



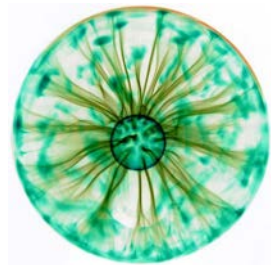
# Journeys in the Spirit

inward outward upward downward

A catalogue of the children's work  
and the youth work editions



2007—2016



## Contents

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This is a catalogue of all of the issues of the children and young people's work resource – *Journeys in the Spirit* – including the special issues.

### Journeys in the Spirit: children's work edition

Introduction:.....	3
Series 1: Exploring our spirituality together...	4
Series 2: Exploring the Quaker testimonies..	5
Series 3: Quakers, a people of God.....	6
Series 4: Our Quaker stories .....	10
Series 5: Advices & queries .....	14
Series 6: More Quaker stories .....	16
Series 7: Some Bible stories .....	18
Series 8: The five senses .....	20
Series 9: Difficult Questions .....	21
Series 10: Feelings.....	22
Series 11: Quakers, work and business .....	24
Series 12: Yearly Meeting Gathering .....	25
Series 13: Living as a Quaker .....	26
Series 14: Quakers in the world .....	28
Series 15: <i>Quaker faith &amp; practice</i> .....	30
Topical activities: Feb 2015–Dec 2016 .....	31

### Journeys in the Spirit: youth work edition

Introduction .....	33
Issues 0–29 .....	34

### Special issues

Introduction .....	42
Issues .....	42

## Introduction to the children's work edition

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### Journeys in the Spirit: children's work edition

*Journeys in the Spirit* is published in two formats – each on alternate months.

One month the issue is on a theme with an easy to use structure set out in a four page booklet that always includes the same elements: Getting ready; Gathering; Engaging; Responding; Reflecting. These are all explained more in a *How to use guide* sent to all new subscribers. Additionally there is an easy to use children's meeting plan outline and an all age worship suggestion.

The alternate month the issue is a topical activity. This is about something in the news or of seasonal interest and includes activities and ideas about ways to help children think about and respond to the issues raised.

To see past issues go to:

<http://together.woodbrooke.org.uk/resource.php?r=JC>. To receive this all you have to do is subscribe, there is no cost and you can select to be sent it by email or post.

For subscriptions information go to:

[www.quaker.org.uk/subscribing-journeys-spirit-children](http://www.quaker.org.uk/subscribing-journeys-spirit-children)



## Series 1 Exploring our Spirituality together

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The first series of the Children's Work edition of *Journeys in the Spirit* focuses on exploring spirituality with children. There are four directions to our spiritual journey: inwards to ourselves; outwards to others; upwards or further inwards towards God, the deeper mystery; downwards to the world we live in.

This is available in the archive. Please follow the link:

<http://together.woodbrooke.org.uk/resource.php?r=JC> select series 1 and choose from issues 0–3.

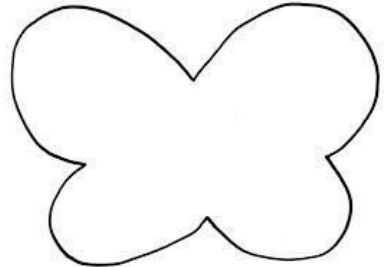


### Issue 0 The inwards

This issue offers ways to explore and develop a language about self, feelings and even 'soul' in a mixture of light hearted and serious ways.

### Issue 1 The outwards

This offers ways to work with children on thinking about their place in relationship to people in their lives. What is important to them? To whom are they important?



### Issue 2 The upwards

This focuses on some of the biggest questions - "What is the deeper mystery?" "What do I mean by the word God?" "What is life about?" "What am I here for?"

### Issue 3 The downwards:



Children often have a natural wonder and love for the world. This issue explores ways to express that and open it out – to value creation and the earth, to understand the way in which the environment is being hurt and consider how the earth can be helped.

## Series 2 Exploring the Quaker Testimonies

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The second series of the Children's Work edition of *Journeys in the Spirit* focuses on exploring Quaker testimonies with children.

This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 2 and choose from issues 4–8.

### Issue 4 Simplicity

Simplicity is a complex issue. This offers ways to work with children on finding out how to think about and make time and space in our lives for what is really important.



### Issue 5 Equality

The Quaker testimony to equality is grounded in our own experience of being loved and valued by God for who we are. This issue has all sorts of different ways to encourage children to think about equalities, diversity and its joys and difficulties.

### Issue 6 Sustainability

Early Quakers had a strong sense of unity with nature, and modern Quakers have responded to the increasing threats to the natural world with a growing sense of love and care for the whole of the creation. This issue uses four different creatures to help the exploration of this testimony without being frightening.

### Issue 7 Truth and Integrity

This issue uses a mixture of Bible, Quaker and other stories to help children consider what this testimony means in general and personally. How do you listen for what is true?

### Issue 8 Peace

A commitment to peace is important to Quakers. It is felt to be the right and only way to affirm the humanity in every person, even people we don't like or who have committed cruel and violent acts. This can be hard to explore with children. This issue offers a variety of ways suitable for different ages to dig into the testimony and explore personal and corporate Quaker witness.



## Series 3 Quakers, a people of God

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The third series of the Children's Work edition of *Journeys in the Spirit* focuses on exploring the concept of Quakers, a people of God. The issues alternate between offering ways for children to learn about and explore Quaker spirituality and then to find out about what Quakers are doing in the world.

This is available in the archive. Please follow the link:

<http://together.woodbrooke.org.uk/resource.php?r=JC> select series 3 and choose issues 9-26.



### Issue 9 Quakers, a people of God.

This is an introduction to this series that explores Quaker faith and religious practice in meeting for worship and out in the world.

### Issue 10 Walk Cheerfully

This issue is based on an exploration of an often partially quoted saying of George Fox: "Be patterns, be examples in all countries, places, islands, nations, wherever you come, that your carriage and life may preach among all sorts of people, and to them; then you will come to walk cheerfully over the world, answering that of God in everyone".



### Issue 11 Quaker United Nations Office

What does 'QUNO' do? This issue helps children find out about some of the groundbreaking and sometimes difficult or painful work that QUNO does. It is one of the first issues of *Journeys in the Spirit* to present challenging information in ways accessible to children.

