

Quaker Testimonies

Quakers' experience of the Divine affects

- What we do in our personal lives.
- What we believe.
- Changes we seek for in the wider world.

"Testimonies" are what Quakers call the ways we have found to live and act based on our beliefs.

As a group, we find that listening to and following God leads to:

- Integrity—being as whole people who act on what we believe, tell the truth, and do what we say we will do.
- Simplicity—focusing on what is truly important and letting other things fall away.
- Equality—treating everyone, everywhere, as equally precious to God, recognizing that everyone has gifts to share.
- Consensus—respecting one another in our faith journeys and in times of joy and sorrow, sharing with and caring for each other.
- Peace—seeking justice and healing for all people, taking away the causes of war in the ways we live.
- Care for the earth—valuing and respecting all of God's creation, using only our fair share of the earth's resources, working for policies that protect the planet.

We do not always hear and follow Divine guidance, being in community with other Quakers helps us to be faithful.

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Quakers and Prayer

For many Quakers, prayer is part of our individual lives as well as part of Meeting for Worship.

Prayer

Prayer is simply conversation or contact with God where we open ourselves to the Divine presence. This can take different forms. Quakers pray quietly. We may formulate words or an image or just be. It is important that we listen for what God may have to say to us. Some Quakers also use set prayers from the Bible or other spiritual writings when they pray.

Quaker Grace

Before meals, Quakers typically have a silent grace or a moment of silent thankfulness for the meal and for each other. The group often holds hands during grace.

Holding in the Light

During or after worship, a Friend may ask the group to "hold someone in the Light." The person may be sick, dealing with difficult life circumstances, struggling spiritually, or working to serve others.

To hold a person in the Light, imagine them being held in God's loving presence and offer prayers and love for them. Holding an individual or a group of people in the Light is often part of our practice of prayer.

(continued)

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You are Welcome Here!

We come together in worship

- to listen to God;
- to know and be known by God;
- to grow in faith;
- to be changed;
- to support each other; and
- to help one another do what God asks us to do.

Our time together looks like

- sitting quietly together;
- listening if someone is moved by the Spirit to speak;
- including children for a time before or after a children's program;
- shaking hands when worship ends; and greeting those around us.

You are welcome to join us as you are. Dress as you feel comfortable.

We believe that every person is loved by the Divine Spirit. There are Quakers of all ages, religious backgrounds, races, education, sexual orientations, gender identities, and classes. Please feel free to ask the person who ends meeting any questions you might have after Worship.

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How to Use Children's Activities Aligned with FGC Newcomer Cards

FGC Newcomer Cards (www.fgcquaker.org/resources/newcomers-cards) provide useful, welcoming information for adult visitors and newcomers. The children's activities in these packets are aligned with three of those cards: Quaker Testimonies, Quakers and Prayer, and You are Welcome Here!

Situations that meetings may choose to use these activities are:

1. Children can be given these activities to use during meeting for worship, if a meeting does not have an active First Day School/Sunday School or classroom plans for child visitors.
2. First Day School/Sunday School teachers can provide them to children as First Day School/Sunday School activities.
3. They can be given to parents to share with their children at home and for follow-up conversations.

Each set of activities has a symbol indicating which activities go together and which Newcomer Card the activities match.

- Quaker Testimonies (See  on these activities.)
- Quakers and Prayer (See  on these activities.)
- You are Welcome Here! (See  on these activities.)

Supplies

Meetings will need to have crayons, pencils, and clipboards or other hard surfaces to write on, if the activity pages are used to engage children during meeting for worship. Markers are not recommended as they come in two pieces: marker and lid. It is easy to drop the lids of markers, which can cause disruptions.

The pages are suitable for downloading and printing on standard 8.5 x 11 paper.

Age Groups

Accompanying each Newcomer Card is a set of activities with one or more activities suitable for a child of any age between kindergarten and late elementary school (often grades 5 or 6).

