

Quakers seek to demonstrate our principles through the way we live. We hope that others will be inspired also to live our shared values of Integrity, Peace, Equality, Simplicity and Sustainability. Living these values is essential to our Faith, and through them we hope to inspire and create a more just, peaceful, honest and sustainable world for all. We seek this practice in our own lives, in our relationships with others and in the broader society.

From those who have resisted war and stood firmly for peace in troubled times and places, to those who have taken direct action to oppose slavery and all forms of bigotry, Quakers have a respected history of living out our values. Today we attempt to continue this practice, opposing violence and bigotry and working for a more sustainable society in the context of Aotearoa New Zealand.

In this leaflet five Quakers share their stories. We asked them to tell us about their experience of Quaker community, living, faith and worship.

**Q**uakers Aotearoa  
NEW ZEALAND  
Te Hāhi Tūhauwiri

**Find out more:**

[www.quakers.nz](http://www.quakers.nz)

**QUAKER  
LIVING**

“

**Moira**

How does my Quaker faith influence my life? I try to live with integrity and respect for others, nature and the planet, and to listen with careful awareness and a compassionate and caring heart. Quaker values inform and challenge my choices and actions. The process of decluttering, reducing waste and recycling are ways I live simply. Through active contemplation and contemplative action, the peace I find outside myself is equal to the peace I find inside.

”

“

**Lucas**

The 'Testimonies' aren't commandments or rules to be followed. They are principles that I strive to be guided by in my everyday life. As a lawyer, the 'Integrity Testimony' has strongly influenced the way I work. It seems to me that most lying comes from people not thinking clearly about what is true and untrue, and consequently just saying whatever seems most convenient to them. When I feel tempted to tell 'white lies' or gloss over inconvenient truths, the Integrity Testimony reminds me to front up to reality in my own head - both positive and negative. When I can accept the truth, I feel far less inclined to tell lies.

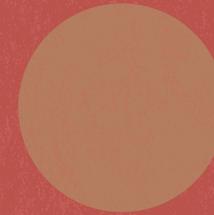
”

“

**Eleanor**

Recently, I find myself dwelling more and more on the Quaker values. Although not unique to Quakers, these values seem more important than ever in today's uncertain times. They underpin the way I try to live my life. I don't always feel that I do a good job, but I feel that my Quaker faith helps keep me on the right path.

”



**The values of peace, simplicity, equality, integrity, and care of creation have been dear to Quakers since their early history.**

“

**Vincent**

For me, any spiritual practice should help shape my life and values so that I can be a better person both internally and in community. Quakerism provides a framework of principles that allows for ongoing enrichment. The test of Quaker living is that one keeps trying, not that one has arrived. Knowing my Quaker community believes this, I feel my own quest is nurtured and honoured. It also encourages me to take responsibility for the spiritual wellbeing of others.

”

“

**Maia**

Staying true to the values that Quakers share has helped me make decisions about my life and future that are true to myself. I feel secure in my choices as I am gently supported by the Quaker community. Knowing I can turn to others for a listening ear and some reassurance from those who share my values has been such a help in my twenties - a time of much change in my life. Quakerism has helped me to find and celebrate wonder in this very beautiful, but also challenging world in which we live.

”

See our five Quaker journeys in full at  
**[www.quakers.nz/Journeys](http://www.quakers.nz/Journeys)**

