

Being Friends Together

Ways of Working > Individual or 1:1 Reflection Processes

Suggested elements for a final meeting with your spiritual friend or learning companion

1. Worship

Taking time in silence together at the beginning will help to ground your conversation in worship, so that even your last meeting together is a Quaker 'meeting for learning'.

2. Review and evaluation

Consider any of the reflections you wish to share from the most recent learning activities, as well as generally reviewing your journey together.

3. Journeying on/taking things further

What might you want to take further? What might you want to do or know more about? Consider resources in your local meeting, area meeting, Woodbrooke, Quaker Life or other learning opportunities.

4. Any needs and how to meet them

Is there anything that you need in the way of further information, support or guidance, whether about Quakers or your own needs? You and your companion may be able to help one another find the right sources of help and information.

5. Ongoing spiritual friendship?

Your relationship with your spiritual friend or learning companion is now ending, but if you are interested in finding other opportunities for spiritual friendship, talk to your meeting elders or overseers about spiritual friendship arrangements or groups in your meeting or local area.

6. Appreciations and thanks

Take time to mark your appreciation for the gift of each other's time and friendship during the learning you have done together.

7. Cake and celebration!

Perhaps you would like to share a little something to celebrate the end of the course?

8. Letting go and saying goodbye

It is good to take the chance to say goodbyes (as far as your work together on this specific piece of learning is concerned) and acknowledge the end of this particular time you have spent together.

<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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9. Closing worship

Finish your session together with a few minutes of worship. It is important after all the conversation and practicalities are finished with that you take a moment to return to the spiritual ground for your work together.

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



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