

There will be a special Seekers Group conversation on Sunday, April 10, 2016 from 11:30-1:30 in the Community House on *Worship in the Manner of Friends*. We'll share lunch (bring your own or something to share) and consider "What are all those people doing with their eyes shut?"

More than just a tutorial on the theology of Friends form of worship (though we can talk about that), the hope is that this will be an opportunity for sharing our wisdom and struggles while sitting in unprogrammed meetings.

Why do you come to worship? How does it feed you? How do you center? What do you do when your mind just won't stop? Do you have physical sensations when you've been given a message to speak? How do you discern whether or not it's a message for the entire group or just a new startling insight for you personally? Do you have a story about a transforming moment that has happened in Worship?

It is understandable why Friends have a really hard time putting all of this into words, but it is so helpful to share our wisdom and struggles. Meeting for worship takes patience and a real leap of faith – but for some of us it becomes as necessary as breathing.

We come together in Silence because we believe, or hope, that we can be really truly joined by the Eternal Seed of Love in a spiritual river and communion. We believe that this Spirit, this God, this Light, can literally guide the course of our lives, if we practice and listen. Sometimes we are given words to speak for the good of one or all in the circle.