

For more information about  
Quakers go to our website:  
[www.quakers.nz](http://www.quakers.nz)

Contact Yearly Meeting Outreach  
[ymoc@quakers.org.nz](mailto:ymoc@quakers.org.nz)

Local Meeting contact:  
Ph no.:

You might also be interested in our  
other informative leaflets in which five  
Quakers share their spiritual journeys:

**QUAKER WORSHIP**  
**QUAKER COMMUNITY**  
**QUAKER LIVING**  
**QUAKER FAITH**

Ask us for them.

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

**Quakers Aotearoa**  
NEW ZEALAND  
**Te Hāhi Tūhauwiri**

**YOUR FIRST TIME  
AT A**

**QUAKER  
MEETING**

## Nau Mai, Haere Mai

### Welcome to your first Quaker Meeting

We are happy to see you.

Come on in, sit anywhere you like. If you have children with you, they are welcome to stay with you. If the Meeting has a children's space someone will invite them to join in the children's activities if they wish.

Our Meeting lasts an hour and ends with us shaking or joining hands with the people around us. There may be tea and coffee afterwards and you're welcome to join us.

Our Meetings for Worship are based on silent listening. It's a shared activity and it's an experience unlike any other. It might be receiving an insight, healing, or a sense of calm. Because it's a shared activity it might be a sense of belonging, a feeling of closeness to those around you, or a common purpose.

As one Friend has said: "It took me ages to work out what happens for me in the silence. No one tells you; you have to experience it for yourself, because it may be different for everyone and every time."

Sometimes, someone may speak. Everyone is free to do that. Any message given is spontaneous rather than pre-prepared. It rises out of our silent contemplation. Another Friend comments: "In our Meeting we have a Friend who shares every so often, usually about a commonplace event in his life. It usually starts me thinking about the meaning for my life. If it leads to others speaking later, it can be quite magical!"

It's best to leave space between contributions so everyone can reflect on what's been said.

Even when there is an hour of silence, a Meeting can be just as enlightening or moving.

After the Meeting ends, there may be time for reflections when you can talk about your experience if you wish.

If there are children present, they will usually spend some time in the Meeting to share in the silence. Often children will speak during reflections about their activity. We love it when children join us, and the energy they bring. Quakers consider children and their spirituality as equal to adults and we value what they have to say.

We hope you enjoy your first Quaker Meeting. Join us for tea, feel free to talk to anyone afterwards, and feel welcome to come again.

