

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, images from a garden illustrate its different aspects.

The booklet 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.

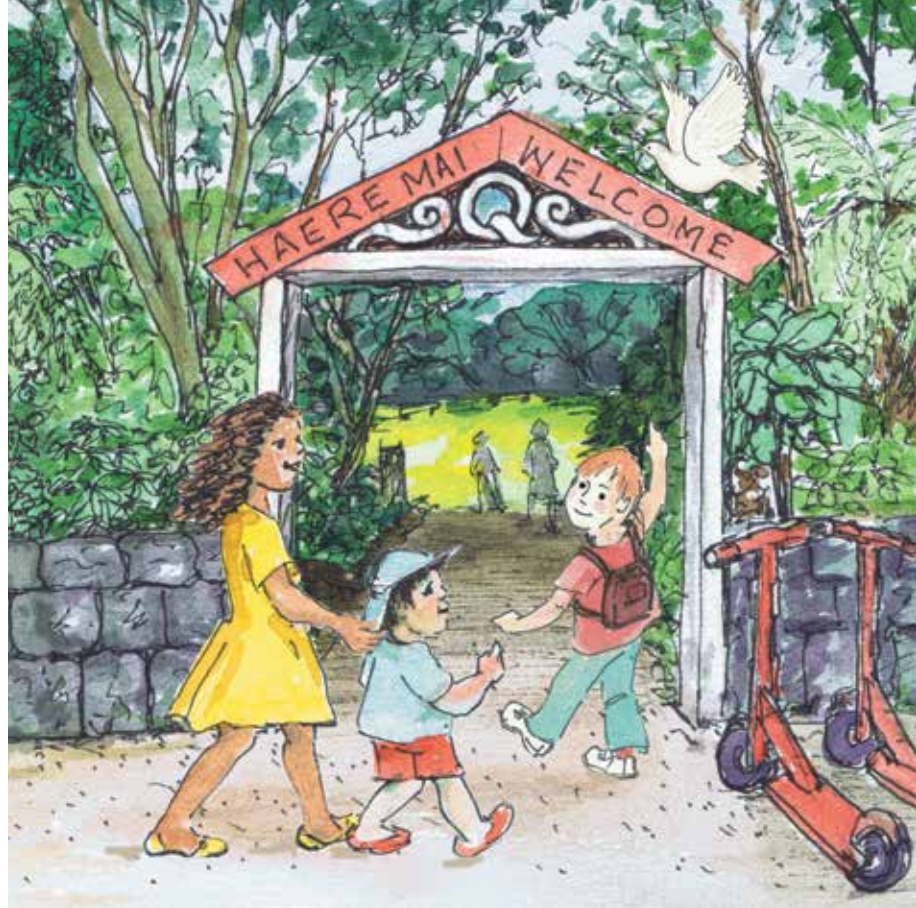
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Te Reo Māori translation by Anne Pōtaka
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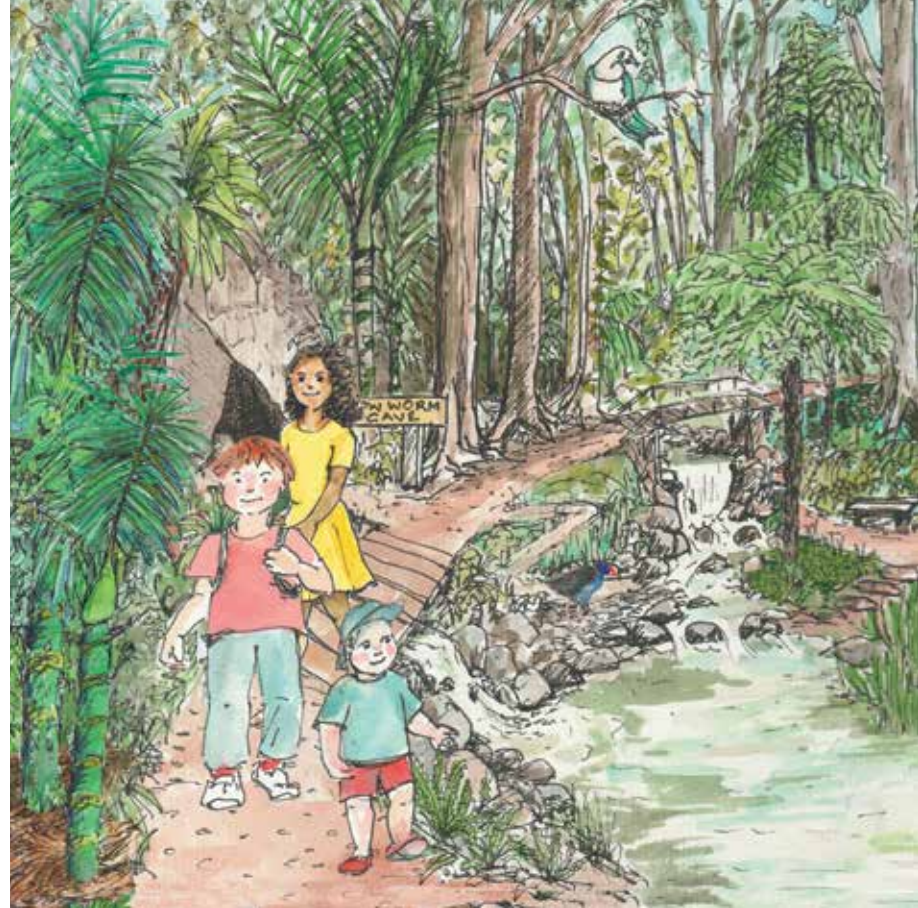
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This book belongs to