### Issue 12 Stilling, Centering and Listening Inwardly



Our pattern of silent worship stems from George Fox and the belief that anyone can meet with God wherever there is stillness and an open heart. This offers lots of ways to aid and develop children's practice of stilling, centering and reflecting.

## Series 3 Quakers, a people of God (continued)

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### Issue 13 Yearly Meeting peace work in the UK

This issue offers stories about young Quakers who work in peace and social justice organisations in the UK. This can be eye opening and inspiring for children (and adults!).



### Issue 14 What is Meeting for Worship?



The amazing fact of Quaker worship? What happens? What are we doing in meeting for worship? This gives ways to help talking with children about the ingredients of that strange thing, meeting for worship. It can help build understanding and participation.

### Issue 15 Quaker workers in South Africa

This is about the work of 'Phaphama' - which means 'wake up to the world around us' in Zulu in South Africa. The work is described by a young Quaker worker on placement with 'Phaphama'.

### Issue 16 Prayer

What do you understand prayer to be? How do you do it? Is it for the benefit of the Divine, other people or ourselves? How can you enable children to gain an understanding of what prayer is?

### Issue 17 Israel /Palestine

This issue is different. It offers children's meeting, a whole meeting or a group of meetings ways to learn about and explore Israel /Palestine together. It is bold and reflects the intention of *Journeys in the Spirit* to make difficult issues accessible to Friends of all ages.



### Issue 18 Listen, hear and act.

This issue explores how Quakers make decisions. It is intended as an introduction to the Quaker Business Method, the practice of discernment and Meetings for Clearness as well as thinking about why Quakers make decisions in this way. It can help develop and encourage children's participation.

## Series 3 Quakers, a people of God (continued)

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### Issue 19 Quaker work in post-Yugoslav countries: stopping hatred

There was a country in South-East Europe called Yugoslavia. It was like a puzzle - lots of different peoples speaking different languages and going to different churches and mosques. It broke into 7 small countries including Bosnia, Croatia and Serbia. There were lots of horrible wars. This tells some of the story of how Quakers helped with peace and friendship building after war.



### Issue 20 Stop bullying – some Quaker ways

Many people have had the experience of dealing with the use and abuse of power. Children often have experience of being bullied or of being bullies. This is not a comfortable subject but this issue approaches it with sensitivity and practical ideas.

### Issue 21 Advices and Queries – finding treasure



What is Advices and Queries? How can children engage in it and find out about it? This offers a variety of ways into this precious resource.

### Issue 22 Quakers in South Asia – working with peace builders

This is part one of an inspiring and beautiful account of a huge programme of nonviolence. This is supported by Quakers, other churches and faith traditions

### Issue 23 Turning the Tide - nonviolence training and children

In our meetings for worship and private times with God, we receive an idea of how the world should be. We become clear that we should treat all things with care, respect and fairness. We shouldn't hurt or kill each other. This issue gives ways to learn about, practice and wonder about being nonviolent and changing the world





## Series 3 Quakers, a people of God (continued)

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### Issue 24 Quakers in South Asia – working with peace builders part 2

This issue contains further examples from Quaker work in South Asia to help children and the adults working with them hear about a world probably beyond their normal experience and give opportunities to empathise with the lives of others.

### Issue 25 Belonging and joining Part 1

In this, and the next issue, we offer ways to enable children, and adults, to explore and express belonging and joining. How are we, of any age, part of a people of God? What does that mean for what we actually do?

### Issue 26 Belonging and joining Part 2

This is the last of this series. Maybe our title should actually be joining and belonging – you come along, you are brought to Meeting, you join. You then become part of what is happening, and a sense of belonging, hopefully, can grow depending on welcome, what is offered and then maybe, later or sooner you join again more formally...if asked or encouraged. Maybe there should be more freedom to talk with children about formal joining or membership. What could make it easier? This issue offers all sorts of ways into these questions and ideas.



## Series 4 Our Quaker Stories

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The fourth series of the Children's Work edition of *Journeys in the Spirit* focuses on exploring Our Quaker Stories.

This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 4 and choose from issues 27–43.

### Issue 27 The story of Benjamin West

Benjamin loved to paint but his parents thought it was 'unQuakerly'. He found a unique way around it. A great story to explore.



### Issue 28 Quakers and the Kindertransport



This issue tells a story to mark the Quaker role in the Kindertransport. It is a story of courage, generosity and giving a welcome to strangers in a terrible time. A fascinating story to tell and for Quakers of all ages to feel glad of what Quakers did.

### Issue 29 Quakers and Russia: Making Friends

This introduces children to stories about Quakers in Russia a long time ago and recently. It is a little known aspect of Quaker activity in the wider world.

### Issue 30 Quaker Concern for animals – animals and us

Quakers such as John Woolman showed respect for other beings, treating the animals with dignity and respect. This issue helps children to think about animals and how they are looked after, or not, in the world. This concern can help children find a way into being a Quaker.

### Issue 31 Burundi stories

The theme in this issue grows out of Quaker work in Burundi – a country the size of Belgium in the middle of Africa. This issue offers ways to help children find out about Burundi and also explore questions about forgetting and forgiving.



## Series 4 Our Quaker Stories (continued)

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### Issue 32 One Quaker - family some little stories

Little stories about the Rodwell Quaker family who went to China 100 years ago, with the Friends Foreign Mission in China. How Quakers organised things was very different then although when you read some of the stories, the heart of what they ended up doing was similar to what many Friends do today.



### Issue 33 Inner stories - ourselves and each other

How do we explore the Quaker idea that there is “that of God within”? That of God ... inside me? ... inside you? ... inside them? Is it inside our own self, in our body? Can we live it physically, in reality, in our lives? What does “Inner light” really mean? Is it really that the answers can literally be found inside our own self? This issue offers unique and simple creative ways to play with and open out these big questions.



### Issue 34 Quaker Work in Bolivia

This issue looks at the work of one small Quaker-led international non-governmental organisation (referred to as an INGO) and its work in the remote Aymara communities of North West Bolivia. It offers interesting ways to look into how Quakerism has taken root in Bolivia and at the deep beliefs about looking after the earth held by many Bolivians.

### Issue 35 Betsy Gurney, Elizabeth Fry

This issue tells the story of Betsy Gurney who is more widely known by her adult name. If children know something about the life and difficulties of a child who became a ‘famous’ Quaker.

### Issue 36 John Woolman – stories as a child and a man

This issue approaches the story of a significant Quaker figure from the point of view of his life as a child and young person. There are lots of activities and strong stories to help with this.



