

# Families welcome



# Welcome to our Quaker meeting!

We welcome families to be part of our Quaker community. If this is your first time, or you are just interested in knowing a bit about us before joining in, read on...

Quakers believe that there is that of God in everyone and all ages can contribute equally to worship.



## A place for families

Families have an important place in Quaker meetings. An all-age community brings diversity and opportunities to share worship across generations.

Many Quaker meetings have a regular children's meeting for worship. These give the opportunity for children and young people to spend time together and explore their spirituality through play, stories, craft and conversation.

Often the children's meeting for worship will join the adult group for part of their time together.



## All-age worship

If there isn't a children's meeting, most Quakers welcome children to be with their responsible adults in the stillness and listening of meeting for worship.

Being quiet for an hour might be a bit challenging for some young people, but there are often bags or boxes of books, crafts and sensory toys to help them settle.

It's ok to make some noise in a Quaker meeting – the sounds of children may add spiritual ministry or be a helpful reminder to older people that they were children once!



## Settling in

Some meetings arrange special events for families or plan all-age worship together in a way that is deliberately shared with their children. You can find out about these either on their website or by contacting them.

If you want to come in, please do. Find a seat, settle into the quiet and encourage your children to do the same. Maybe try breathing deeply or looking at the books available for adults and children while getting used to the stillness.

If you would like to, talk to us after the meeting, once the elders shake hands and everybody gets up for a cup of tea or a glass of squash.



# Quakers in Britain

Your local meeting may have a mailing list or WhatsApp group which you can join to receive information about events and ways to get involved.

You can find out more about the Quaker way through Woodbrooke – the Quaker learning organisation – or the Quakers in Britain website.

To find out about opportunities for newcomers to learn more online, email [supportmeetings@quaker.org.uk](mailto:supportmeetings@quaker.org.uk).



When and where your local meeting is held...

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Quakers in Britain

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