



# Being Friends Together

Reading *Quaker faith & practice* > Autumn/Winter 2015/16 > Chapter 3: General Counsel on Church Affairs > Q132 Self-study activities

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## Activity 2A: Divine guidance and creative insight 30 minutes

### Reading + reflection + sharing

Read the first paragraph of *Qf&p* 3.02, and all of 3.06, 3.07 and 3.30. 5

Spend some time considering the following query: 15

- What experience do you have of this sense of divine guidance or creative insight breaking through, either in Quaker meeting for worship for business, or in your own personal life?

You may like to note down, doodle or mind-map your reflections.

If possible, share something of your response to this activity with others. You could do this by: 10

- sharing with a friend
- writing a letter
- sharing your reflections online - either in your own space or see <http://qfp.quaker.org.uk/reading/news> for links to discussions

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## Activity 2B: Being part of meetings for worship for business 20 minutes

### Card based response activity

This activity uses brief quotations of advice about participating in meetings for worship for business, taken from *Qf&p* 3.08 to 3.11.

Shuffle the cards and pick one at random. Read it aloud to yourself, then consider your response to the piece of advice on the card:

- How easy or difficult do you as an individual find it to follow this advice?
- Does your meeting or Quaker group need to pay more attention to this advice, or are things going ok?

Pick another card and repeat the process. Do this two or three times, depending on the time available.

You might like to share your thoughts on the second question with someone from your meeting when you next chat over drinks after meeting for worship.

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**Activity 2C: Considering Clerking or Nominations experiences** **30-40 minutes**  
**Reading + reflection + a conversation (at another time)**

*Choose to focus either on Clerkship or Nominations for this activity.*

Read *Qf&p* 3.12-3.21 if your focus is Clerkship, or 3.22-3.25 if it is Nominations. **5**

Reflect on the following questions: **15**

- Which pieces of advice regarding your chosen area resonate with you now, either because they seem important or perhaps somewhat challenging?
- If you have some personal experience of your chosen area, does your response now tally with your previous experience, or have the areas of focus or challenge changed?
- Why do you think that is?

At some point before or after you sit down to do this activity, if possible, speak to one or two Friends with experience of your chosen area, asking them to respond briefly to the following question, and perhaps sharing something of your own responses to this activity: **10-20**

- Which pieces of advice about clerkship/nominations in Chapter 3 have been especially important or challenging for you, and why?

You could do this through a face to face conversation or you could do it online. See <http://qfp.quaker.org.uk/reading/news> for links to discussions.

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## Activity 2D: Gifts

**25-55  
minutes**

Reading + reflection + journalling/creative response

Read *Qf&p* 3.22, 3.23 and 3.25.

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Consider your responses to the following questions:

10

1. Reflect on an experience of doing something that you love to do or are good at.
2. Have you ever been asked to do something, or took something on, that you felt unable or unsure about doing, yet found the strength to do it? What was that like?
3. Is there anything that you would like to do (or continue to do) as service among Friends or in the wider world, that could use any of your gifts?

Finish with an opportunity to reflect on your responses to this activity either through journalling or a creative response such as drawing, painting, claywork or music.

10-40

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