## Series 4 Our Quaker Stories (continued)

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### Issue 37 John Woolman – more stories

This issue goes into more of the stories and adventures of John Woolman including his connection with the Delaware Nation in America and with Quakers in England.

### Issue 38 Luke Cock – the butcher who didn't cheat

This is all about a Yorkshire butcher who decided he should stop cheating. He faced lots of challenges and this issue helps children look at his story in lots of, sometimes fun, ways.



### Issue 39 The Quaker Tapestry – the botanist's panel



The Quaker tapestry began with a question from a child in a meeting. This issue looks at the tapestry's origins and at one panel in detail.

### Issue 40 Luke Howard – the man who named the clouds

Think back to or imagine a time when you laid on soft grass looking up at the clouds and watched the white wisps drift into identifiable shapes which then disintegrated to reform or scatter. This issue tells the story of a Quaker who gave clouds names that we still use today.



### Issue 41 Pilgrimage



Pilgrimages are journeys; they are special journeys, to special places. Where you are going and often how you travel is important. This issue looks at what pilgrimages mean for Quakers and other faiths.

## Series 4 Our Quaker Stories (continued)

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### Issue 42 Bayard Rustin – a lost prophet

This issue is about Bayard Rustin, an African American Quaker, who expressed his faith in action, challenging inequalities and responding to racism and prejudice non-violently. He worked closely with Martin Luther King in the organisation of the huge rally where King gave his 'I have a dream' speech. This is a story not often told.



### Issue 43 Our Quaker Stories



This is the last issue in this series on 'Our Quaker stories'. Here we look back over the sixteen issues and also offer some simple ways for children to think about and record their personal stories.



## Series 5 Advices & queries

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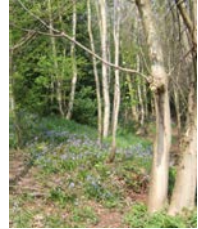
The fifth series of the Children's Work edition of *Journeys in the Spirit* focuses on exploring Advices and queries.

This is available in the archive. Please follow the link:

<http://together.woodbrooke.org.uk/resource.php?r=JC> select series 5 and choose from issues 44–51.

### **Issue 44 Stillness & opening – Advice and query 3**

This issue of looks at Advices and Queries 3 - about silence, stillness and listening inwardly. It also introduces this series.



### **Issue 45 Honesty, truth and integrity – Advices and queries 37 and 38**

These principles relate to deep-seated Quaker beliefs. If we believe there is that of God in every person, we cannot take advantage of others by acting dishonestly. As Quakers we see ourselves as 'stewards' of our possessions, so that we have to act responsibly in our use of them. Big questions for everybody. This issue offers ways to help children explore them.

### **Issue 46 What makes us happy? – Advice and query 39**



This raises tough issues and offers ways to approach the questions that, hopefully, avoids creating guilt in children. This advice fits very nicely with the Testimony to Simplicity.

### **Issue 47 Quaker marriages & partnerships – Advice and query 23**

The wedding day is a joyous occasion held in the presence of friends and family who witness the couples' "intention to cherish each other for life". This issue gives ways to talk about marriage and partnership and how Quakers celebrate both.

### **Issue 48 The Simple Life – Advices and queries 41 and 42**

In a culture that values having 'things' almost more than anything this issue offers ways to help children think about their views, behaviour and what Quakers say.



## Series 5 Advices & queries (continued)

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### Issue 49 Death and dying – Advice and query 30



This issue reflects on Advice and Query 30, the only one that mentions death. While the first question in this Advice and Query may seem unrealistic for children, unless they are ill, all children need to know that it is acceptable to speak openly about death.

### Issue 50 Dealing with Conflict – Advices & queries 32 and 36

These are challenging advices, dealing with concepts such as prejudice, forgiveness, reconciliation and empathy. They look at our approach to conflict both as individuals and as Quakers. Working with conflict is both reflective and active. It takes us deeply inside ourselves in the silence, recognising ‘that life and power that takes away the occasion of all wars’, but also the seeds of destructive conflict in ourselves. This issue offers ways, based on children’s own experience, to assist children with thinking about these advices.



### Issue 51 Kindness & justice – Advice and query 33

Advices & queries 33 is extremely wide-ranging. It is about discrimination, social responsibility, tolerance, compassion, taking stands, being an active Quaker, and much more. This issue helps children explore what is most relevant or important to them.





## Series 6 More Quaker stories

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The sixth series of the Children's Work edition of *Journeys in the Spirit* focuses on exploring more Quaker stories.

This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 6 and choose issues 52–58.

### Issue 52 Jack Hoyland, Quaker and bear maker

This issue tells the story of a remarkable Quaker called John Hoyland, Jack to his friends, whose whole life was spent helping people. He was a parent, teacher, sportsman, poet and wrote 60 books! The bear making came much later in his life. The story of the bears is used as a way to hear about Jack's life, his work in India and in Birmingham.



### Issue 53 The life and teachings of George Fox

This issue looks at the life and teachings of George Fox. Much of the story of George Fox is very familiar to many of us, and there is a great deal of information that could be included. However, this issue tries to encapsulate the story of George's life, the essence of what he believed, and how his beliefs became the foundation of Quakerism.

### Issue 54 Benjamin Lay and the Quaker Slave-Owners



In Burlington Meeting in 1738, Benjamin Lay came in clothed as a soldier with a sword. He detailed the evils of slavery, and then pierced his bible with the sword. Concealed in it was a bladder filled with red juice that splattered onto Friends sitting near him, symbolising the blood on Quakers' hands for not standing firm against slavery. This issue includes this and another challenging story about Ben's anti-slavery advocacy.

### Issue 55 Waldo Williams – Poet, Pacifist and Quaker

Although Waldo is little-known outside Wales, both his life and his poetry are truly inspirational, with messages which are particularly poignant for Quakers of all ages.





## Series 6 More Quaker stories (continued)

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### Issue 56 Lucretia Mott – working hard for fairness

Lucretia Mott was an American Quaker (1793–1880) who was committed to living her faith in action and was very important in campaigns about the slave trade, the rights of Native Americans, education and women’s rights.



### Issue 57 Bertha Bracey – helping children to a safe home



This issue tells the story of one Quaker woman who helped with the Kindertransport. This Friend was Bertha Bracey. This issue shares the story of what happened to some of those children, 70 years ago. Many people alive today owe their lives to Bertha Bracey.

