

A Guide to Meeting for Worship

Welcome. We gather together in the Quaker practice of unprogrammed worship.

Our worship has no planned sermon, music, or order of service. We settle together into silence, seeking to become still and attentive—to God, to the Light Within, and to the movement of the Spirit among us. The silence is not empty. It is a time of listening, waiting, prayer, and openness. It has been called “Expectant Listening” as we expect our Inward Spirit will communicate with us. Please respect the Silence. We encourage you who are able to join before worship starts.

You do not need to make anything happen. Simply settle as you are able. Some may pray. Some may reflect. Some may simply become quiet and attentive. We trust that, as we wait together, the silence itself can deepen and become a shared worship.

Out of the silence, someone may feel an inward prompting to speak. Before speaking, we encourage you to wait and listen. Ask whether the message is meant for you alone or whether it is truly being given for the gathered meeting. If you feel clearly led to offer it, please stand if you are able, speak simply and clearly, with enough volume that everyone can hear, and then return to the silence.

Please allow space after each message so that what has been offered may settle. Worship is not a time to respond directly to another speaker, add to a message that has been spoken, debate an idea, give an announcement, or continue a conversation. The entire hour may pass in silence, but we will ask for messages not previously spoken at the end of Worship.

We also ask everyone to help protect the quiet and reverence of our shared space. Please silence electronic devices and minimize movement, conversation, and other distractions. Should you experience persistent sneezing, coughing or other disturbances please excuse yourself from the worship room as quietly as possible, as consideration for the other worshippers, returning to the room quietly when able.

There is no single right way to experience Quaker worship. You may encounter peace, restlessness, distraction, insight, uncertainty, or a deep sense of Presence. All are welcome here.

For this hour, we invite you simply to join us in waiting, listening, and being open to where the Spirit may lead.