



What Matters to You?

This is a suggested facilitation plan for workshops to be run as part of the project to write a new book for Quaker young people (11-25). The project's purpose is defined as: *To produce a new publication as the 'go to' book for young Quakers to understand their faith and practice and to provide an accessible explanation of Quakerism for the young Quaker-curious.*

The intention of these workshops is to gather the voices of young Quakers in a way that can be collated into the intended book with as little additional writing as possible. In this respect it is our intent that much of the final publication is a *facilitated creation* rather than a *collaboration* with adult writers.

All sessions will need to have a person in the role of **recorder**, such that the facilitators can focus on running the workshop. It has been suggested that these are young adult Quakers, if you have a willing volunteer. We are hoping to have accurate transcripts, useful video and photography to compile for the final publication. Consent and accurate attributions for anything that may end up in the publication will also be required.

Content generated during the workshop should be shared with the Quaker Life Youth, Children and Families team. Please email us if you need any assistance. This MS Forms link should enable most content to be uploaded and can be used multiple times:

Link: [What Matters to You? – QForms YCF](#)

URL: <https://ycf.quaker.org.uk/what-matters-to-you/>

Email: CYPadmin@quaker.org.uk

This workshop can be facilitated by any Quaker youth group. We welcome contributions from far and wide.

If you are running an event for Quaker youth at any point over the summer of 2026, please consider including this workshop as part of your activity.

If you need help facilitating this workshop at an event, please get in touch using the email above. We may be able to help.

What Matters to You?

A Quaker Workshop for Young People (11–25)

Purpose:

To explore the core questions:

- *What is important to you?*
- *What makes you a Quaker?*
- *What do you believe?*

Designed for:

- Youth groups
- Young Friends events
- All-age gatherings
- Residentials
- Regional Summer camps

Adaptable length: **1 hour to 4 hours**

Additional time required to upload the outcomes of the activities.

Overview of workshop programme (adapt timings as appropriate)

Module	Timing	Notes
Arrival & Warm-ups	5–20 min	Choose 1–2
Framing the Space	5–10 min	Intention-setting
Quaker Worship	10–25 min	With a prompt
Core Activities (1–3)	20–120 min	Creative, reflective, or discussion-based
Optional Break	10–20 min	Tea, biscuits, grounding
Whole-Group Reflection	10–20 min	Sharing learning
Optional Video Filming	10–30 min	Gather contributions
Closing Worship	5–10 min	Settling and gratitude

Activities for Arrival and Warm-Up

If working with an established group, that know each other, with a working agreement that encourages openness and trust, you can jump straight in to the warm-up activities. If not, spend a little time getting to know each other’s names and pronouns, and setting out how you want to work together. If time, play a name game and write up a community agreement.

Choose 1 or 2 that suit the group and the time available.

Time	Activity	Resources
5-10 mins	<p>A Value I Brought With Me</p> <p>Everyone chooses a card from a set of Quaker values (Simplicity, Peace, Integrity, Community, Equality, Sustainability). Share in pairs:</p> <ul style="list-style-type: none"> • <i>Why this one today?</i> • <i>How does it show up for you?</i> 	Quaker values cards
5-10 mins	<p>One Thing I Need to Feel Comfortable</p> <p>Participants finish the prompt:</p> <ul style="list-style-type: none"> • <i>“For me to feel okay taking part today, I need...”</i> 	
5-10 mins	<p>Continuum of Experience</p> <p>A rope or tape line marked “Very much” to “Not at all”. Prompts such as:</p> <ul style="list-style-type: none"> • “I feel rooted in Quaker community.” • “I have questions about belief.” • “Quaker worship means something to me.” <p>(No one has to speak unless they want to.)</p> <p>Invite participants to turn to someone close by and share briefly how it is to be there.</p>	<p>Rope or tape with large labels</p> <p>Prepare prompts</p>
5-10 mins	<p>Framing the Space</p> <p>The facilitator sets the scene for the workshop. This could include the project aims as well as the intentions of the workshop.</p> <p>This should include the following: “This is a space for exploration, curiosity, and honesty. There are no correct answers here – only your</p>	

