

Quaker meeting and me

A guide for children to Quaker meeting for worship



This booklet is intended to help children find a way into Quaker meeting for worship. As we can't see what goes on in other people's minds during meeting, we have used images from a garden to illustrate its different aspects.

This book can be used as a starting point for conversation between children and adults, and also as a focus to help children settle and centre during meeting for worship.

This book belongs to



Welcome to our
meeting for worship.



We leave the busy world outside
and come into the peace and quiet
of the Quaker meeting.

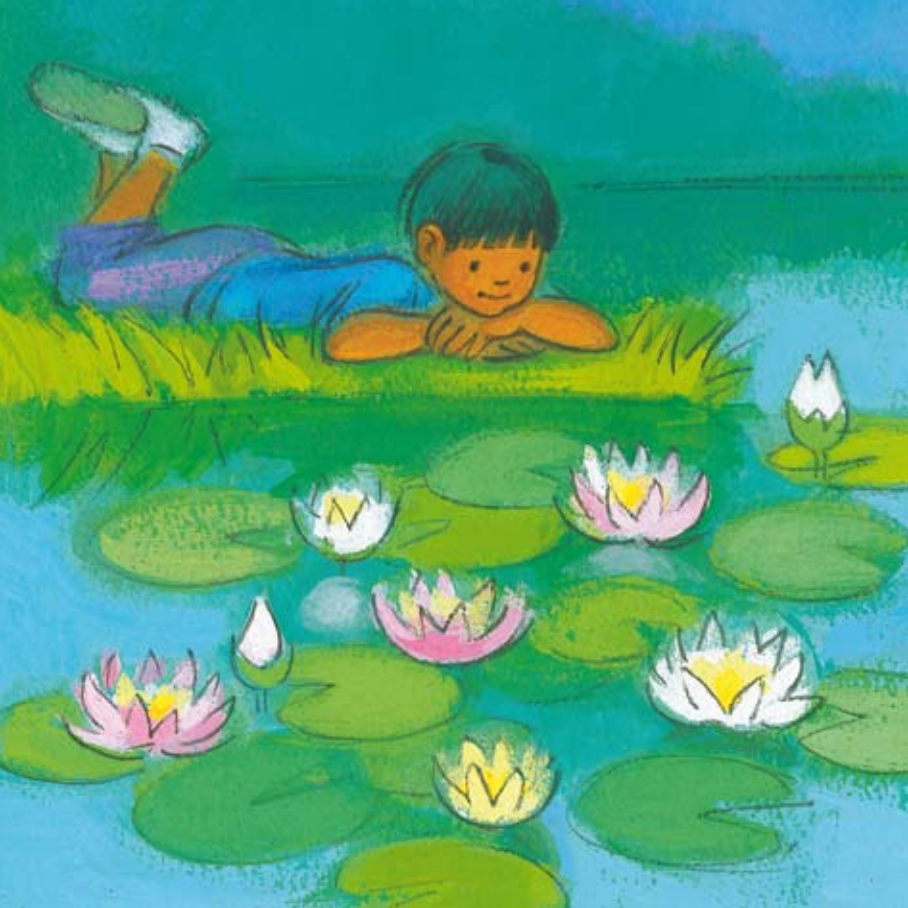


In meeting, we sit together quietly.
Look at the other people: waiting
and listening.

Everyone is different but we are all
doing the same thing.



Look at the flowers on the Meeting Room table. Think about a flower, opening up in the warm sun.



Close your eyes and listen
to all the sounds outside the
Meeting Room.

What can you hear inside the room?

What can you hear inside you?



In meeting we are all searching for something. Sometimes we have to look in deep, quiet places inside us.



Find your way into the centre.

In each of us there is something wonderful.

What do you think it might be?



Quakers believe that there is God
in each of us. Close your eyes.
What is God like in you?



After meeting, we have time
sharing together.

We take what we discover
home with us.



Here are some of the things
that are important to Quakers.

These pictures are hidden on
some of the pages in this book.
Can you find them? The flap
opposite will help you remember
which one you are looking for.



Quakers believe in...



Simplicity



Sustainability



Peace



Truth



Equality



Published by Quaker Life 2010.

Illustrations by Rebecca Price.

Text by Rebecca Price and members of the Quaker Life staff team.

Design by Quaker Communications.

Illustrations © 2010 Rebecca Price.

To request more of these booklets please contact the Quaker Life Outreach Team on 020 7663 1017.

Britain Yearly Meeting is a registered charity, number 1127633.