Welcome to our
meeting for worship.



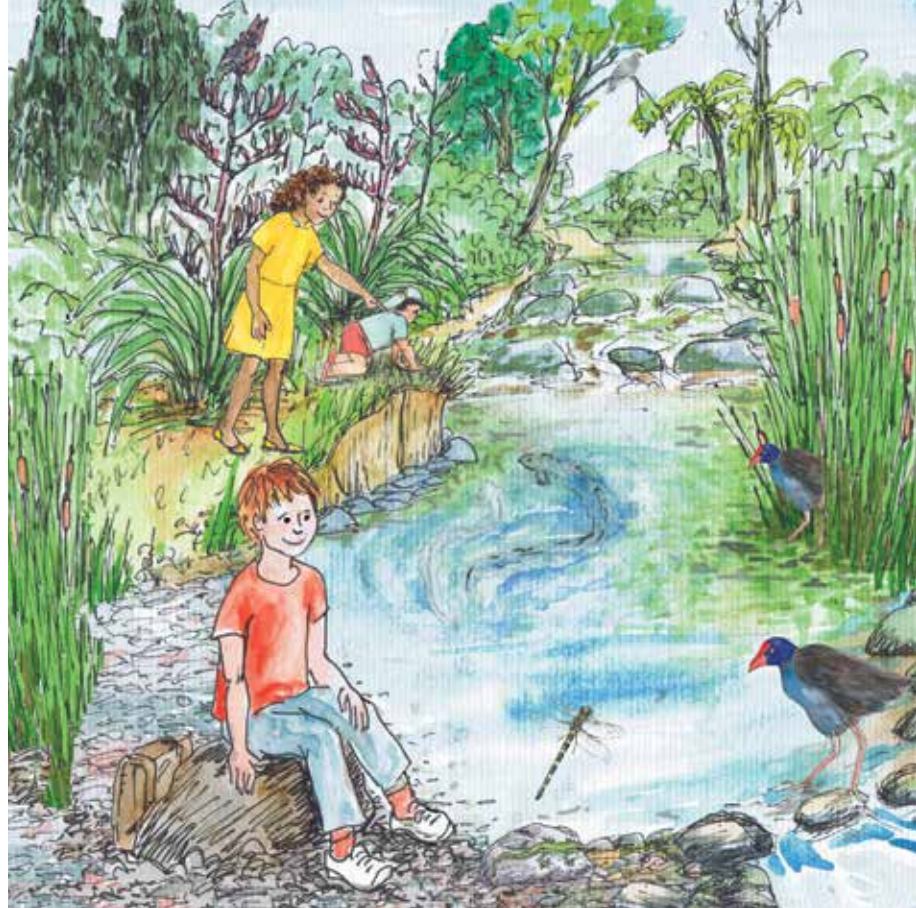
We leave the busy world outside and come into the peace and quiet of the Quaker meeting.



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.

