

Sharing stories, sharing connection

Finding common ground in surprising places

Take time to learn about other people's experiences of the Light. Remember the importance of the Bible, the writings of Friends and all writings which reveal the ways of God. As you learn from others, can you in turn give freely from what you have gained? While respecting the experiences and opinions of others, do not be afraid to say what you have found and what you value. Appreciate that doubt and questioning can also lead to spiritual growth and to a greater awareness of the Light that is in us all. Quaker Advices and queries 5

Invite people to bring an object that tells a meaningful story.

As a guide, you could suggest that people think about things that represent a turning point or a significant experience in their lives, or simply something that makes them happy.

To make the activity more inclusive, consider providing alternative options for people who may not have an object they feel comfortable sharing. For example, they could share a photo or drawing representing a significant moment in their life.

Gather in a circle with a table at the centre. Take turns to tell the group about the object and the story linked to it. You might like to alternate older and younger voices.

Set a time limit and find some way of giving a minute's warning to time up. Invite people to place the object on the table when the story ends for everyone to see.

After, enjoy some refreshments, and learn more about each other whilst sharing simple food and drinks.







