

A high-angle photograph of a church sanctuary filled with children and a few adults. They are seated in dark wooden pews with red cushions, arranged in a semi-circle. The children are dressed in casual clothing, and some are wearing hats. The sanctuary has a polished wooden floor and a balcony with more pews at the top. Large windows on the left side allow natural light to enter. The overall atmosphere is one of a community gathering.

Seeking the Light

How we value
worshipping together
in Meeting for Worship



This booklet reflects the ways we approach and practice our worship together.

All divisions of the school collaborated on this booklet. Middle and Upper school students helped Lower School students reflect on their individual experiences in our worshipping community, on preparation for Meeting for Worship, what it means to be present in Meeting and what we take away from Meeting for Worship.

Both the Lower School Faculty and Student Worship and Ministry Committees worked to create this booklet for Lower School students, using quotes and drawings from our “partner reflections.”



This booklet you are about to enjoy has been placed in all of the classroom libraries of the Lower School to be used as a teaching resource. The committees also hope that each Friends Select family will use this booklet to understand how we seek the Light.

Seeking the Light

In gathering together for worship
we seek the Light,
that Divine Goodness
in each of us.

Going to Meeting for Worship

Settling for Meeting for Worship

Thinking at Meeting for Worship

Listening in Meeting for Worship

Speaking at Meeting for Worship

Leaving Meeting for Worship

Going to Meeting for Worship

“What do you look forward to at Meeting for Worship?”



“We like the calm that is in Meeting for Worship.”

“I look forward to seeing my Meeting Partner every week.”

“I look forward to thinking about things that are on my mind in silence.”



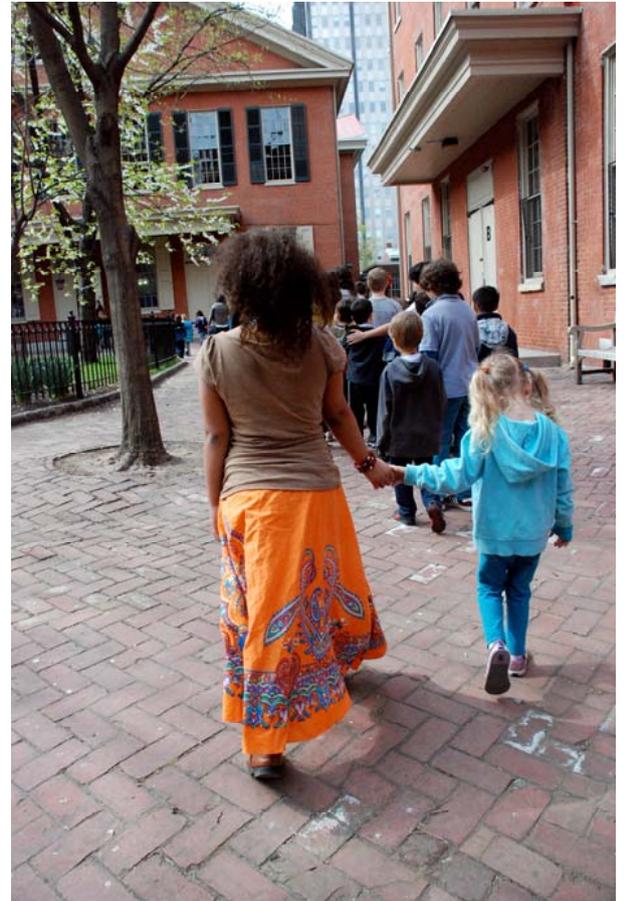


**“How do you settle yourself
on the way to
Meeting for Worship?”**

*“I like to take three deep breaths
before I enter the Meetinghouse.”*

*“I walk quietly
with my Partner.”*

*“I think about my family
and friends.”*



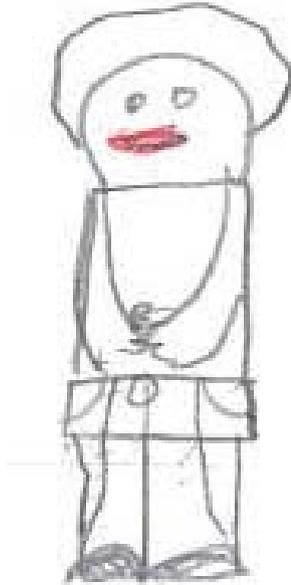
Settling for Meeting for Worship

“What settles you at Meeting for Worship?”

