



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."*



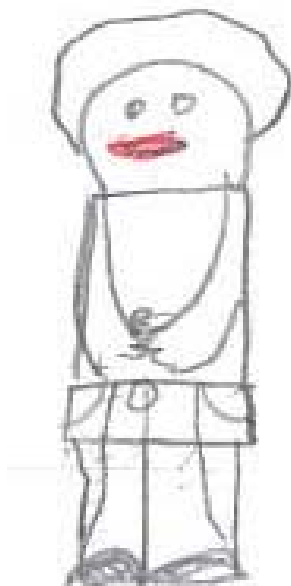
Settling for Meeting for Worship

*“What settles you
at Meeting for Worship?”*

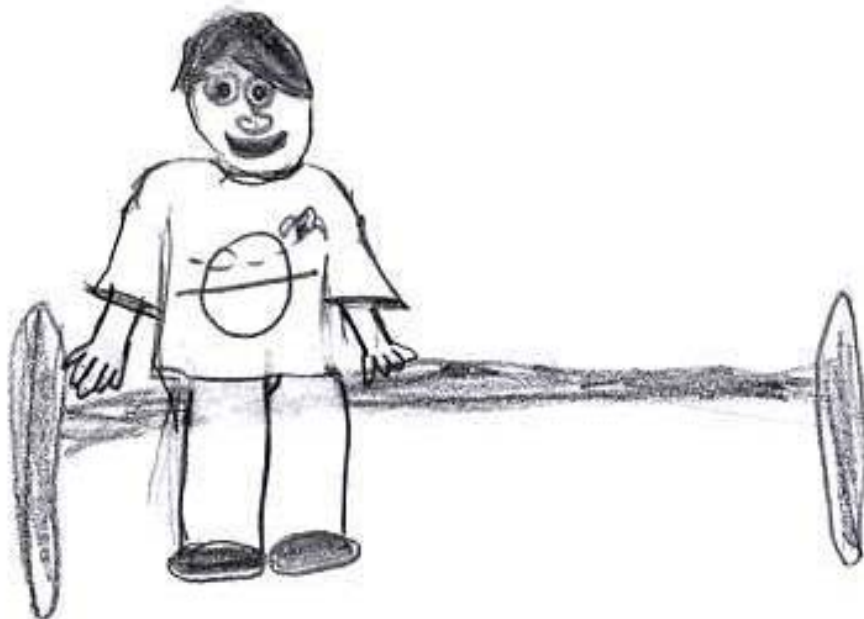
“The silence of everyone else.”



*“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!”



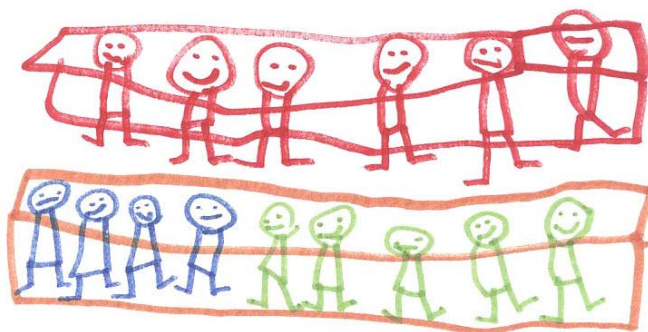
*“If I say something people will think about,
it will improve the silence.”*

