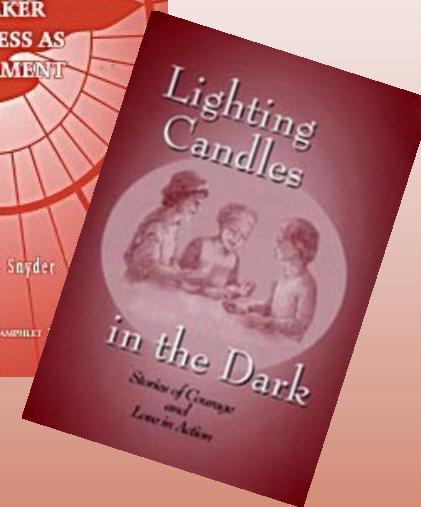
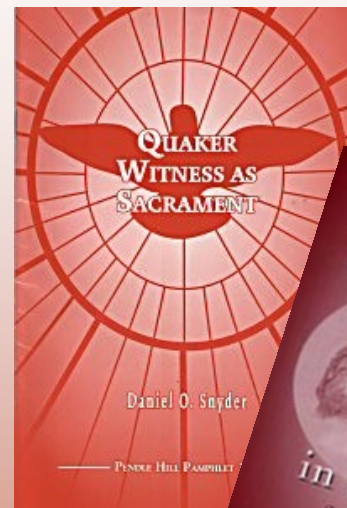


One Book, One Yearly Meeting



*Making Connections
Through Books*



2010-2011

One Book One Yearly Meeting
is a program to bring Philadelphia
Yearly Meeting together over a
good book.

One Book One Yearly Meeting offers books,
a curriculum and encouragement to
Friends and meetings to explore the theme
of our Yearly Meeting Sessions:

We Make the Road by Walking
How are we called to be prophetic
in our witness?



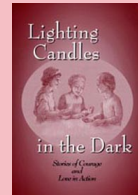
For more information on ***One Book*** contact:
Christie Duncan-Tessmer,
Associate Secretary for Program and Religious Life
215-241-7008; christiedt@pym.org

This year's book selection:



What happens when we understand prayer as a kind of "inward activism" and political witness to Friends testimonies as a kind of "outward prayer?" The author concludes that rather than competing with each other, these two calls are parts of a single whole that must be joined if he is to be faithful to either.

And its companion, appropriate for all ages:



These are stories of courageous people who used nonviolent and creative action in difficult and dangerous situations. Some of the stories are taken from Quaker history, others focus on helpfulness, fairness, the power of love, and care of the earth.

One Book One Yearly Meeting Committee:

Joan Broadfield, Chester Monthly Meeting
Patricia Henry, Valley Monthly Meeting
Kathy Singer, Abington Monthly Meeting
(Children's Religious Life Coordinator)
Christie Duncan-Tessmer, Chestnut Hill Meeting
(Associate Secretary for Program and Religious Life)

HOW TO USE THIS GUIDE



One Book One Yearly Meeting

We've written this guide in
three Sections:

- .Simple,***
- .More Engaged***
- .Change Your Life***

After reading Quaker Witness as Sacrament and dipping into the multigenerationally-friendly companion, Lighting Candles in the Dark, you can use this guide to dig into the readings, as a group, with a partner or for your own personal reflection.

The ***Simple*** section includes activities and reflections that you can do easily. We hope the ideas stay with you for awhile and lead you to become more engaged.

Activities in the ***More Engaged*** section may require some preparation or some time commitment. They may ask you to bring the Truth in the writings closer to your life.

The last section, ***Change Your Life***, will prompt you to not just learn about the coming together of action and prayer, but to *live* it.

Flip to the back of this guide for more resources and for suggestions of WHERE to use this guide and these readings.

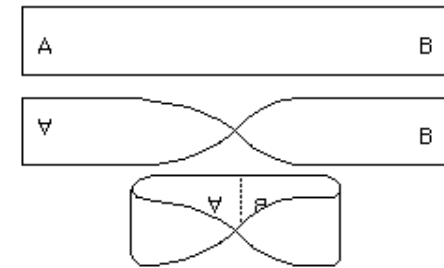
Quaker witness is an outward and visible sign of an inward and invisible grace.

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

This story takes place about two thousand years ago in the land and time of Jesus... people walked where they needed to go... and carried what needed to be carried on their backs. [The land of Israel] was ruled by Rome. One of the Roman laws was that any time he wanted to, any Roman soldier could demand that someone carry his pack for a mile... People hated the Roman soldiers and they hated that law.

Lighting Candles in the Dark, p 40

Jesus said:

If someone forces you to go one mile, go with him two miles.

Why did Jesus say this and

what did he mean?

In the story, an Israelite child carried a Roman soldier's pack two miles. Act out these two scenes from later that evening:

- The Israelite's dinner conversation
- The soldier's dinner conversation

This activity adapted from FGC's Lighting Candles in the



Simple

*The sacramental life, a life so grounded
in inward Presence that its outward
dimensions are a transparent witness to
Spirit, is a vision I have only glimpsed.*

Quaker Witness as Sacrament, p. 4

**What would your
life look like if it
were grounded in
inward Presence
morning to evening?**

Draw a picture of it.

