

Peaceful Inside and Out

Yearly Meeting All Together Worship 2025

These quotations might be useful in your All-Together Worship. You will hear some of them read as part of the All-Together Worship at Yearly Meeting.

Peace is not a distant goal that we seek, but the means by which we arrive at the goal.

Martin Luther King, Jr. (1929-1968)

The peace testimony is about deeds not creeds; not a form of words but a way of living.

Quaker faith & practice 24.11

A grandfather was talking to his grandson about how he felt about a tragedy. He said, "I feel as if I have two wolves fighting in my heart. One wolf is the very vengeful, angry, violent one. The other wolf is the loving, compassionate one." The grandson asked him, "Which wolf will win the fight in your heart?" The grandfather answered, "The one I feed."

A Cherokee legend

Each time a person stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he or she sends forth a ripple of hope. Crossing each other from a million different centres of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

Robert F. Kennedy (1925-1968)

All bloody principles and practices we do utterly deny, with all outward wars, and strife, and fightings with outward weapons, for any end, or under any pretence whatsoever, and this is our testimony to the whole world.

Quaker Declaration to Charles II, 1660

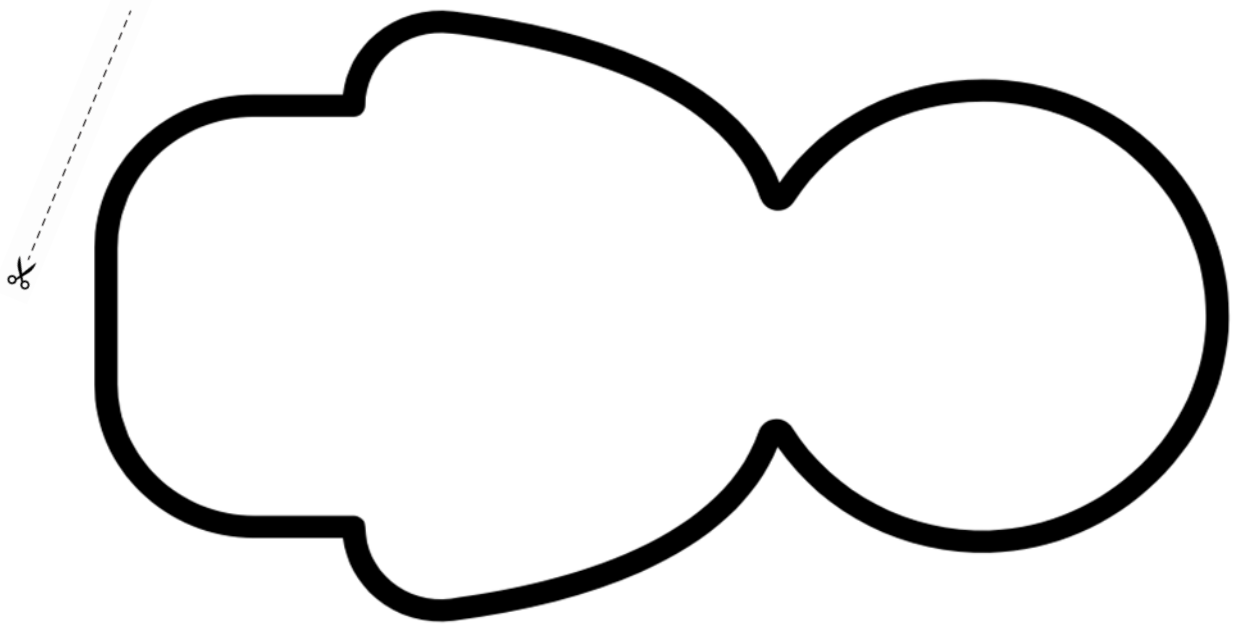
Conflict happens, and will continue to happen, even in the most peaceful of worlds. And that's good – a world where we all agreed with one another would be incredibly boring. Our difference help us to learn.

Quaker faith & practice 20.71

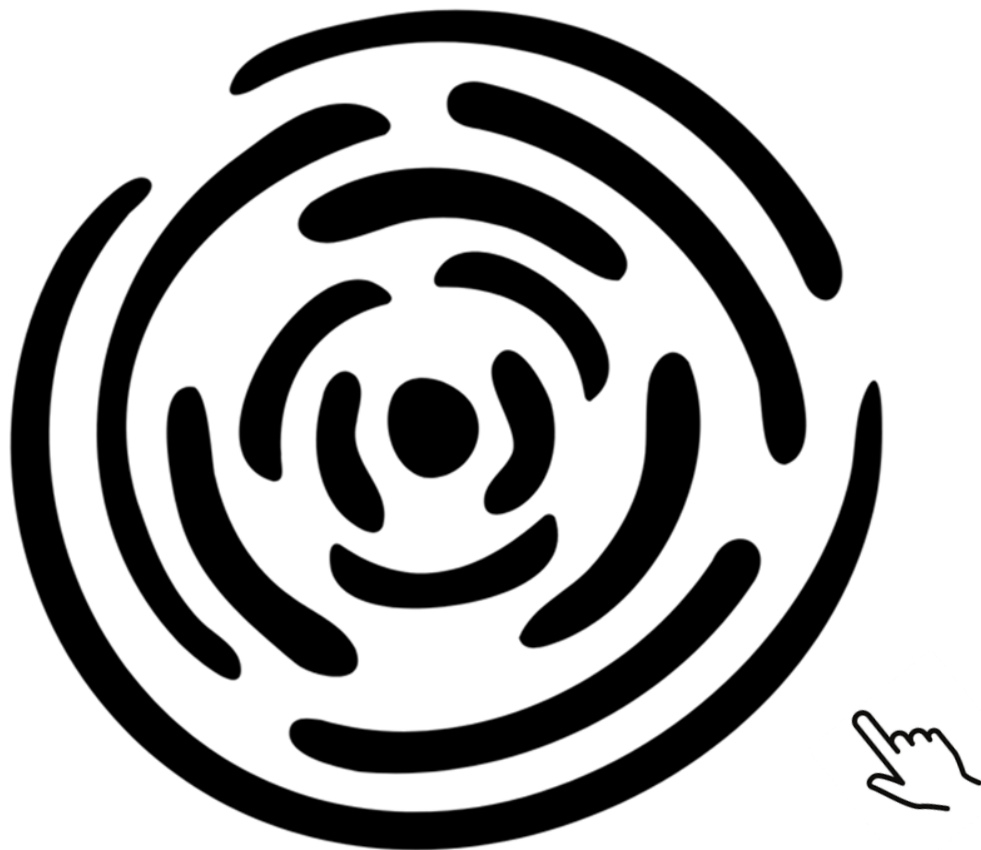
Nonviolence is by no means a passive or negative concept, a simple thou-shalt-not-kill prohibition. It is a springboard for action, an ideal that must be transformed into the active pursuit of peace and justice.

Robert Lawrence Smith, A Quaker book of wisdom

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Have a variety of sizes and colours of this person template. Friends can use it to write or draw what helps them feel peaceful inside.



Use your finger to trace through the labyrinth slowly and calmly, focusing all your thoughts and concentration on tracing the path.