



# Queries for reflection, discussion and learning

## Chapter 12: Receiving care

### Queries for individual reflection

1. How do I feel about the possibility that some Friends will make it their business to be aware of my circumstances? How might I respond to an approach by someone concerned for my welfare? Would it matter who offered me this attention?
2. Do I, or would I, feel able to let another Friend know about support or care I needed in connection with belonging to my meeting? Does it make a difference to me if caring is a two-way process?
3. If I am involved in a lot of caring, do I also attend sufficiently to my own care needs? How do I go about this?

### Queries for pastoral groups

1. How good are we at prioritising calls on our attention, and at asking Friends in the meeting for practical support by sharing the load?
2. Eldership and oversight can be very demanding and sometimes difficult and upsetting. How do we support and care for one another through thick and thin?
3. How would we feel about being 'elderled' or knowing that Friends were concerned or critical of something we had done? Would we be able to respond well to being offered advice or guidance as a result?

### Queries for meetings

1. How visible or invisible is care in our meeting? What are all the small and not so small things our meeting attends to in quiet ways that affect how Friends feel included, welcomed, respected and accepted?
2. Do Friends feel there is a sense of 'them and us' in the meeting, which is affecting the way care is provided for? How might we address that impression?
3. To what extent are we a community of equals who share responsibility for how safe, accepting and inclusive the community feels?