### Issue 58 Three Quaker scientists – flowers, crystals and space

This issue looks at the work of three Quaker scientists – Priscilla Wakefield, Kathleen Lonsdale and Jocelyn Burnell. Priscilla wrote books for children and young people and was also a botanist. Kathleen was an expert in crystallography. Jocelyn is an astronomer renowned for her part in the discovery of pulsars.



## Series 7 Some Bible Stories

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The seventh series of the Children's Work edition of *Journeys in the Spirit* focuses on exploring some Bible stories.

This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 7 and choose issues 59–65.

### Issue 59 Some Bible stories – an introduction

The Bible is a Big Book. It's full of stories, poetry, parables and song. Good, sometimes astonishing, things happen in the Bible. Bad, sometimes terrible, things also happen in the Bible – just like ordinary life. It is full of people's struggles and difficulties, joys and sadness.



### Issue 60 The story of Creation

The creation story can be a difficult and controversial one both for adults as well as children. Few believe in the literal seven day creation but it can be a good basis for starting to look at where we all come from. This issue offers a very open approach to the story.

### Issue 61 The lost sheep and the lost son

There are two stories which have similar themes – The Lost Sheep and the Lost (Prodigal) son. The Lost Sheep is a simpler story and may be more suitable for using with a younger age group. The Lost Son is a longer and more complex story which may be more suited for using with an older age group (8–12 year olds).



## Series 7 Some Bible Stories (continued)

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### Issue 62 The story of David and Goliath



The story of David and Goliath is written in the Bible in the Old Testament, 1 Samuel 17. The stories in the Old Testament are part of a violent history of the land that stretched from Egypt, through Canaan, Mesopotamia and Babylonia. Another tough story. A story that

invites thinking about how people, of any age, can challenge power.

### Issue 63 Meeting Jesus – the great picnic

A different version of the ‘feeding of the 5000’ and the role of a small child in changing how lots of people believed.



### Issue 64 Stories about Moses



This issue gives ways to help children wonder about and explore a story that has become simplified and sanitised. It is about love, kindness and taking risks in several ways. For example, his sister was a slave and in real danger when she saved him – but she loved him so much she couldn’t do anything else; Moses really didn’t want to do what he felt God was asking him.

### Issue 65 The story of Jesus and the children

The story in this issue provides opportunities for children to develop their own views, feelings and thoughts about Jesus and what he thought about children.



## Series 8 The Five Senses

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The eighth series of the Children's Work edition of *Journeys in the Spirit* focuses on exploring the five senses.

This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 8 and choose from issues 66–70.

### Issue 66 The five senses – touch

There is a whole world of discovery available through touch - feeling different textures, feeling warm sand between the toes, the soothing feel of a warm bath, the rough bark of a tree or the soft feel of velvet. This issue gives all sorts of ways to play with and think about touch.



### Issue 67 The five senses – smell

Our sense of smell is 20,000 times stronger than our sense of taste. This issue looks at smell and danger, smell and pleasure as well as smell and memory in ways that are fun, interesting and also personal.

### Issue 68 The five senses – hearing



We are surrounded by sounds, some are just there, some we listen to deliberately; what about silence and quiet? There are lots of ways in this issue to enjoy and wonder at hearing.

### Issue 69 The five senses – taste

The sense of taste is linked with that of smell and sight, especially colour. Taste is essential to pleasure, safety and memory. This issue offers stories and activities for children to explore their sense of taste.

### Issue 70 The five senses – sight

We use our eyes in almost every activity we perform, whether reading, playing, watching television, writing a letter and in lots of other ways. We use our eyes to give us information about our environment from the moment that we wake up. This issue has stories, simple and fun activities as ways to think and find out about the sense of sight.

## Series 9 Difficult Questions

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The ninth series of the Children's Work edition of *Journeys in the Spirit* focuses on exploring difficult questions.

This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 9 and choose from issues 71–75.

### **Issue 71 What about violence?**

This issue looks at violence. We cope with peace, pacifism and the gentle side of our nature but looking at violence is more problematic. Yet we live in a violent world. This issue helps explore with children questions about violence.

### **Issue 72 Other Religions – which is the best?**

Looking at other religions and asking questions about what is similar or different is the focus for this issue. This may also lead us to other questions like - who are we? This issue offers intriguing and different ways to explore this with children.

### **Issue 73 When is it right to break the rules?**

This topic offers children an opportunity to discuss in a safe place whether rules are always good, what to do when they, or someone else, breaks the rule, and when it is right to break a rule.

### **Issue 74 How can I talk about being a Quaker?**

How can we help children to talk about what it means to be a Quaker? How can we help them find simple, clear language? How can we encourage them (and each other) to be confident about being different? This issue gives ways to help children explore, develop and critique their Quaker identity.

### **Issue 75 Difficult questions about using animals in science**

This issue is about how we react to the use of animals for scientific research aimed at improving the lives of humans and other animals. It asks us to reflect upon how we see the position of animals in relation to us, particularly, where we stand on the question of the 'rights' of animals when they come into contact with humankind and our needs. It does contain a story that might be difficult for some to hear but this is a powerful and interesting issue.

## Series 10 Feelings

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The tenth series of the Children's Work edition of Journeys in the Spirit focuses on exploring feelings.

This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 10 and choose issues 76–82.

### Issue 76 Feelings – talking about sadness

There is something very natural about the desire to protect children from sadness and we do it in a number of ways. What we rarely do is just to sit with a child, acknowledge the seriousness of their sadness and simply look at the feeling with them. This offers ways to do this and feel more comfortable with the feeling.



### Issue 77 Feelings – talking about anger

Anger is an emotion most of us will experience regularly in our lives. It can be a taboo in families, schools and Quaker meetings. This issue gives ways to talk, and sing, about anger and how it is a very important feeling to help us change the world.



### Issue 78 Feelings – talking about love

Love is more than personal and yet it is what, in a way, wraps around everything that is personal. Also, love is what is at the heart of the Quaker way in the world – not sentimental love but a deep caring for that of God, of the possibility of love in each person. This issue offers a variety of ways to explore with children what love means.

### Issue 79 Feelings – talking about fear

This issue looks at the difficult and sometimes complex issue of fear. This issue can help children explore fear and perhaps understand and accept it a little better.



