



# Journeys in the Spirit

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A simple plan for an all-age Meeting for Worship



## Preparation:

Print enough copies of the painting 'Peaceable Kingdom' by Edward Hicks (see *Additional resource 123.D in sidebar of main issue*) to share out in meeting for worship. Alternatively project a large version of the painting on a wall or screen where everyone can see it. (image can be found at [https://upload.wikimedia.org/wikipedia/commons/6/62/Edward\\_Hicks\\_-\\_Peaceable\\_Kingdom.jpg](https://upload.wikimedia.org/wikipedia/commons/6/62/Edward_Hicks_-_Peaceable_Kingdom.jpg)).

Place some art materials, pens and paper on tables around the room, or on a central table, for people to go to in the response time if they wish. Copies of the book 'Quaker Meeting and me' (available from [cypadmin@quaker.org.uk](mailto:cypadmin@quaker.org.uk)) can also be placed alongside any other books that feel appropriate from your children and adult library. If you have any realistic looking toy animals these can made available too.

Place enough child size chairs with the adult chairs in the meeting room.

The worship can be led by a child and adult sharing the leading or otherwise as appropriate.

Ask a child to elder the meeting with an adult and shake hands when meeting is ready to finish.

## Welcome:

Begin by welcoming everyone to all age worship. Start with a few moments of quiet. Explain that you are going to think about how we communicate during meeting for worship then read the following passage from 'Quaker meeting and me'.

*'In meeting, we sit together quietly. Look at the other people: waiting and listening. Everyone is different but we are all doing the same thing.'*

## **Pause:**

### **Being ready:**

Say to those gathered 'How do we still ourselves so that we can be ready? Here is one way to try.'  
Talk everyone through this exercise: An exercise to help you be still at the beginning of Meeting for Worship

One person leads people through the exercise by speaking as follows:

*We are going to try and be alert and relaxed - ready to take part in meeting for worship.*

*Sit on the chair so your back is right up against the back of it. Feel the chair against your back.*

*Put both feet flat on the floor or use a footrest if you need one.*

*Put your hands in your lap in a cup-like position - as if you are holding water in your hands.*

*Give your shoulders a shrug to make sure you are relaxed even though you are sitting upright.*

*Close your eyes very slowly and breathe in for 4 and out for 4 through your nose.*

*Count steadily in for 1,2,3,4 and then out for 1,2,3,4 then repeat*

*Now breathe just as slowly by yourself without counting*

### **Responding to the picture:**

Turn on the projection of the painting or share out copies of the painting 'Peaceable Kingdom' so everyone can see one.

Ask everyone to focus on the painting for a while and see how it communicates with them. Explain it is called '*The Peaceable Kingdom*'.

After a while ask some wondering questions. Leave a long space between each question to leave time for reflection and possibly spoken ministry.

'I wonder what this painting is communicating to you.'

'I wonder what you think this painting is about.'

'I wonder what this painting makes you feel.'

'I wonder what this painting makes you think of.'

'I wonder how you want to respond to this painting.'

Invite those who wish to use the art materials, paper, pens or read any of the books to do so.

### **Ending:**

When it feels appropriate or at an arranged time the elder and child can close the meeting for worship.