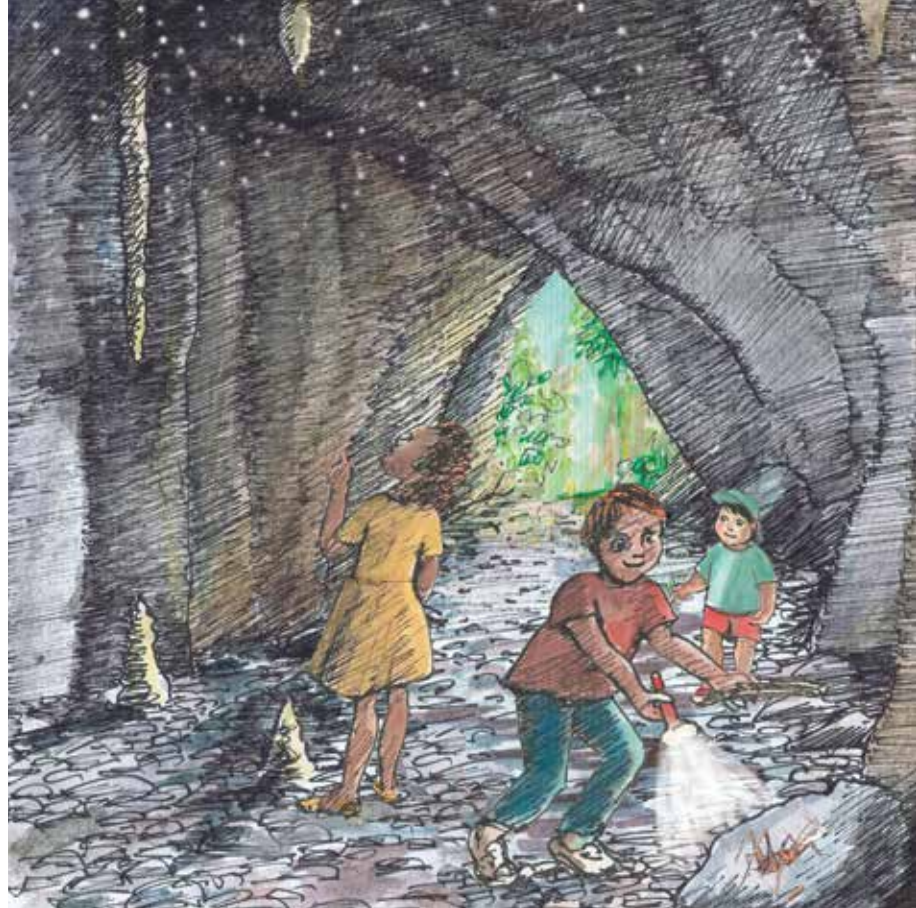
What can you hear inside the
room?

What can you hear inside
you?



In meeting we are all
searching for something.

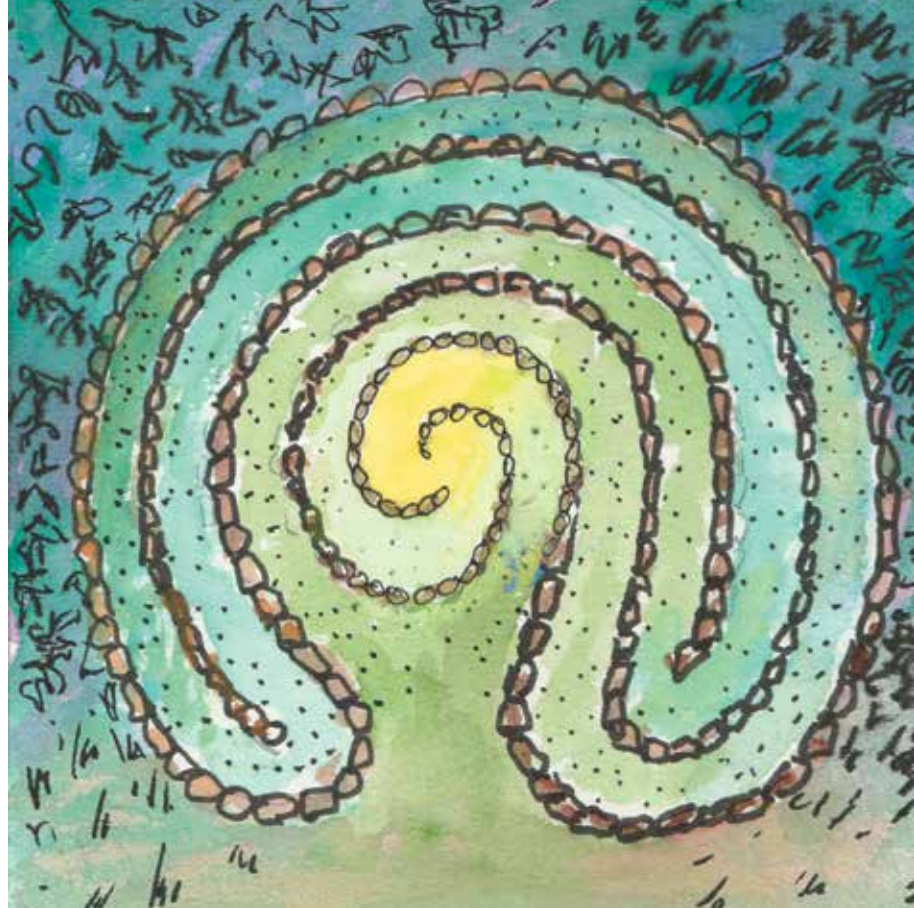
Sometimes we have to look
in deep, quiet places
inside us.



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
that of 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 in this book. Can you find them?

Quakers believe in:



Simplicity



Sustainability



Peace



Truth



Equality