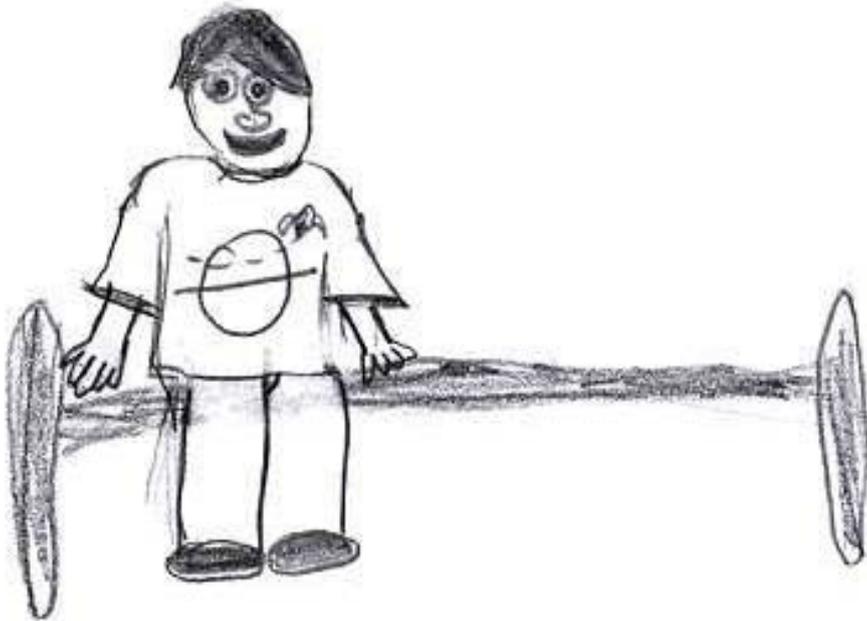
“The silence of everyone else.”



“What settles me is the beauty of the Meetinghouse and the peace.”



*"I settle myself by putting my hands together
and becoming quiet."*



Thinking at Meeting for Worship



“How do you know if your message will improve the silence?”

“It might improve the silence if other people are dealing with the same idea.”

“I NEED TO SPEAK!”



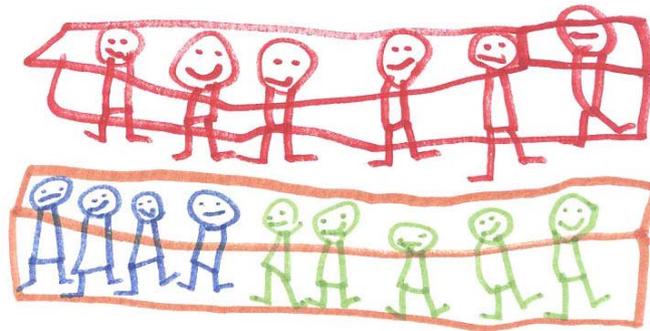
“If I say something people will think about, it will improve the silence.”

“How is Worship Sharing or worshipping in the classroom different from worshipping in the Meetinghouse?”



*I think the Meetinghouse
is better
because there is
more sun there
and because it is
BEAUTIFUL and huge.”*

“In the classroom I feel more connected.”



*“I like Meeting in the Meetinghouse
because there are more people gathered.”*

“Listening is silence. Listening is letting someone’s words drift silently into your thoughts and letting your head silently mull over those words and understanding them. Listening is hearing.”



