

IF YOU WANT TO KNOW MORE

Forest Hill Quaker Meeting:

[www.http://foresthillquakers.org.uk/](http://foresthillquakers.org.uk/)

Quakers in Britain:

[www.http://quaker.org.uk](http://quaker.org.uk)

Telephone Enquiries: 0808 109 1651.

e-mail: outreach@quaker.org.uk

London Quakers

<http://www.londonquakers.org.uk/>

BBC About Quakers

[http://www.bbc.co.uk/religion/religions/christianity/
subdivisions/quakers_1.shtml](http://www.bbc.co.uk/religion/religions/christianity/subdivisions/quakers_1.shtml)

BOOKS

[These should be available in our library]

A Light That Is Shining: an Introduction to the Quakers

By Harvey Gillman,

Being a Quaker By Geoffrey Durham

[Also available on Kindle]

Your first time at Quaker Meeting at Forest Hill



FOREST HILL QUAKER MEETING

34 Sunderland Road

London

SE23 2QA

www.foresthillquakers.org.uk

AFTER MEETING

The *Clerk* (members who look after the business of the Meeting) will then stand up and give notices. The Clerk will ask visitors and newcomers to sign the visitors' book and to introduce themselves either at the end of the notices or informally during tea and coffee. People will be asked to volunteer to make tea and coffee. Anyone can do this – though probably it is better to wait until at least your second meeting! One of the *Overseers* (members whose role it is to look after the social welfare of the meeting) will also make themselves known so that anyone who has any questions and/or issues can speak to them. If you have any questions at this meeting or at future meetings you can always ask overseers or elders—their pictures are on the wall in the front hall.

You are very, very welcome to join us for a drink and a chat after meeting. We do not charge for drinks. Normally tea and coffee lasts until about 12.15 - 12.30 am.

DO YOU WANT TO KNOW MORE?

Please ask an Elder, Overseer, Clerk, the Doorkeeper or any other Friend. You can also find out more from the websites and books on the back of this leaflet.

WELCOME

You may have just been handed this leaflet by our Doorkeeper or you may have picked it up. This leaflet tries to explain the what will happen the first time you come to Forest Hill Quaker Meeting.

COMING INTO MEETING

The doorkeepers will introduce themselves and ask your name. It is their role to welcome everyone to meeting. We don't have priests so the doorkeeper is one of us who attends regularly. The doorkeepers will ask people they do not recognise whether you have attended meeting before. If it is your first Quaker Meeting they will give you this leaflet and maybe some other leaflets which you may choose to read during or after Meeting and show you the Meeting room.

We believe that Meeting for Worship starts as soon as the first person enters the Meeting room and sits down. Go in and sit in ANY chair that you like – except the one right by the door as the door keeper sits in this when they come in so they can keep an eye on the front door for latecomers.

SUNDAY MEETING FOR WORSHIP

10.30 am: Chimes will be rung and everyone should move into the Meeting room. Our Meetings are based on silence – a shared silence of waiting and listening.

Sit quietly in silence or you may find it helpful to read this leaflet or the other leaflets you have been given. There may be silence for quite some time. We seek a communal gathered stillness where we can be open to inspiration.

One or more people during the meeting may feel moved to 'minister'. These are not special people, at least no more special than anyone else, and if you feel moved to speak your contribution will be just as welcome as anyone else's. They will stand up. This *ministry* will be brief and you normally only speak once. There will be a period of silence between ministry. Perhaps an explanation of the expression 'moved to speak' might be helpful. Moved by what? The answer is moved by the Spirit. The spirit of God, the divine spirit, the spirit of love, words are sometimes not enough but probably you have a good idea of what is meant.

It is not that we think we want to say something but that we must say it, i.e. 'moved'.

Sometimes the whole of the Meeting will be silent all the way through and the silence is in itself a form of ministry by the Spirit in which we are all gathered.

Once a month one of the *Elders* (members whose role it is to look after the spiritual welfare of the meeting) will read an *Advice and Query*. These challenge and inspire Friends in their personal lives. They can be found in a leaflet or at the front of the red book *Quaker Faith and Practice* which is on tables around the room with a Bible. Please feel free to read Quaker Faith and Practice, the Bible or other spiritual texts.

11.20 am: The children join the meeting for ten minutes silent(ish) worship. We believe that we should *rejoice in the presence of children and young people in our meeting and recognise the gifts they bring*.

11.30 am : Two *Elders* will shake hands to show the end of the Meeting. They will then be joined by everyone else in shaking hands.