

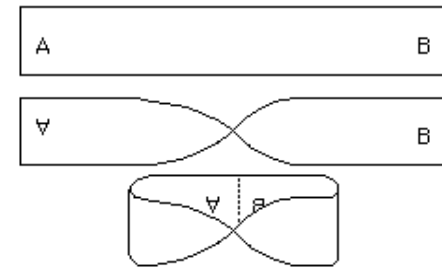
Quaker witness is an outward and visible sign of an inward and invisible grace.

This is the classic definition of a sacrament. It means to live, walk, speak and act in the world, not as our anger, guilt, fear or despair shapes it for us, not as our personal hopes or political ideologies would shape it for us, but as it is re-shaped, again and again, in our ongoing encounters with God.

Quaker Witness as Sacrament, p. 30

On a strip of paper that is 11” x 1” write “Witness” on one side and “Prayer” on the other. Add your own words describing what these two words mean.

Make a Mobius Strip out of the strip by bringing one end to meet the other in a ring, but give the end a 1/2 twist (turn it over) before touching the other—then tape the ends together.



Hold the strip between your thumb and finger and pull it through them. Continue this and reflect on the strips for five minutes in silence.



Simple