

## **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.

*(this is a short sampling of terms you are most likely to hear).*

## **A Cabinet of SPICES (The Quaker Testimonies & Queries for Kids)**

Our testimonies are the way we live what we believe. Quakers believe that God wants us to live as good people. Quakers try to do this in many ways, but the six most important ones are described by some people as the SPICES. Queries are questions that we use to help us think about how we can improve.

### **SIMPLICITY**

Quakers believe that if we are always trying to get better things, we can forget to be good people. Sometimes keeping a lot of fancy things, clothes, and toys can get in the way of doing our work. Sometimes we can begin to think our things are more important than people.

#### Queries on the Testimony of Simplicity

Is our stuff more important than our friends and family?  
What are fun things to do that don't cost anything at all?

### **PEACE**

Quakers believe that war and violence do not solve disagreements between anybody. These things only make people suffer. Quakers try to settle all their arguments without using weapons or words to hurt others. Quakers believe that world peace begins with each of us.

#### Queries on the Testimony of Peace

Do we listen to all sides when there is a disagreement?  
What should we do when we are mad at someone?

### **INTEGRITY**

Integrity means being truthful and trying always to do a good job. It means saying what we mean and meaning what we say. Quakers believe that God wants us to be honorable in all that we do and say.

#### Queries on the Testimony of Integrity

Do we always try to be honest in every situation?  
Do we do just enough or as much as we can to do a good job?

## ***COMMUNITY***

Quakers believe that it is very important to be a good neighbor. This means being helpful to people around us. This could be the people we live with or near, our schoolmates and teachers, and people at our Meetings or churches. It could be doing chores or it could just mean visiting someone who is lonely. Having fun together is a great way to build community too!

### Queries on the Testimony of Community

What can we do to be good neighbors?

How can we be helpful and take good care of each other?

## ***EQUALITY***

Quakers believe there is that of God in everyone. Everyone is created equal. This means everyone has the same human rights and should be treated fairly. It also means we should treat people the way we want to be treated.

### Queries on the Testimony of Equality

What can we do to be fair to other kids that we meet?

What can we do when we see people being treated unkindly?

## ***STEWARDSHIP***

To live with simplicity and integrity, we need to do a good job taking care of the things we own and use. This means taking good care of the earth. Quakers believe in trying to leave the world a better place after we have been here.

### Queries on the Testimony of Stewardship

Do we help with cleaning chores at home and at school?

Do we take good care of our own clothes and toys?