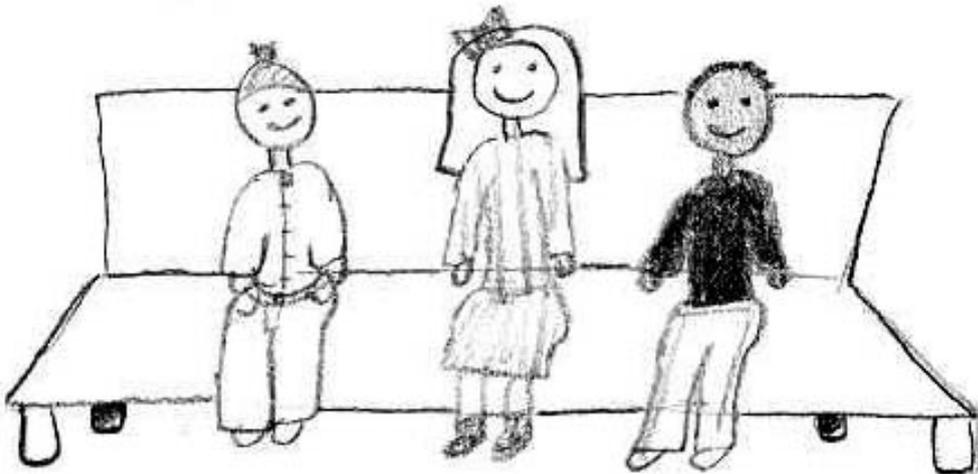


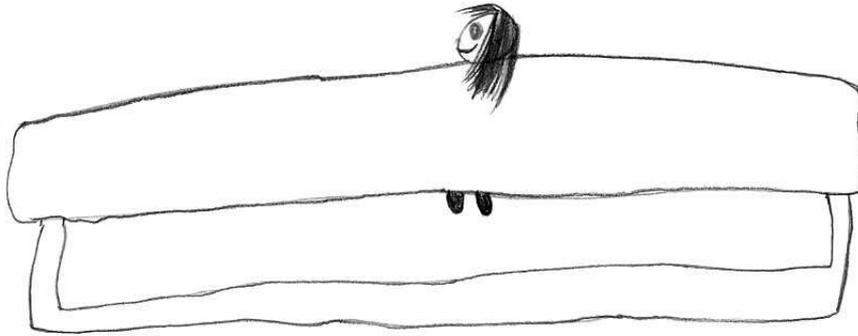
Listening in Meeting for Worship



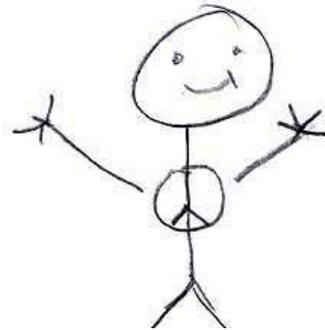
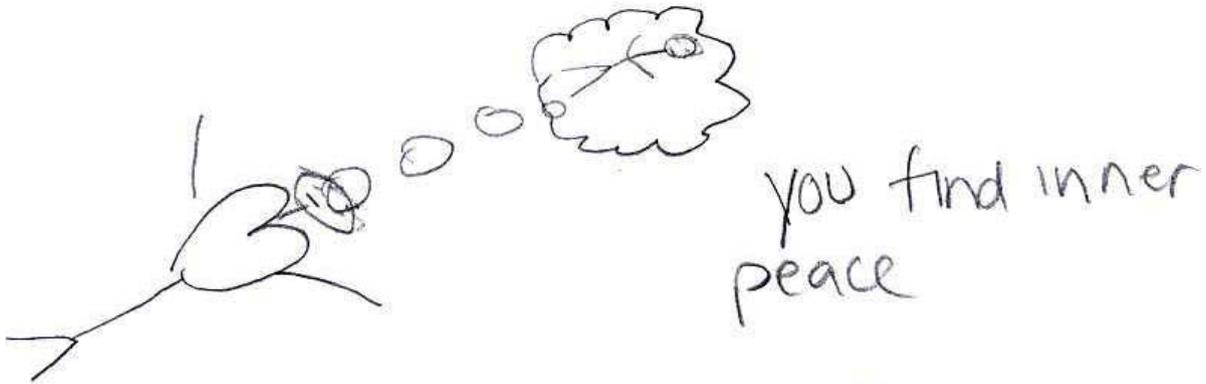
“What happens when you listen to the Silence?”

“When I listen to the Silence it makes me aware of what is around me.”





"When I listen to the Silence, I feel protected."



"You think from your heart."

Speaking at Meeting for Worship

“How is hearing people speak helpful to you?”

“It makes me adjust the words in my mind so I understand it better.”

