

Some Guidelines for Worship Sharing

- We wait in silent worship, in union with each other, and share gleanings from our spiritual journeys.
- Our purpose is to search together in silence for God's truth and inspiration. We also hope to draw closer as a community by sharing deeply our spiritual experiences.
- No Friend is ever required to speak. Be a better listener than a speaker, but if you do share speak up and speak clearly for those who may be hard of hearing.
- In order to allow the space for each of us to share, be mindful of the length of one's offering. Typically each Friend shares only one time until all others have spoken.
- Listen fully to each person's words. Please do not interrupt or comment upon what another Friend has shared.
- Allow ample worship between sharings. Hold the gift that each person offers in the Light, without judgment.
- Try to speak from your own experience, rather than speaking of the experience of others or of abstract ideas.
- Avoid commenting on, or responding directly to, what someone else has said. One may, of course, share on themes or concerns raised by another as they apply to one's own life.
- Please do not repeat elsewhere what you have heard. Please respect the confidentiality of what is shared in the Worship Sharing session.
- Worship sharing depends on our respecting and honoring each other.