**QLRC 24 – 26 March 2023**

**Friday 24 March**

**Reading** – A Brave Space by Micky Scottbey Jones (attached)

**Epilogue** – <https://qfp.quaker.org.uk/passage/19-12/> and Sonnet V from *There is a Spirit: The Nayler Sonnets by Kenneth Boulding* (attached)

**Saturday 25 March**

**Reading** – ‘Our shared experience of waiting for God’s guidance in our meetings for worship and for church affairs, together with careful listening and gentleness of heart, forms the basis on which we can live out a life of love with and for each other and for those outside our community.’ [Excerpt from <https://qfp.quaker.org.uk/passage/10-03/>]

**Session 1 – Holding in the Light Practice**

Video link – <https://youtu.be/R-QOe6bBL0A>

Advices and Queries 3 – ‘Do you try to set aside times of quiet for openness to the Holy Spirit? All of us need to find a way into silence which allows us to deepen our awareness of the divine and to find the inward source of our strength. Seek to know an inward stillness, even amid the activities of daily life. Do you encourage in yourself and in others a habit of dependence on God’s guidance for each day? Hold yourself and others in the Light, knowing that all are cherished by God.’ [From <https://qfp.quaker.org.uk/passage/1-02/>]

**Session 2 – Our Ways into Stillness**

Prompts for Home Group consideration

* Share what you find works for you personally
* Tell us about the ways your meeting supports approaches to worship

From the chat:

Friends shared the different ways into silence ranging from

* + Lectio divine (prayerful reading)
	+ Use of candles
	+ Use of a tactile object like a piece of felt
	+ poems
	+ Mindfulness
	+ Mantras
	+ Awe, and gratitude
	+ After a period of quieting oneself, by whichever way works, look round each person in the meeting and hold them briefly in the light (or pray for them) and become aware of something that you don’t know about each one (which may be virtually everything about them) and then one will move from being still into knowing god

**Invitation from Carolyn Baynes**

If anyone would like to join the *Centering Down with Compassion* monthly meeting, we meet on the first Monday of the month from 6pm-7pm. Register at quakersfarnham@gmail.com all most welcome!

**Session 3 – What nurtures you spiritually?**

Shared story:

*A man was lost while driving through the country. As he tried to reach for the map, he accidentally drove off the road into a ditch. Though he wasn't injured, his car was stuck deep into the mud. So the man walked to a nearby farm to ask for help. "Warwick can get you out of that ditch," said the farmer, pointing to an old mule standing in a field. The man looked at the decrepit old mule and looked at the farmer who just stood there repeating, "Yep, old Warwick can do the job." the man figured he had nothing to lose. The two men and the mule made their way back to the ditch. The farmer hitched the mule to the car. With a snap of the reins, he shouted, "Pull, Fred! Pull, Jack! Pull, Ted! Pull Warwick!" And the mule pulled that car right out of the ditch. The man was amazed. He thanked the farmer, patted the mule, and asked, "Why did you call all of those names before you called Warwick?" The farmer grinned and said, "Old Warwick is just about blind. As long as he believes he's part of a team, he doesn't mind pulling."*

Meeting for Clearness (attached)

Prompts for Home Group consideration:

* What has supported you in your spiritual life?
* Have you found the companionship of other Quakers important to your own spiritual nurture?
* How can we nurture loving communities?
* Being in community is also challenging: How do we work with forgiveness?
* Where we find spiritual nurture is very individual – it might include meditation and inward reflection but also music, nature, caring for others, friendship or family, outward witness, being creative, and so on

Woodbrooke meeting for worship through dance - [https://www.woodbrooke.org.uk/our-courses/meetingforworshipthroughdance](https://www.woodbrooke.org.uk/our-courses/?_sf_s=meeting%20for%20worship%20through%20dance)

**Epilogue**

Video link - Songs of Ascension (Ann Hamilton’s Tower, October 2008) [Meredith Monk: Songs of Ascension (Ann Hamilton's Tower, Oct 2008)](https://www.youtube.com/watch?v=c3mSVR3xtfU)

These pieces grew out of inspiration from poet Paul Celan, whose “Song of Ascents” suggested heavenly upward motion... Fortuitously, composer Meredith Monk was asked by artist Ann Hamilton to perform on site in Geyserville, California, where an eight-story tower with staircases in the shape of a double helix awaited Monk and her musicians. The beauty of the image, despite its live-giving implications, is that a helix has no up or down—or, rather, embodies both simultaneously…

**Sunday 26March**

**Session 4 – Link with your area meetings and regional networks**

Find your Local Development Worker [here](https://www.quaker.org.uk/our-organisation/support-for-meetings/meeting-centred-support)

QLRC Personal Reflections (attached)