“People can say different opinions and it may change your mind about things.”

“I like hearing other people’s perspectives.”





“How can
your words
help others?”

*“You can connect
with other people
and help them
feel more a part
of the Community.”*

*“My words might make
others calmer
and inspired
to speak.”*

*“Listening
to others speak
helps you understand
the query.”*

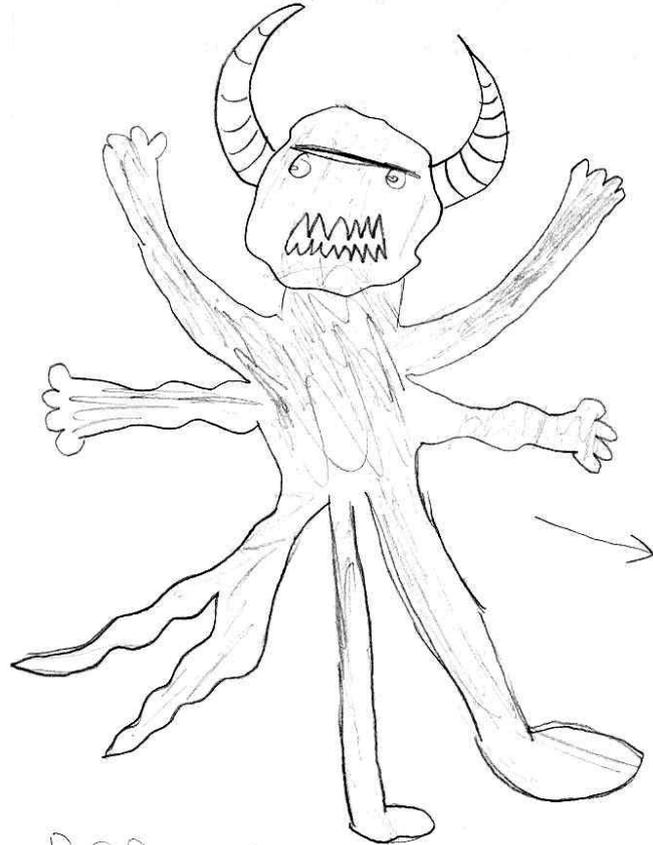
Leaving Meeting for Worship



“How does Meeting for Worship change the rest of your day?”

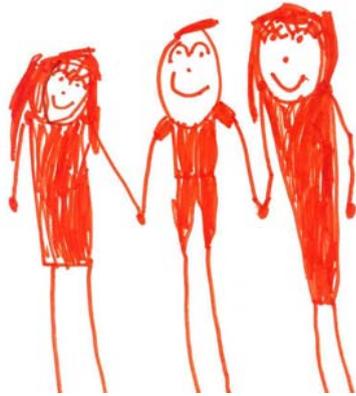
“Meeting for Worship can make me happy because if I have a bad day, Meeting for Worship helps me think about what I did and how to make it better.”

Meeting for Worship Man



Before MFW

After MFW



*“When coming out of
Meeting for Worship,
It’s like an awakening.
We come out of it
with more energy,
more of a connection
with others.”*



*Meeting for Worship makes me happier
and settled for the rest of the day.”*

How to be a good Meeting Partner





How to be a good Meeting Partner

Show Patience and Kindness.



Use what you know and what you've learned,
then your Partner's trust will soon be earned.
Our hands we reach so we may teach,
and help our Partners learn and grow.

Some partners are younger.
Some are older.
Some are shyer.
Some are bolder.

Quietly pay attention
to what your Partners mention.
"Random action causes distraction."
"Put your jacket under the bench."

Encourage you must,
To earn your Partner's trust.
Be smart,
do your part,
share from your heart
and then
stand proud and speak loud
say each word so you'll be heard,
and hold your Partner's hand.

Remember our Spices
They are to share and show we care:
Simplicity, Peace, Integrity, Community, Equality, Stewardship!

The Lower School Worship and Ministry Committee would like to acknowledge and thank the Friends Select School community for their participation and support.

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We are especially grateful to our students who generated a wealth of ideas as they took their tasks very seriously and responded to the questions about "How do we seek the Light in our school?"



FRIENDS SELECT