## Series 10 Feelings (continued)

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### Issue 80 Feelings – talking about happiness



Happiness is one of those words that means different things to different people. This issue looks at alternative views to the idea that life is just about happiness and also looks at what does make people “happy”.

### Issue 81 Feelings – talking about jealousy

Jealousy is an emotion that most children are familiar with, either one that they feel themselves or that they are aware others feel about them. In younger children feelings of jealousy can spring from their belief that they have been treated unjustly; older children may struggle with a sense that their self-worth is being threatened. This issue uses Bible stories and offers activities to help think about this feeling.



### Issue 82 Feelings – talking about grief

Grief can be felt about a person, an animal, an object or a place. It is a big mixed up feeling. This issue will open up conversation and play to help children know more about grief.





## Series 11 Quakers, work and business

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The 11th series of Journeys in the Spirit focuses on how Quakers think about the work and business they might be involved in.

This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 11 and choose from issues 83–86.

### Issue 83 An introduction

This issue is the first in a short series about how Quakers think about the work and business they might be involved in. The series has four issues about some historic Quaker businesses and reflections on what children think about work.

When these issues refer to work it isn't just about employment – it is about what people are doing in the world to live, to help, to create and to transform.



### Issue 84 Quakers, work and business – a botanist



This issue is about the botanist illustrator Sydney Parkinson born in Scotland in 1745 – one of many Quaker botanists and gardeners. This type of work suited their concern for the natural world and the environment, and their desire for work that was useful and had social value (this has been called 'innocent trades' as opposed to heavy industry such as at Coalbrookdale). Quakers had a belief that finding out about, looking at creation brought them closer to the God.

### Issue 85 Quakers, work and business – a chocolate maker

This issue looks at one particular business, how it started and what Friends did to make it succeed. This includes looking at some details of the life of George Cadbury and members of his family. In common with lots of people who are held up as 'Quaker heroes', the story of Cadbury's is not simple or without difficulties or struggle.



### Issue 86 Quakers, work and business: Mary Elizabeth Phillips – farmer to shop owner

This issue is about Mary Phillips a Quaker shop keeper with strong social concerns who grew up on a farm in Tottenham. Many early Quakers were small scale farmers owning the land they worked, or renting small farms. Tithes, confiscation of animals or goods, and imprisonment for non-payment made it more difficult to continue with farming. Many early Quakers moved off the farms to develop their businesses and then flourished – Mary was one of them.



## Series 12 Yearly Meeting Gathering

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The 12th series of Journeys in the Spirit focuses on Yearly Meeting Gathering 2014 theme of what it means to be a Quaker today; the explorations continue to be useful in all sorts of settings.

This is available in the archive. Please follow the link:

<http://together.woodbrooke.org.uk/resource.php?r=JC> select series 12 and choose from issues 87–89.

### **Issue 87 Yearly Meeting Gathering 2014 – being a Quaker and a child**

This issue offers some suggestions to help children to explore what it means to them to be a Quaker. Children will have diverse experiences of being a Quaker and coming to Quaker meeting. This offers ways to help children reflect on their experiences.

### **Issue 88 Yearly Meeting Gathering – Quakers get together**

This issue explores something of how we are all part of the world family of Friends – especially when we have an opportunity of meeting or gathering together and growing in the spirit.

One way that this happens is the residential Yearly Meeting Gathering but it might equally be meeting for worship on a Sunday, a residential event or even area meeting.

### **Issue 89 Yearly Meeting Gathering: I matter – I change the world**

This issue suggests ways to engage with children's deep concerns and their wish to actually do something and to be supported in an age appropriate way to bring about change.



## Series 13 Living as a Quaker

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The thirteenth series of Journeys in the Spirit focusses on what it means to be living as a Quaker. This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 13 and choose issues 90–97.

### **Issue 90 Living in the Light: a transformed and transforming life**

In this issue there are ways to work with children to look at what it means to live a transformed and transforming life, thinking about how the Light within can change us and at how carrying the Light with us can also change the world. There are ways to help children think about how being a Quaker can bring light into their lives through worship and through relationships with others in meeting and the wider Quaker community.

### **Issue 91 How differently Quakers live**

This issue aims to introduce to children the matter of difference in lifestyle and values, and explore how children may recognise, understand and stay true to their values while at the same time respecting and interacting with others who may not share these, and may challenge their choice to stick by them.

### **Issue 92 Looking after each other and making links**

This issue looks at the story of Margaret Fell, one of the founders of Quakerism, and how she helped shape the way Quakers look after each other today. She has been called ‘the Mother of Quakerism’ but as well as her direct work for Friends she was a prolific writer, witness for women in the emerging Quaker movement drawing, for both these strands, on a deep Biblical knowledge and vision.



### **Issue 93 Equipping children for ministry**

At Woodbrooke Quaker Study centre there is a course for adult Friends called ‘*Equipping for Ministry*’. This enables Friends to explore and develop what ministry is for them. This issue offers ways to explore a similar approach with children. Much of this issue is about ways into worship and then going beyond that into exploring what meeting for worship is and the affect it can have.

### **Issue 94 Exploring the Quaker business method**

This issue offers ways to help children explore and use the Quaker business method as a way of working together and making decisions.



## **Series 13 Living as a Quaker (continued)**

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### **Issue 95 Exploring Advice & query 1:19**

This issue explores the well known and well used Advice & Query 1:19 – how we must be willing to share, with children, our spiritual lives - our ups and downs, doubts and fears and joys of being a Quaker. How we must listen and value their contribution and how our meetings must be held in a spirit of equality. It offers ways to use elements of the advice in children's meeting.

### **Issue 96 Quakers and the Bible – how do we use it?**

This issue offers ways to consider Quaker approaches to the Bible with children. It explores how in a historical context it was easier with early friends having strong personal connections with the Bible, as opposed to now that we are a Religious Society containing vast ranges of religious experiences and responses to the Bible. It encourages us to provide an experience for children to experience wonder and develop their own views and thoughts about the Bible.

### **Issue 97 How Quakers were awarded the Nobel Peace Prize in 1947**

It is now 362 years since George Fox, with others, laid the foundation of Quakers. So what did Quakers do when force and violence was required by society? How did Quakers cope with wars of the twentieth century involving Great Britain, when all unmarried men aged 18-41 years were conscripted to the military? This issue answers that question and explains how Quakers came to be awarded the Nobel Peace prize in 1947.

