

Being Friends Together

Reading *Quaker faith & practice* > Autumn/Winter 2015/16 > Chapter 21: Personal Journey > Q112 Self-study activities

Spend some time considering either: 10

- an action you wish to take that could bring light to your own or someone else's darkness (see 21.20) *or*
- a way in which you could 'take your eye off the clock' and cultivate 'true leisureliness' (see 21.22)

You may like to note down some of your reflections.

If possible, share something of your response to this activity with others. You could do this by: 15

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

Activity 2B: Living in awareness 30-60 mins

Reading + spiritual practice + journalling/creative response

Read *Qf&p* 21.24, 21.27, 21.28 and 21.37. 5

Do a simple contemplative gaze practice, following guidance from BFT's Spiritual Practice & Prayer pathway (You can download this from the *Being Friends Together* webpage for this session). You may like to do this practice outside, if conditions are suitable. 15

Finish with an opportunity to reflect on your experience of this practice either through journalling or a creative response such as drawing, painting, claywork or music. 10 - 40

Activity 2C: Creativity 30 minutes

Reading + reflecting + journalling/sharing

Read *Qf&p* 21.32, 21.34 and the last paragraph of 21.38. 5

Then choose: 10

- one of the poems in Chapter 21 (or elsewhere in *Quaker faith & practice*)
- any poem that is significant to you
- any painting or work of art that is significant to you

Spend some time reading the poem or looking at a reproduction of the work of art, and reflect on why it speaks to you.

<http://together.woodbrooke.org.uk>



Being Friends Together is a joint project of Woodbrooke Quaker Study Centre (Registered Charity Number: 313816) and Britain Yearly Meeting of the Religious Society of Friends (Quakers) (Registered charity number: 1127633).



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You could take this reflection further/deeper by: 15

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

The poems in Chapter 21 can be found at 21.33, 21.47, 21.53, 21.60 and 21.67.

Activity 2D: 'I am glad I was here' 20 minutes

Reading + personal writing wall

Read *Qf&p* 21.49, 21.55 and 21.66. You could also read two or three other extracts from the subsections about youth, getting older, death and suffering and healing. 5

Spend some time reflecting on how you could finish a sentence beginning 'I am glad I was here...because/despite/when...' 15
Write down on a sticky note or piece of paper a version of your sentence(s) that you would like to be reminded of, then stick it to a surface in your house where you will see it, such as the fridge or a mirror.

You might like to share your sentence with a friend or loved one when you next speak to them.



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