

Being Friends Together

Ways of Working > Individual or 1:1 Reflection Processes

Suggested elements for a first meeting with a spiritual friend or learning companion:

1. Worship and hellos

Taking time in silence together at the beginning will help to ground your conversation in worship.

2. Ground rules

It is helpful to consider ground rules for your work together, such as how you want the relationship to work, what kind of support you would like from one another, whether you are going to take notes of sessions together, any particular issues regarding religious language or beliefs.

3. Confidentiality

Consider the confidential nature of your conversations together, and any limits which you want to place on confidentiality.

4. Getting to know each other

You might like to share with one another about one or more of the following 'getting to know you' questions:

- What first brought you to Quakers?
- What do you most value about Quakerism?

5. Sharing about any introductory activities

You might take some time to share reflections on any introductory learning activities that you have done so far on your chosen theme or pathway.

6. Looking at learning materials together

Have a look at learning materials from your chosen theme or pathway together, if appropriate. If you have any questions about them, raise these with one another as you may be able to answer them, or can help one another find the answers elsewhere.

7. Making choices about which learning you wish to follow up

Consider the learning pathway or theme together. Are there some elements that you feel drawn to working with or to follow up? You don't have to make hard and fast decisions at this stage, but it may be helpful to consider the options together.

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8. What's coming next?

Think about the next stages of your learning journey. Which step or activity are you going to work with next? Is there specific support or resources that you would like your companion to help you access at this stage?

9. Meeting times and places

What times and places will suit you both for meeting up over the next few weeks or months as you work through the pathway? Are there any other practicalities to sort out?

10. Reviews and endings

Do you want to agree an overall timescale for your work together, perhaps including an interim point at which you will review progress and consider if both of you are happy to continue with your commitment?

11. Worship, and arranging next meeting

After all the conversation and practicalities are finished with, spending a few minutes in worship together can help bring you back to the spiritual ground for your work together. Don't forget to make arrangements for your next contact or meeting.

Adapted from *Becoming Friends: Living and learning with Quakers*, Ginny Wall, Quaker Books, 2010, and reproduced with permission

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