	<p>experiences and your truth today.</p> <p>You're welcome to take part silently or actively. You're free to pass at any time."</p>	
10-25 mins	<p>Worship</p> <p>Set a printed card with the chosen prompt in the centre of the circle.</p> <p>Prompt options:</p> <ul style="list-style-type: none"> • "What is most important to me right now?" • "What do I believe – and what questions am I sitting with?" • "What makes me a Quaker?" <p>Sit in stillness for 10–25 minutes with a clear invitation for spoken ministry as well as written or drawn responses.</p> <p>Provide paper and coloured pencils</p>	Large prompt cards
<p>Core Activities</p> <p>Choose one to three of these to suit the group and the time available.</p>		
30-60 mins	<p>Option 1: My Quaker Map</p> <p>Give each person a large sheet. For those that want it, have some pre-drawn with a simple outline: river, tree, journey path, etc.</p> <p>Sections:</p> <ul style="list-style-type: none"> • Roots – who/what shaped me • Waters – what nourishes me • Boulders – challenges / questions • Landmarks – important moments • Horizon – what I hope for / believe <p>Allow time for quiet creation then pair or small-group sharing.</p>	Large sheet with simple outline for those that want it – blank page for others
20-40 mins	<p>Option 2: Big Questions Café</p> <p>Three tables, each with one big question.</p>	<p>Prompt cards</p> <p>Coloured pencils</p>

	<ul style="list-style-type: none"> • <i>What is important to you?</i> • <i>What makes you a Quaker?</i> • <i>What do you believe?</i> <p>Table resources:</p> <ul style="list-style-type: none"> • prompt cards • coloured pencils • sticky notes <p>Rotate every 7–10 minutes.</p> <p>At each table, ask:</p> <ul style="list-style-type: none"> • What resonates with you? • What challenges you? • What are you unsure about? <p>This should be run in the style of a ‘world café’ . Ideally, there should be ‘hosts’ remaining at each table and ‘travellers’ moving round on each rotation with the ideas generated left and shared at each table.</p>	<p>Sticky notes</p>
<p>10-20 mins</p>	<p>Option 3: Belief Spectrum</p> <p>Use the continuum of experience line from the warm up.</p> <p>Statements to respond to:</p> <ul style="list-style-type: none"> • “There is something sacred or spiritual in the world.” • “I feel connected to something in worship.” • “Being a Quaker is about what I do.” • “I believe in continuing revelation.” <p>Invite participants to turn to a person close to them and share for a couple of minutes how it is to be there (on the continuum), and then if time permits to find someone standing at a different position and repeat the conversation. Then from that, hear back a few voices ‘popcorn style’ to share insights from the conversation</p>	<p>Rope or tape with large labels</p> <p>Prepare prompts</p>
<p>20-60 mins</p>	<p>Option 4: Quiet Craft Stations</p> <p>Stations could include:</p> <ul style="list-style-type: none"> • Badge-making (“What matters to me”) 	<p>Craft consumables and kit will be needed</p>

	<ul style="list-style-type: none"> • Collage (“What makes me a Quaker?”) • Clay / modelling (“A symbol of my belief”) • “Letter to Future Me” postcard 	
20-40 mins	<p>Option 5: Story Circles</p> <p>Sit in a circle with a speaking object. Pick a prompt:</p> <ul style="list-style-type: none"> • “A moment I felt guided or held” • “A time my values were challenged” • “A moment I acted with integrity” <p>A speaking object is passed; participants may pass at any time.</p>	Speaking object such as a bean bag
20-40 mins	<p>Option 6: Guiding Lights</p> <p>Invite the group to consider words / sayings / conversations / poems / songs that have felt like guiding lights or mentors in their life. These could include song lyrics, quotes, stories etc.</p> <p>Participants write or draw these on cards which are then shuffled and either put in a pot or shared one each.</p> <p>Participants each read out a card and share responses.</p>	Blank postcards
5-15 mins	<p>Whole Group Reflection</p> <p>Prompts:</p> <ul style="list-style-type: none"> • <i>What did you discover about yourself today?</i> • <i>What question do you want to carry forward?</i> • <i>What felt meaningful?</i> <p>Facilitator to make notes on flip-chart or similar. Option: Write on cards and pass to the facilitator.</p>	Flip-chart or similar Sticky notes or post cards
As available	<p>Optional Video Recording</p> <p>If a video camera is available and participants are willing to talk to camera in response to the three core questions, find a well-lit space to record.</p>	Video camera

	<p>These contributions will need to be uploaded with any photography via the webform here: https://ycf.quaker.org.uk/what-matters-to-you/</p> <p>Please note the 32MB file size limit. You can upload multiple files.</p>	
<p>2-5 mins</p>	<p>Closing Worship</p> <p>Lightly guided:</p> <p>“Hold in the Light the things that came up today – the clarity, the questions, the discomforts, and the hopes.”</p>	

Appendix – Resources for printing

Simplicity	Peace
Integrity	Community
Equality	Sustainability

Very much

Not at all

**What is most
important to me
right now?**

**What do I believe –
and what questions
am I sitting with?**

**What makes me a
Quaker?**

**What is important
to you?**

**What makes you a
Quaker?**

**What do you
believe?**