

Being Friends Together

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Ways of working with groups

In this section you will find descriptions of ways of working with groups that are used in the various pathways in *Being Friends Together*. The different approaches included here are suitable for a variety of purposes and can, of course, be adapted by you to suit the needs of your group.

As well as activities involving reading, watching, discussing, sharing experiences, reflecting and doing some spiritual practice together, the pathways in *Being Friends Together* also include options for:

- doing something **active** together as a meeting, such as going on a peace walk
- being **creative**, such as art-based response activities
- getting an **external speaker** in or borrowing/buying **audio-visual resources**
- going on a related **course at a Quaker centre**, or booking an **external workshop** for your meeting
- **food, fun and fellowship**

In this way, it is hoped that there will be something for everyone, whatever their learning preferences. All the *Being Friends Together* pathways include a range of activities, some suitable for adults, some for children or young people, and some all age so that everyone in your meeting can be involved in this learning journey.

You can download or link to the various resources listed below from the *Ways of Working* page.

General

- a simple round up of the **main ways Friends work together in groups**
- more detailed descriptions of **Friendly ways of working with groups**
- guidance for **working with all age or all inclusive learning groups**
- **working with children and young people**
 - 0-12 years www.quaker.org.uk/working-children-0-12-years-0
 - 12-18 years www.quaker.org.uk/working-with-12-to-18-years
 - all ages www.quaker.org.uk/working-with-all-ages

<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: 112763).



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Specific approaches

- **active learning**

Each step on a *Being Friends Together* pathway includes an 'active learning' option, which is a suggestion for learning together through *doing*. In order to ensure that any actions taken are supported by the meeting as a whole, it would be advisable to follow a discernment process beforehand, such as taking it to your local business meeting or elders group.

To check out a selection of active learning activities, do a keyword search for 'active'.

- **Appleseed**

An Appleseed session involves input from a facilitator on a theme to provide stimulus for thought and reflection, followed by simple art-based response activities.

- basic guidance on how Appleseed sessions work
- more detailed guidance on facilitating an Appleseed session

- **Appreciative Inquiry**

An approach that can be very helpful in framing an individual's or a meeting's discernment in a positive way

- **the Boundaries Game**

A simple game exploring the 'invisible rules' of Quakerism, which can be adapted to many other contexts by making your own cards, e.g. relating to spoken ministry, testimony or Quaker roles

www.quaker.org.uk/boundaries-game

- **chat rooms**

Chat room conversations take place in groups of up to 15 people, with participants free to circulate around the rooms as they wish – the aim is to get people thinking and looking at another perspective on a topic or theme

You can chat room download guidance adapted from *Journeys in the Spirit* special issue 'Connecting as a Community'.

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- **gift squares**

a creative group reflective activity adaptable to many themes and useful for working with all ages.

- **an opportunity for discussion session**

A session that offers an opportunity to listen to, read or watch something relating to your theme, then to discuss your own responses and understanding

You can download guidance for a discussion session.

- **postcards activity**

A simple activity using images on postcards as a stimulus for thought and reflection, adaptable to many themes and useful for working with all ages

- **a Quaker Quest style session**

How to run a Quaker Quest style session exploring a theme such as worship, testimony or God.

- **reflecting on a book**

A framework for working reflectively with a book through reading and discussion over a series of sessions, with a list of suggested titles.

- **worship sharing** guidance

A way of deep reflection within a group, rooted in silence.

- basic worship sharing guidance
- more in-depth discussion of worship sharing



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