

## Reflections

Recently Quakers have held a national outreach week, to help make our particular approach to faith, more accessible. One of the outreach cards contains the following words.

What do Quakers say?

There is something sacred in all people.  
All people are equal before God.  
Religion is about the whole of life.  
In stillness we find a deeper sense of God's presence.  
True religion leads to respect for the earth and all life upon it.  
Each person is unique, precious, a child of God.

I think all these statements are wonderful and true, but often it is difficult to be in touch with the 'sacred' in ourselves. So how do we connect with it?

An article by Michael Leunig expresses our search very well. 'How do we find this treasure hidden in our life? There are many ways and each person must find their own way. Not only is a humble acknowledgement

of the soul's existence important, but also a desire to care for it and make it strong. The search for the Spirit leads to love and a better world for us and

those around us. When prayer occurs our soul is revitalised, the garden is watered.'

For me, the stillness and silence of a Quaker meeting for worship provides a special space to experience a deeper sense of God's presence. A place

where prayer occurs and the soul is nurtured.

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