

## WHO ARE THE QUAKERS?

Quakers are a group of people who meet together to share their experience of the Christ Spirit. They try to give help and support in each other's journey, in action and prayer, in equality and openness.

### What does gathering in this way lead to ?

We have found through meeting on this basis, with a wide variety of people, that everyone can have a direct relationship with God's Spirit, without intermediaries and rituals. God can influence us directly, and we can all come to recognise God's Presence, and become more spiritually maturity.

We need to check our individual experience with that of others in the Bible and other writings, and in conversation.

We find that God's Spirit is eternal and universal and leads us to cut across barriers of age, sex, nation, culture, race and religion.

### HOW DO WE TRY TO DEEPEN OUR CONSCIOUS EXPERIENCE OF THE SPIRIT ?

- \* SILENT WORSHIP, when we consciously open ourselves to the influence of the Spirit of Love and Truth, helps us to become calm and receptive to God's influence.
- \* PRACTICAL CARE for others, involves finding out from them what they need spiritually and materially; through this we can each learn tolerance, understanding and humility, which God requires in our service;
- \* HONESTY WITH ONESELF is essential in searching for the truth, allowing others to be honest without fear of being rejected or despised. God works in different and wonderful ways in each life, and each person must conduct a unique search for truth.
- \* JUSTICE AND PEACE enable all people to share God's Spiritual and material gifts, as intended, in harmony with natural law, the law of life, the law of love.
- \* SIMPLE LIFESTYLE allows time and opportunity for us to deepen our relationships, in harmony with each other and with nature.
- \* PERSONAL AND CORPORATE WORSHIP, silent and vocal prayer, study and discussion help cultivate the inner life and obedience to God.
- \* EDUCATION AND WORK OPPORTUNITIES for all, help individuals to respond effectively to God's prompting to serve each other creatively.

### QUAKER SERVICE - PRACTICAL ACTION

*We find that it is in the search and on the path, that we meet the Christ Spirit. We learn and mature through His influence on our experiences:*

- Working for peace, not by violence, but by removing the root causes of conflict and war, brings us into harmony with the Spirit of Love and Joy.
- Every person's life involves development and growth; The process of learning to respond rightly and lovingly brings us into wholeness and into union with God.
- By the sanctifying work of the Spirit we are healed and brought into Life.

### Quakerism is an attitude and a way of life.

*The recognition of the universal presence of God in everyone and everything has compelled Quakers to be among the first in the modern world to work for:*

Religious tolerance  
 Respect for the environment  
 The abolition of slavery and child labour, Gender equality  
 Humane working conditions and fair wages  
 Prison reform - Conflict resolution - Freedom of conscience  
 Business integrity, Fair sharing of world resources, International peace and other concerns.