Coloring pages are suitable for up to three different ages. Some images are better for older preschool children. Others are better for early elementary school-aged children and still others, for older elementary school-aged children.

There are three levels of word search puzzles, suitable for children in elementary school, ranging from searches with larger and fewer letters to searches with more and smaller letters and with words going in more directions. The criss-cross puzzles are intended for elementary school-age children with intermediate or higher level reading skills.

There are no grade level indicators for the puzzles. When given a choice, children usually will choose a puzzle at which they can succeed, which allows for various reading skill levels and different ages.

Books to Share with Children to Extend These Activities

Parents, First Day School teachers, or others may want to read picture books to children that complement these activities. To learn more about using books with children and other book suggestions, *Sparkling Still* is available at QuakerBooks (see <http://www.quakerbooks.org/book/sparkling-still>). Books are listed in age-appropriate order.

Quaker Testimonies

Last Stop on Market Street by Matt de la Peña. G.P. Putnam's Sons Books for Young Readers, 2015. ISBN: 9780399257742 (Community)

Enemy Pie by Derek Munson. Chronicle Books, 2000. ISBN: 978-0811827782 (Peace)

Wangari Maathai: The Woman Who Planted Millions of Trees by Franck Prévot. Charlesbridge, 2015. ISBN: 9781580896269 (Earthcare)

Blackout by John Rocco. Hyperion Book CH, 2011. ISBN: 9781423121909 (Simplicity)

Chicken Sunday by Patricia Polacco. Puffin Books, 1998. ISBN: 978-0698116153 (Integrity)

A Taste of Freedom: Gandhi and the Great Salt March by Elizabeth Cody Kimmel. Walker Childrens, 2014. ISBN: 9780802794673 (Equality)

Quakers and Prayer

Beautiful Moon by Tonya Bolden. Harry N. Abrams, 2014, ISBN: 9781419707926

We're Going to Meeting by Stacey Currie. 2015. (available at QuakerBooks.com)

Before We Eat: From Farm to Table by Pat Brisson. Charlesbridge, 2015. ISBN: 9781580896269

Somebody Loves You, Mr. Hatch by Eileen Spinelli. Simon & Schuster Books for Young Readers, 1996. ISBN: 9780689718724

You are Welcome Here

Where is God? (board book) by Rabbi Lawrence Kushner and Karen Kushner. SkyLight Paths, 2000. ISBN: 9781893361171

When I Am Old with You by Angela Johnson. Scholastic, 1993. ISBN: 9780531070352

The Secret of Saying Thanks by Douglas Wood. Simon & Schuster Books for Young Readers, 2005. ISBN: 9780689854101

Welcoming Babies by Margy Burns Knight. Tilbury House Publishers, 1998. ISBN: 9780884481249

Gratitude for Artists' Talent and Time

Five generous Quaker artists donated their time and talent to draw the coloring pages for the children. We are grateful for their contribution. Without their generosity, there would have been no coloring activities for children. They are:

- Sandy Branam, Savannah MM, South Eastern YM
- Christie Kelly Gelok, Middletown MM (Langhorne), Philadelphia YM
- Ruth Peterson, Abington MM, Philadelphia YM
- Joanna Vaughn, Friends Meeting of Austin (TX), South Central YM
- Marty Vidrine, Baton Rouge MM, South Central YM

Thank you so much, Sandy Branam, Christie Gelok, Ruth Peterson, Joanna Vaughn, and Marty Vidrine!

With hopes that the children and families in your meeting will find these activities fun and engaging for them,

Activity Pages Working Group, Committee for Nurturing Ministries

- Anne Collins, Stillwater, OK MM, South Central YM
- Sally Farneth, Middletown MM (Langhorne), Philadelphia YM
- Susan Hopkins, Grass Valley MM, Pacific YM
- Gretchen Haynes, San Antonio MM, South Central YM
- Erika Mittag, Friends Meeting of Austin, South Central YM