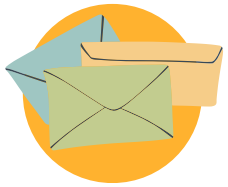
What do Quakers believe?
Quakerism is much more about experience than a particular set of beliefs. It was born out of the radical idea that all people can have a direct relationship with the spiritual element of life. For some that means a connection with God; others seek a different sense of spirituality.

We are united by the idea that this sense of spirituality is something we can each listen to and discover for ourselves. We are supported to do this in the stillness of a Quaker Meeting.

Where can I find out more?

Explore our website
We've got a wealth of resources, blogs, videos and podcasts to start you off. Visit **discoveringquakers.org.uk**.



Sign up to our newsletter
To find out more about Quakerism, hear about upcoming events and get Quaker inspiration in your inbox.

Quaker Lives, Tuesdays 7pm on Zoom
Hear from a Quaker guest about their life, spirituality and values. There's also a mini Quaker Meeting taster, and a chance to ask your questions.

info@discoveringquakers.org.uk @discoveringquakers

A Quaker Meeting is a place for spiritual enquiry.

What will you discover?

Open to people of all faiths and none, a Quaker Meeting offers a space for stillness, rest, and connection. It's held by people who care deeply about equality, peace, and climate action.

QUAKERS

Discovering Quakers

What is a Quaker Meeting?

A Quaker meeting invites you to sit quietly with others and tap into a sense of **stillness and connection.**

You don't have to be a Quaker to come along: **we welcome people of all faiths and none**.

"A sense of homecoming; a place of rest, nourishment and belonging."

-Attender of Winchester Quaker Meeting

It's a time in which we open ourselves to **a deeper spiritual connection with what matters to us** - and that is different for each of us.

Afterwards, we have tea, coffee, and a natter. We may use the time as a **chance to share ideas for how we can make a difference in the world.**

It's not totally silent. Anyone is welcome to give 'ministry' - to **speak from the heart** about what they discover in that time.

It **usually lasts for an hour**, although some meetings are shorter.

1 Come on in

Someone will usually be at the door to welcome you to the meeting. Let them know if it's your first time visiting and they'll be happy to walk you through how the meeting works.

2 Arrive mindfully

Please take care not to disturb the meeting for those who are already settling in. Arrive on time, silence your phone and put it away for the duration of the meeting.

3 Take a seat

In a Quaker Meeting, the seats are usually arranged in a circular fashion. You are welcome to sit anywhere. Settle into the silence.

4 Handle with care

Ministry is a delicate part of Quaker Meetings: it can take a while to really understand what's appropriate for ministry and what isn't. We encourage you to ask someone at your local meeting about how ministry works!

5 Wrapping up

Usually, the end of the meeting is indicated when the 'elders' (members who help facilitate meetings) shake hands. We then all shake hands and greet each other, listen to any notices, and have a catch up over tea and coffee.