## Series 14 Quakers in the world

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The 14th series of Journeys in the Spirit focusses on Quakers in the world. This is available in the archive. Please follow the link:

<http://together.woodbrooke.org.uk/resource.php?r=JC> select series 14 and choose from issues 98-103.



### **Issue 98 Quakers in the world – living adventurously**

This issue aims to help children see how being a Quaker can be adventurous, challenging and exciting. One of the phrases most familiar to Quakers is ‘Live adventurously’. What do we mean by that? How does being a Quaker help or encourage us to live adventurously? This issue looks at how Quakers in the past have

lived adventurously, both individually and as community, including opposing slavery, conscientious objection, the Friends Ambulance Unit and peace building and campaigning.

### **Issue 99 Quakers in the world – part of the global community**

This issue aims to introduce issues around diversity, discrimination and unity within our local community and the wider world. To do this it explores ‘differentness’ and looks at how and why children might accept and welcome diversity, and find their own place in the global community of which we are all a part.

### **Issue 100 Quakers in the world – seeds and senses**

Our spiritual journeys involve paying attention to and sharing with ourselves, other people, the world around us, and God. We can use all our senses to do this. This issue invites you to listen and respond to the story of the life cycle of a dandelion using all senses. The story is inclusive, where people of all ages and abilities can engage with the story through their senses and is particularly effective for people with disabilities that prevent them from communicating with spoken or written words.

### **Issue 101 Accompanying the people of Palestine and Israel**

This issue looks at the role of ecumenical companions and at the lives of Palestinian and Israeli children and how this programme is making a difference in their lives. It looks at the rights of children and how what we can do to make a difference to the children of Israel and Palestine in a practical way.

## Series 14 Quakers in the world (continued)

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### Issue 102 Taking Action

This issue is about how we help our children consider what leads us to take action. That might be going on a demonstration, signing a petition, recycling, or standing up for what we believe is right. Quakers have a long history of standing up for what they believe in. Quakers have always joined in political debate. It is important children know and understand Quaker history and its roots in Christianity and teachings of Jesus. This issue looks at Quakers who have actioned their conscience and also looks at how children can do the same.



### Issue 103 Roots and Fruits

This issue looks at the link between how we live out our faith in the world – the fruit of our Quakerism – and what nourishes and inspires it – the root of our Quakerism. It can be too easy sometimes to focus either on our worship or our witness, without seeing the two as deeply and inextricably linked. Our worship and prayer nourishes and inspires the way we live and the way we live out our faith strengthens and deepens our worship

## Series 15 *Quaker faith & practice*

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The 15th series of *Journeys in the Spirit* focusses on *Quaker faith & practice*. Local meetings engaged in a programme of reading *Quaker faith & practice*, so that they were familiar with each chapter and could contribute to the decision of Britain Yearly Meeting about when the book should be revised. This is available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select series 15 and choose issues 104-107.

### **Issue 104 Faithful Lives**

This issue is the first in a series of issues which focus on *Quaker faith & practice*, the book of discipline of the Religious Society of Friends. In this issue we look at chapter 18 at a selection of the testimonies to the grace of God in the lives of the ordinary Friends who have made up the previous generations of our Society.

### **Issue 105 Social Responsibility**

This issue is looking at chapter 23 of *Quaker faith & practice* – Social Responsibility. Much of the chapter is about engaging with the politics of the day, raising awareness of important issues, getting involved in helping others who are suffering in some way. The aim is to familiarise children with Quaker faith & practice, talking a little about the content and the importance of people's stories.

### **Issue 106 Personal Journey**

This issue of *Journeys in the Spirit* is looking at *Quaker faith & practice* 21.36 and asks children to consider what they think of as 'superpowers' and how they can use their own unique qualities to be heroes in their everyday lives. The questions posed will include: What is a superhero? What are super powers? Do superheroes save people or help people? Do superheroes change people's lives? How can you help people? How can you change people's lives, including your own?

### **Issue 107 Reflections**

This issue of *Journeys in the Spirit* looks at Chapter 26 of *Quaker faith & practice* 'Reflections'. Like much of Quaker faith and practice, it is a collection of insights, stories and experiences across generations of Friends, as they reflect on the way their experiences in life shaped their relationship with God, how their ideas and images of God are shaped and inspired by their own experience and how this experience of God gives strength and hope in our lives.

## Topical activities

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Activities are based on the news of something of seasonal interest and are published every alternate month. These are available in the archive. Please follow the link: <http://together.woodbrooke.org.uk/resource.php?r=JC> select Topical Activity and choose the date.

### **February 2015** – Three ways to live.

This Topical Activity looks at the work of Avaaz, an internet petition and campaigning organisation. It invites children's meetings to get involved in the pledge to organize citizens of all nations to close the gap between the world we have and the world most people everywhere want.

### **April 2015** – Thinking about equality.

This Topical Activity offers ways to explore and think about what Quakers mean by equality and how children might respond. Using activities to find out what Quakers mean when we talk about equality or being equal and about balance, about things being fair.



### **June 2015** – Fly kites not drones.

This Topical Activity includes a way to talk with children about drones, a role play game, a kite making activity and links to an online resource with a range of other ideas and activities to use.

### **August 2015** – The Magna Carta.

This Topical Activity offers some ways to help children learn and wonder about the Magna Carta. It has three elements – the story of the Magna Carta; how Quaker William Penn used it to defend himself in Court and in setting up a new country; how, today, it sets the scene for thinking about the United Nations Charter for the Rights of the Child. There are activities here to be done over two or three sessions of children's meeting

### **October 2015** – Personal Journeys.

The Book of Discipline Preparation Group have invited all Friends to read and reflect on the current Quaker Faith and Practice, so that together we are more prepared to consider whether it is time to undertake a full revision. A programme has been suggested for meetings to read different chapters each month over the next 18 months, beginning in October 2015. This topical activity invites children to join with this and reflect on Chapter 21 of Quaker Faith and Practice headed 'Personal Journey', which is the first chapter in the suggested schedule of reading.

## Topical activities

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### **December 2015** – Helping others

A focus on Christmas, offering children some ways to help them wonder, learn and share in the spirit of Christmas. It uses the story Papa Panov. It is a thoughtful story, based on the Bible text 'I was hungry and you gave me food, I was thirsty and you gave me water' which Jesus used to illustrate how we should live out our faith by helping each other. The story of Papa Panov is an excellent way to introduce young children to the principles of kindness.

