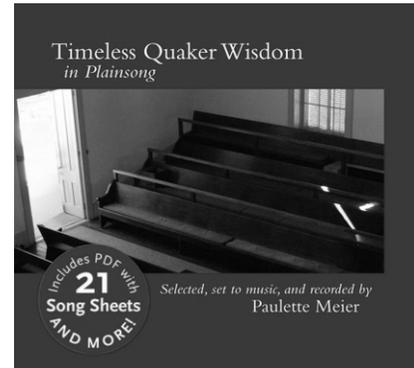


Inreach through Music: *Timeless Quaker Wisdom in Plainsong*

On the CD *Timeless Quaker Wisdom in Plainsong*, Quaker musician Paulette Meier sings historical Quaker quotations *a capella*, offering spiritually rich messages relevant to our lives as Quakers today.

Consider anchoring an adult or intergenerational inreach group in worship sharing around one or more of these deeply rooted Quaker messages. Sharing music together engages auditory learners and can allow Friends to hear something new and inspiring in the words. As the group settles into worship sharing, listen to or sing the selected track several times.



To hear to sample tracks and purchase the CD, visit <http://www.paulettemeier.com/spiritual-wisdom.html> All CDs and downloads come with a PDF that includes liner notes, sheet music, the quotations, their sources, and Biblical references.

Sample Queries: *Be Still and Cool* (Track #1)

Be still and cool in Thy own mind and spirit, from thy own thoughts, and then thou wilt feel the principle of God to turn thy mind to the Lord God, whereby thou wilt receive God's strength and power from whence life comes, whereby thou wilt receive God's strength, to allay all blusterings, storms, and tempests.

- George Fox, 1658

- Here George Fox offers advice and instruction for Friends about centering down in worship. What helps you become centered?
- When listening for messages during worship, how do you distinguish between God's strength and power and "Thy own mind and spirit"?
- Speak of a time when your experience in worship offered a solution to the storms and tempests of your life.

Sample Queries: *Mind That Which is Eternal* (Track #12)

Mind that which is eternal, which gathers your hearts together up to the Lord, and lets you see that ye are written in one another's heart.

- George Fox, 1653

- George Fox tells Friends that the depth of our worship together is linked to the depth of our connections to each other. How have you experienced this in our meeting?
- Early Friends found that meeting together in stillness fostered tenderness and love for each other, as well as a deeper understanding of the radical teaching that all have a place in the Kingdom of God, which is not far off in the distant future but here and now. How have you seen this tenderness toward each other in our meeting?
- This quotation points to Love as the natural order, the underlying essence of life, and that what is eternal. What have you found to be “that which is eternal”?