

Worship is the root and source of all that it is to be a Quaker and a Quaker community. It is the strength and inspiration for all they do.

Quaker worship is a shared activity and it is an experience quite unlike any other. In worship Quakers gather to open themselves to the strength and the guidance they need to live in the world. They seek a sense of connection with their own inner selves, with each other and with their deepest truth. They bring their whole lives and the world around them into this time, and they try to see it – and themselves – with new clarity. In worship Quakers seek a place beyond words or thoughts, where hearts may be open, challenged and inspired.

We asked four Quakers to share their story with us and to tell us about their experience of Quaker community, living, faith and worship.



Find out more:

www.quaker.org.uk
020 7663 1017
outreach@quaker.org.uk

Quaker Life Outreach
Friends House
173 Euston Road
London NW1 2BJ

QUAKER WORSHIP



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“ **Jenn**

My husband was worshipping with Quakers and encouraged me to go with him. At first it was hard to work out what was going on, both for them as a community and especially during worship; all the stillness and silence.

Quakers have a phrase – ‘responding to that of God in everyone’ – and I find this helpful, hopeful and encouraging as a way to live in my daily life. Quaker worship helps me to do that. In worship, in the space and in the spaces in between, something optimistic emerges. It is a quiet thing, this making space; doing it in worship enables and inspires me to do it in ordinary things, in parenting, in my working.

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“ **Kevin**

I cherish the time I spend in worship. Life is full and busy and often challenging, and the time to be still and present is very precious to me. I find it a very powerful experience and I often feel moved to speak. When I do, I tend to speak a lot about the importance of compassion and acceptance and doing our best with what we have. All of my living is nourished and helped by my time in worship.

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“ **Jon**

That first time of sitting in the silence was phenomenally powerful. In a way, its power and its meaning are just beyond words. It was both profound and intoxicating and so hard to articulate. It's not that I'm good with silence; anything but. Yet for me it was like a fire, and the fire hasn't gone out. Worship fuels something within me and I find that I feel drained when I am away from Quaker meeting for too long.

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“ **Abi**

I became aware that I was on a spiritual journey and joined with other spiritual seekers. I visited friends who took me to their Quaker meetings. Not really knowing what to expect, in my first meeting for worship, I blurted out “The Holy Spirit is here!” In worship I confront something greater than myself: the human community, or the world, all that is outside my skin. In worship I heal and integrate, learning to know and accept myself, finding my shadow and knowing it is not a curse, but a gift.

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See our four Quaker journeys in full at
www.quaker.org.uk/Journeys