“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.”*



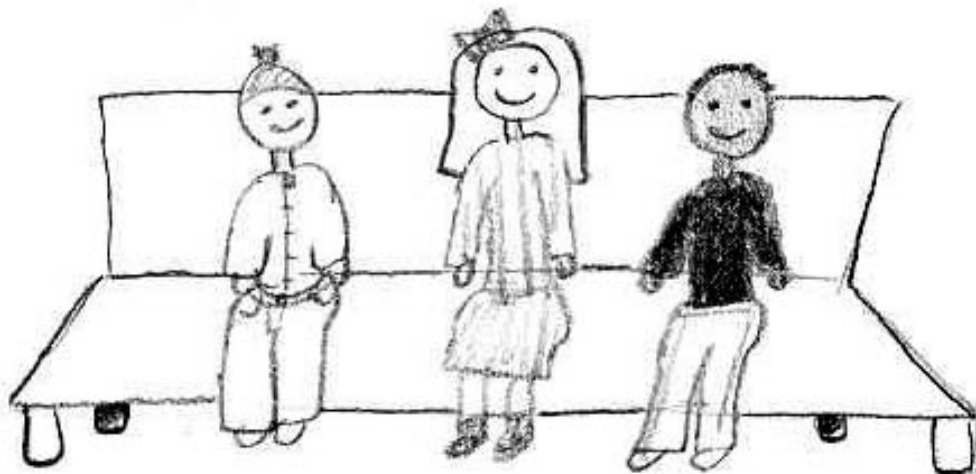


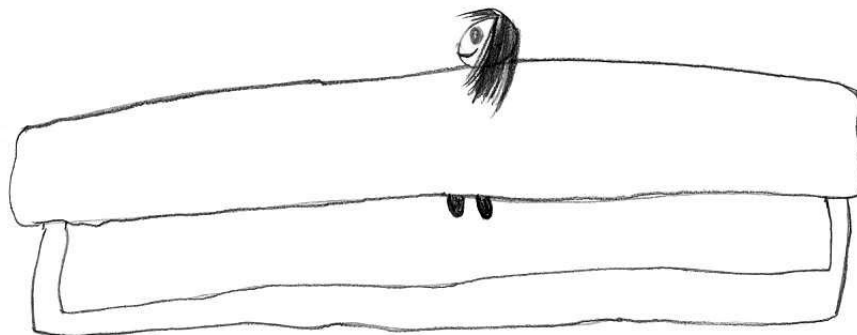
Listening in Meeting for Worship



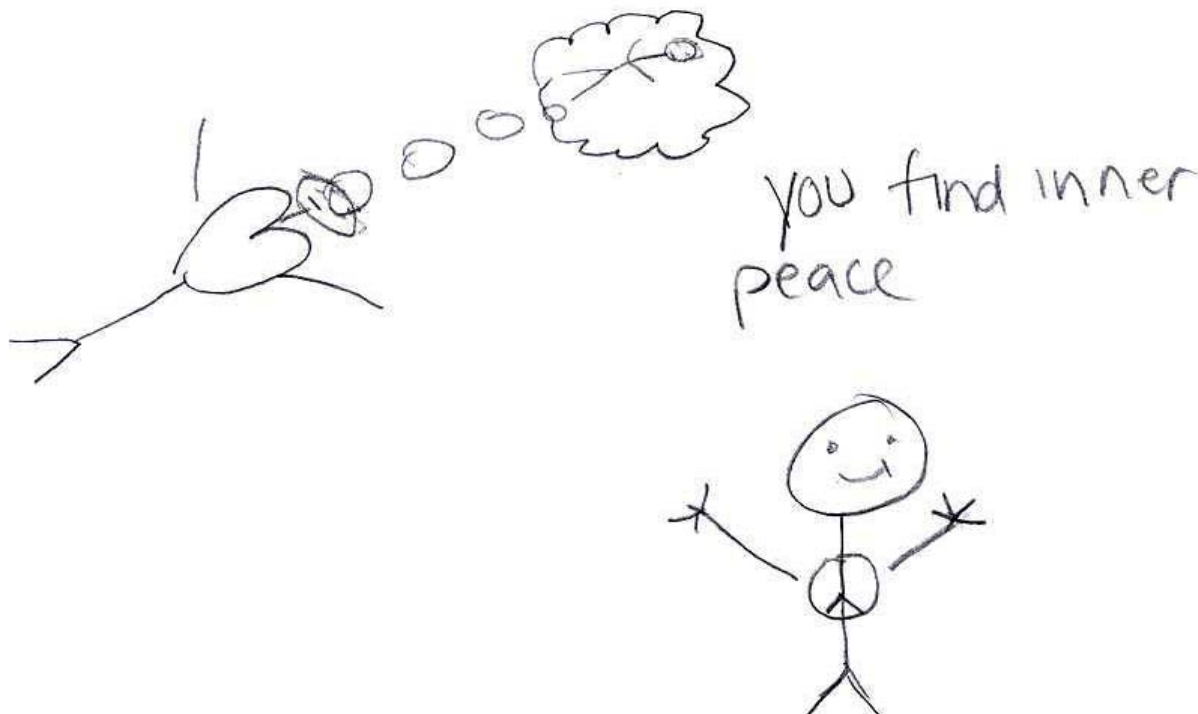
**“What happens when you listen to
the Silence?”**

*“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?”**

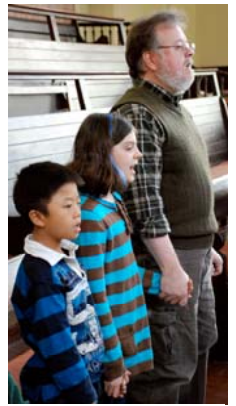
*“You can connect
with other people
and help them
feel more a part
of the Community.”*

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

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



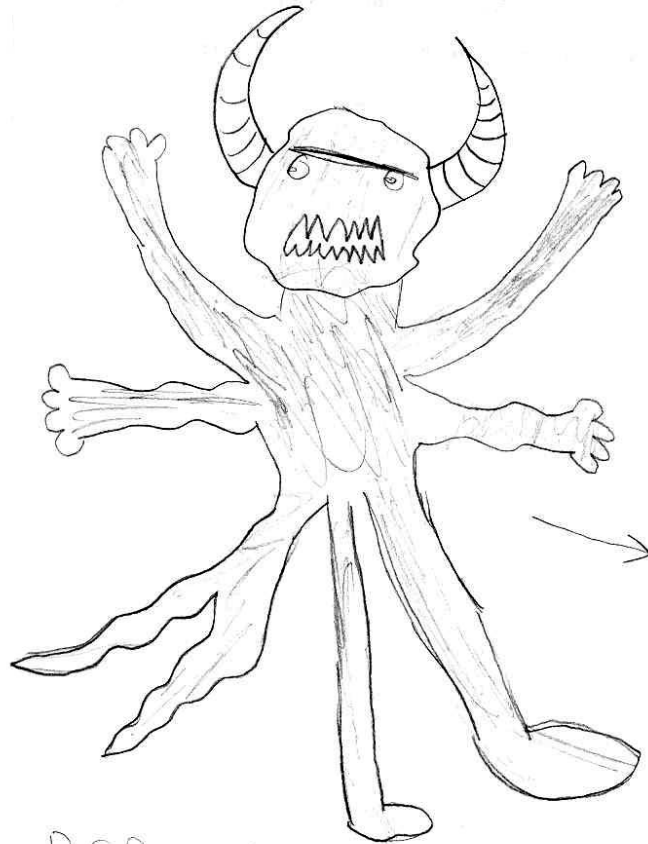
Leaving Meeting for Worship



"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!

Collaboratively written by The Lower School Student Worship and Ministry Committee.

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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?"



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