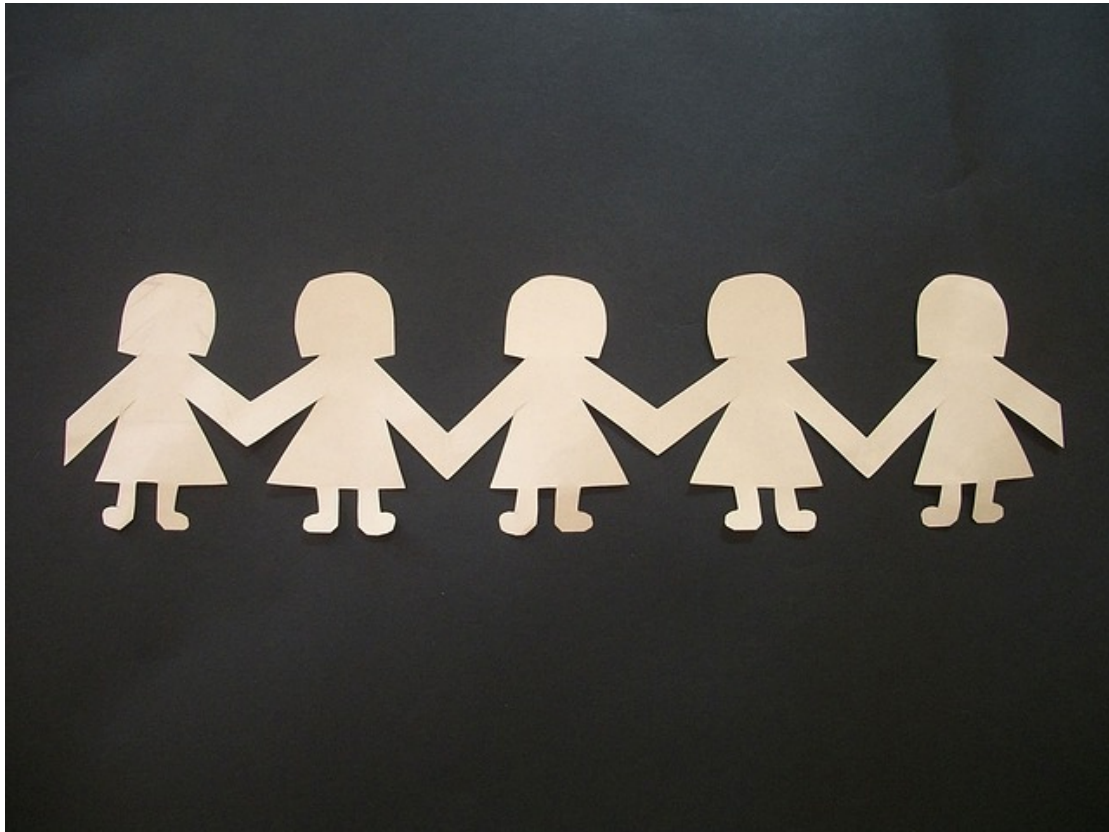
Children's work

September 2017

Issue 111



A simple plan for an all-age Meeting for Worship



**Preparation** – Cut out enough paper people chains (*Additional Resource 111.C*) for everyone to have a chain each, have a selection of pens and coloured pencils.

*“Worship is the response of the human spirit to the presence of the divine and eternal, to the God who first seeks us. The sense of wonder and awe of the finite before the infinite leads naturally to thanksgiving and adoration.*

*Silent worship and the spoken word are both parts of Quaker ministry. The ministry of silence demands the faithful activity of every member in the meeting. As, together, we enter the depths of a living silence, the stillness of God, we find one another in ‘the things that are eternal’, upholding and strengthening one another.*

*Quaker faith & practice 2.01*

Welcome everyone to worship.

Use words like these to engage people to think about Quaker worship:

In children's meeting we have been thinking about what Quaker Worship is and how you do it.

It is not always easy to think about Quaker worship– what it is, how we do it and how it feels. Sometimes it is not easy to do, adults also find it hard and need to practice.

We are going to try a way of settling ourselves so that we feel calm.

This helps us think of ways to appreciate the quiet and is another way of settling in meeting. It helps get rid of unwanted thoughts and focus on where we are. It will take 5-10 minutes’.

“Look around and see who is here, see where everyone is sitting. Smile at friends. You are here with friends and in a safe place.

Close your eyes and listen to noises outside the room. Birds singing, distant traffic noises, maybe people moving about. Listen to them and then let them go.

Listen to sounds inside the room. People changing position, shuffling, coughing, perhaps people near you breathing. Listen to the sounds and then let them go.

You may be able to go deeper inside yourself and hear things like your own breathing or your heart beating.

Now listen to things going on inside you. You will have thoughts inside your head, things that happened this week at school or home, thoughts about what you are doing today, tomorrow or in the future.

Listen to these thoughts and then let them go. Perhaps now you are feeling calm and peaceful. I will stop speaking and we can enjoy this feeling for a few minutes.

After the quiet they may want to think about how it feels individually and may want to write about how it feels it in their journal.

Read the following from Quaker faith & practice|:

*True worship may be experienced at any time; in any place – alone on the hills or in the busy daily life – we may find God, in whom we live and move and have our being. But this individual experience is not sufficient, and in a meeting held in the Spirit there is a giving and receiving between its members, one helping another with or without words. So there may come a wider vision and a deeper experience.*

*Quaker faith & practice 2.11*

During this time of worship we could also think about what we see of God in others. Invite those who want to take part, to decorate the paper people chains and to write or talk about the qualities we see in different people or would like to see, that may be seen of that of God within.

Wait for any ministry that arises.