### **February 2016** – Being a Quaker

This aims to encourage discussion about peace and what we can do to create it. It will try and help us understand why people have un-peaceful feelings. It also encourages us to wonder about 'the light that pushes us' and how the need to be a peacemaker comes from deep within.

### **April 2016** – This light that pushes me

This has been put together to gain contributions from children for a leaflet that Quaker children can share with their friends, to explain more about what being a Quaker means to them. We hope it also offers some ways to help children learn and wonder what it means for them to be a Quaker.

### **June 2016** – *Quaker faith and practice*

This aims to engage children in the process of thinking about *Quaker faith & practice*, what it contains and how it is periodically revised.



### **August 2016** – Rest and relaxation

This encourages us to recharge our batteries and find God in the small things. Summer is an escape from all the hard work of normal life. Whether it is hanging out with friends, going to the park or having a party, summer is a great time to relax and spend time outside and learn things more naturally.

### **October 2016** – Quaker week

Topical activity reflects on the new posters produced in time for Quaker week 1-9 October 2016 – Inspired by Faith.

### **December 2016** – Christmas

This focuses on Christmas and offers meetings some ways to help children wonder, learn and share in the transforming power of love. It uses the story of 'A Christmas Carol' written by Charles Dickens – a story which many of us will be familiar with.



## Introduction to youth work edition

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### Journeys in the Spirit: youth work edition

The youth work edition of *Journeys in the Spirit* provides a range of ideas to use with 12 to 18 year olds in a Quaker context and comes out three times a year. It is written to fit with the structure of a variety of youth events and activities, from link group weekends to week-long residential events to Sunday morning youth activities.

Each issue is packed with ideas for exploring a theme in a range of ways and is produced in magazine format with all the activities in one handy A4 booklet.

The material is grouped according to different 'points', each with a different approach or way of exploring the theme, you can pick and choose to suit the group you are working with.

To view previous copies go to <http://together.woodbrooke.org.uk/resource.php?r=JY> and scroll down to select the image you want.

To receive this all you have to do is subscribe, there is no cost and you can receive it by email or post. It is distributed on the second Monday of February, June and October each year.

For subscriptions information go to [www.quaker.org.uk/subscribing-journeys-spirit-youth](http://www.quaker.org.uk/subscribing-journeys-spirit-youth).



## Youth work editions

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### Issue 0 Exploring our Spirituality

This offers a variety of zones that can be set up to help young people consider their spiritual selves, as well as some activities for groups of young people to think about their understanding of terms such as light, God and spirit.



### Issue 1 Engaging with the Quaker testimonies

This issue is adapted from the 'Engaging with Quaker testimonies toolkit' and aims to explore the testimonies to make them less vague and more relevant to young people.

### Issue 2 Slavery: then, now and its legacies



This material considers transatlantic slavery, seeking to develop an understanding of slavery today and the legacy left by transatlantic slavery. It was written to mark the 200th anniversary of the Abolition of the Slave Trade Act.

### Issue 3 Relationships, Sex and Sexuality

This provides a range of activities and discussion starters that seek to offer young people a Quaker space to talk about their relationships and sexuality.

### Issue 4 Raising the Creative Spirit with the Leaveners

This issue is not about transmitting information but intends to develop imagination skills to help explore contemporary issues and move us forward as Quakers. It includes activities to help the creation of improvisation and role plays.



## Youth work editions

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### **Issue 5 Quaker Youth Book Project**

This issue encourages young Quakers to submit items for the Quaker book project of 2009. While this book has now been published, many of the activities remain appropriate ways of encouraging young people to write creatively.

### **Issue 6 Making Quaker decisions**

This issue explores how Quakers make decisions. The activities are designed to help young people understand and experience the Quaker business method and the practice of discernment.

### **Issue 7 Creating Community, Creating Connections**

This issue explores the concept of Ubuntu, the idea that a person is only human through their relationships with others. It offers activities to explore the idea of community from a variety of angles.

### **Issue 8 Being a Quaker in the world**



This issue explores the challenges we face as Quakers in the world, focusing on ways that young people might deal with the tensions that exist between Quaker values and the expectations of today's culture.

### **Issue 9 Young Quakers, alcohol and drugs**

This issue looks at what it means for young Quakers in today's Britain, to be part of a culture where alcohol abuse is normal and illicit drugs are common. It draws on Quaker writing and seeks to draw out the experiences of young Quakers and enable them to reflect together.



## Youth work editions

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### Issue 10 Young Quakers and Politics

This issue offers a variety of ways to assist young Quakers in thinking about politics and expressing themselves. The intention is to encourage young people who are upset, angered or moved by something to listen to what their heart says and take action.



### Issue 11 Pilgrimage

This issue looks at pilgrimage, at places of significance for us as individuals, as Quakers and for other faiths. It explores some of the places, people and events that were significant to the early periods of Quakerism.

### Issue 12 Living sustainably

This issue asks what it is that we really need by looking at what matters most in our lives, and how the way we live impacts on the lives of others. It focuses particularly on our dependence on fossil fuels and the effect that this has on the planet and all that lives on it.

### Issue 13 Quakers around the world

This issue introduces the main traditions and practices of Friends worldwide, whilst encouraging reflection and connection with the tradition most familiar to British Friends. It aims to provide a base for exploring diversity within our tradition and for understanding, as well as reaching out towards, other Friends under the Quaker umbrella.



## Youth work editions

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### Issue 14 Spirituality Glimpses



This issue aims to help young people's development. The material presented comes from a neutral faith position and seeks to be inclusive. The activities offered start with the ordinary and seek to move towards creativity, awe, wonder, meaning, purpose, emotion, relationship and self knowledge.

### Issue 15 Our Quaker Stories

This issue looks at stories of past Friends, the stories we tell with our lives and the history and development of our Religious Society. It explores why stories are important in discovering who we are as individuals and as Quakers. It looks at a variety of ways of telling stories – using words, music, pictures, conversation, video and lots more.

### Issue 16 Theism and non-theism

This issue explores the following questions: Is God an old man who lives on the clouds? What do our images of God say? How do Quakers define God? How do Quakers view atheism? What are our definitions of God?



### Issue 17 Membership and Belonging

This issue looks at belonging in its wider sense as well as the particular Quaker issue of membership. It explores how and why we feel we belong to groups, what makes us feel connected to other people. It also explores the meaning of membership in the Religious Society of Friends.