Write some queries that will help
you find this vision throughout
your day.



Simple

The missionaries said, “We have come to teach you about a great and good man. He went around the country helping people. He healed those who were sick. He taught many valuable lessons through the stories. He loved children and had a special way with them”... When the missionaries stopped for breath, the people said “Oh yes, we know that man. We know him well... Come we will take you to him.”

Lighting Candles in the Dark, p. 103-104

Our daily lives speak volumes about who we are and what is at the foundation of our lives.

If missionaries came to your village, to your meeting, and watched your life, what would they know about the foundation of your life? Write a report from the missionaries back to their home church.



Simple

I finally realized that [I would have] no peace until I found some way to respond. I had no map for the journey, and my restlessness came with no words or instructions, but only with an imperative that I find a way to live that did not require my ignoring [injustice].

Quaker Witness as Sacrament, p. 5

On a large piece of paper, sketch the outline of a map and add a dotted line representing the route of a journey across the map.

x

Share stories of journeys toward justice from your experiences.

As Friends share, lift up some of the waypoints and language they have discovered on their journeys. Write them down along the dotted line on the map. Include internal experiences such as prayer practices and external milestones such as speaking Truth to power. You might map in language and waypoints Daniel Snyder shares as well.

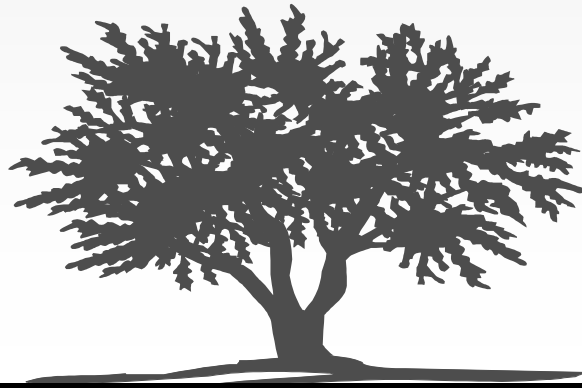
Reflect on surprise discoveries of the journey.



More Engaged

I had deep admiration for Gandhi, King, and countless others less well known who seemed to live and act out of boundless energy, who seemed truly at peace, even joyful, in spite of giving their energies every day to confronting massive and complex powers that seemed utterly possessed by overwhelming arrogance and greed.

Quaker Witness as Sacrament, p. 7



Find out more about someone who both confronts massive and complex power and who seems truly at peace.

Look deeply:

What are the beliefs and what are the practices that sustain this person?

Look deeply at yourself:

What are the beliefs out of which you operate? What practices do you maintain? Do these beliefs and practices encourage your evolution? What do you have to learn?

More Engaged

[John Woolman] made an important discovery. Slavery was a deep festering sore in the whole society, hurting the owners as well as the slaves. Owners lived useless lives, not working themselves but becoming wealthy by the labor of others. John spoke to them gently, with love, trying to make them see the harm that slavery was causing to everyone. When he returned home, John was clear that slavery was a terrible wrong against God. But how could he, one young Quaker man, convince even other Quakers who were used to this way of life?

Lighting Candles in the Dark, p. 74



Draw two pictures:

Draw a terrible wrong that hurts our whole society.

Draw what you can do to convince other Quakers who are used to their way of life about this terrible wrong.

Now convince your Friends.

More Engaged

Beginning to pray was like opening a door to a room in my soul that I had not known was there. Every imaginable doubt, question, resistance and fear arose during my times of turning inward, but everything I was learning... was encouraging me simply to wait in the Light and to allow it to draw me down into the seed of Life. I was both inspired by this advice and terrified by it.

Quaker Witness as Sacrament, p. 7

Fold a piece of paper in half:
Imagine it is a door.

On the front of the closed door,
write the words:

Waiting in the Light

Open the door and settle into waiting worship. As you settle, write in pencil on the paper any thoughts, questions, resistance or fears that arise during your time of turning inward.

Acknowledge these and let yourself be drawn down into the seed of Life.



More Engaged

Re-imagine prayer as a kind of inward activism and political work as a kind of outward prayer. p. 23

Meeting for Worship is a pattern for witness in the world... Quaker witness must likewise be grounded in the hope that our lives will quicken the Life within others and that they will come closer to the direct witness of the Inward Teacher. p. 21

If the best of activism consists in an energetic, committed seeking of truth, and a clear, firm, and loving confrontation of all that obscures it, then this same energetic commitment can be brought to prayer.

Quaker Witness as Sacrament, p. 24



Is your starting place more in the realm of activism or prayer?

Pair up with someone whose starting point is different from yours. Share your experience and listen deeply to your partner's experience.

Spend a week living as if the opposite realm is your starting place.

- ♦ Operate out of a different perspective.
- ♦ Engage in a different practice.
- ♦ Check in with your Friend during and at the end of the week.
- ♦ Share your experience.
- ♦ Listen to your partner's experience.

Change your life

To undergo an interior revolution of the Spirit is to have one's whole life remade in a new pattern. