

**A Little Friends parent guide to Quaker terminologies you may read and hear about  
from your child and adults in our program.**

*Quakers:* The unofficial name of the Religious Society of Friends. It was the name given them because of their “quaking” when speaking under the inspiration of the Holy Spirit, in the early days of their founding. Many Friends report feeling this inner quaking and confusion when the urge to speak in Meeting for Worship is especially strong within them.

*Center Down:* An endeavor to quiet our restless thoughts and open our hearts, in order that we may hear God speak to us directly.

*Hold in the Light:* An offering by an individual or group to keep in prayerful thought someone who is suffering in sickness or in need.

*Meeting House:* The Quaker equivalent of a church building, which houses a large, simple meeting room in which Meeting for Worship is held. Friends may worship anywhere there are few distractions and a sense of quiet: a rented hall, a home, or in the outdoors.

*Meeting for Worship/Morning and Afternoon Meeting:* The gathering of Friends for the purpose of worshipping God. Traditionally Friends met in silent, expectant waiting for leadings of the Spirit, which might inspire anyone of the group to offer a message or prayer. Today this form of worship would be called un-programmed. There are also Friends groupings where they worship in a more programmed way similar to other Protestant denominations.

*One is Moved to Speak:* In the quietness of the Meeting for Worship one feels the need or the urge to speak. This is considered to be the urge of a spiritual leading and not a public speaking opportunity.

*Queries:* A device to prompt individual and corporate self-examination. The questions give opportunity to ponder their implications and to examine our own conduct in the light of them. Questioning can suggest a moral and spiritual approach to our everyday dilemmas and accrued blindness without dictating the result of the inquiry.

*That of God in Every One:* An expression used by George Fox, the founder of Quakerism: “...answering that of God in every one.” Also called the Inner Light. This refers to the presence of God in our hearts and lives, a reality which guides and directs us, which gives us strength to act on this guidance, and thus bring us into unity with the Spirit of God.

There are books on Quakerism available to borrow from the program, if you want to learn more about Quakerism (this is a short sampling of terms you are most likely to hear).

Please contact the Director for more detailed literature.