

Quaker Faith and Practice 2.16 and 17. “[The early Friends] made the discovery that silence is one of the best preparations for communion [with God] and for the reception of inspiration and guidance. Silence itself, of course, has no magic. It may be just sheer emptiness, absence of words or noise or music. It may be an occasion for slumber, or it may be a dead form. But it may be an intensified pause, a vitalised hush, a creative quiet, an actual moment of mutual and reciprocal correspondence with God.” Rufus Jones 1937

“Meeting is the chance to escape from the trivial thoughts of everyday living, and to find answers from yourself or from God. Some people are scared of the silence. Without the noise that serves to reassure us, that blocks out thoughts we’d rather not have, we’re vulnerable and find it’s time to face ourselves. We can never hide from God, but it’s easy to minimise the effect he has on our lives – except in the silence where he can heard. Don’t feel restricted by the silence, it is there to set you free from the pressures of life. No-one is judging your movements, your thoughts...Freedom of expression is the freedom to worship God on your own terms. Value the opportunity to think unguided by the world. Learn what you feel you need to know, let other information pass. No moment of silence is a waste of time.” Rachel Needham 1987