## Youth work editions

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### Issue 18 Exploring Peace

This issue suggests ways to build a more peaceful world. It seeks to help young people consider what they think a more peaceful society would look and feel like, how they react to conflict, and what they consider to be the different forms of violence in our society and in their own lives? It also explores what it means to live the Quaker peace testimony.



### Issue 19 Quakers and the Military

This issue explores the following questions: What is the military? What are military values? When do we encounter the military? How did Quakers feel about the military in the past, and what did they do about it? How do we feel about the military now?

### Issue 20 Taking Action for Peace



This issue explores putting the peace testimony into action. It encourages young people to lead change in the world to continue the Quaker tradition of opposing the parts of our society which fuel war or violence.

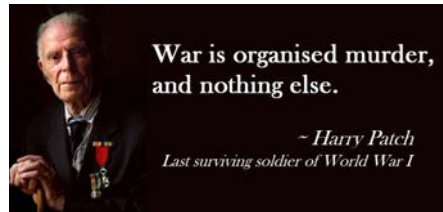


## Youth work editions

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### Issue 21 Conscience, Courage and Cowardice in WW1

This issue offers some ways to introduce to young people the topic of World War One and explore some of the dilemmas faced by Quakers, and others, opposed to the war at the time. It suggests activities to help you examine with young people notions of conscience, courage and cowardice, and explore the qualities of a peacemaker. It invites you to discover local peace heroes and 'reclaim' the white feather. It seeks to help you to question war and war-making, and help young people consider how to create a more peaceful world.



### Issue 22 What does it mean to be a Quaker?

This issue is designed to help young people think about what being a Quaker means to them. The activities focus on our individual and corporate Quaker identity and give a chance to think about why we are Quakers, what's important to us about being Quaker, what can we say about it and how we express our Quakerism.

### Issue 23 Connecting with your meeting

This issue seeks to provide space to explore the challenges young Friends find in engaging with their Meeting, as well as looking at the opportunities this presents for them as members of a Quaker community. Full participation in a community is about young Friends having the opportunity to participate in the social and spiritual activities that are part of the life of a meeting.



## Youth work editions

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### Issue 24 An alternative Quaker faith and practice

This issue seeks to develop young people's knowledge and understanding about the publication *Quaker faith & practice*. It offers young people the opportunity to contribute to the development of the publication *Living our beliefs* that was published in March 2016.



### Issue 25 Hiroshima and Nagasaki - 70 years on

This issue offers some ways to introduce young people to the topic of nuclear weapons and share stories and messages from Hibakusha (survivors) who are still alive and working for peace. It suggests activities to help you examine with young people the reality of nuclear weapons in

today's world, and how they can take part in the movement to ensure a permanent global ban.

### Issue 26 Do justice, love mercy, walk humbly

This issue encourages young people to identify effective approaches for Quakers individually and cooperatively to bring about changes in the world. While we undoubtedly live in a world that is unjust, it is hard for us all to know what we might do about this. In the old testament of the Bible, the prophet Micah called for people to act justly, to love mercy and to walk humbly with their God. The activities in this issue set out to enable young people to consider justice within the context of mercy and humility.





## Youth work editions

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### **Issue 27    The Unseen March**

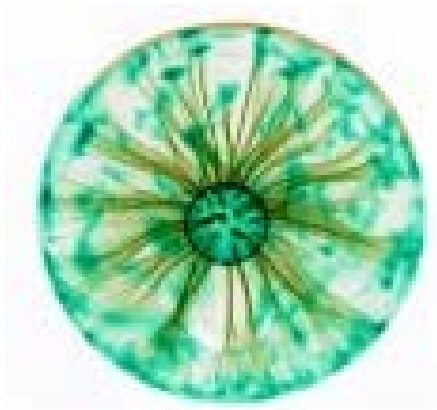
The *Unseen March* is a film created by Quaker Peace and Social witness to encourage debate about the militarisation of education. This issue seeks to engage young Quakers in this debate. It aims to encourage young Quakers to consider their values, explore the arguments and consider how they can act in the situations they find themselves in.

### **Issue 28    When youth marched together to save the world**

This issue marks the 40<sup>th</sup> anniversary of the student uprising in Soweto, when 10,000 young people united against the oppressive apartheid system. This presents an opportunity to explore the history of apartheid, be inspired by the students who protested and identify important values to create a more harmonious world.

### **Issue 29    Reading Quaker faith & practice**

This issue intends to encourage young Quakers to read *Quaker faith & practice*, encouraging an engagement with chapters 2, 20, 21 and 23. It draws on the study material produced for Quaker meetings within the Being Friends Together resource bank. It hopes that young Quakers will be drawn into the wealth of insight that is within *Quaker faith & practice*.



## Special issues

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Journeys in the Spirit special issues are published occasionally. They offer information, resources and activities on topical themes or particular areas of interest. Special issues may be for use by a whole Meeting, whatever the ages, or for work with a particular age group. They are available for download at the following link: <http://together.woodbrooke.org.uk/resource.php?r=JS>

### Abolition Journeys

Resources to help Friends of all ages remember the 200th anniversary of the abolition of the slave trade and work to remove its modern variations.

### Connecting as a Community

This can be used to facilitate activities that link your meeting's provision for young people aged between 12 and 18 with the wider meeting. This material is written so that it can be used as a set of activities to develop community



### Journeys in the Spirit for 0 to 4 year olds

This is a simple guide to being with children aged 0 to 4 years in a Quaker setting. This might be in Children's Meeting for Worship, a Quaker all age residential event or a one day Quaker gathering. It offers ideas, resources and frameworks to encourage and equip volunteers being with this age group in Quaker Meeting. Being in Quaker Meeting with children of this age is very special and can be a delight.

### Schools Journeys

This is an Outreach publication that contains practical guidance for Meetings invited into schools or that have schools wishing to visit the meeting house.

### Worship Journeys: Getting into worship – practice for all ages

This offers ways to help children explore becoming physically and mentally still in order to deepen and enrich their experience of meeting for worship.

### World War I

This special issue is called 'White Feather stories'. It offers ways to introduce WWI to children and explore dilemmas faced by Quakers, and others, opposed to the war. There are activities for exploring conscience, courage, cowardice, and being a peacemaker. This seeks to help Friends of all ages to question war and war-making.



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**Produced by Children and Young Peoples Staff team, Quaker Life  
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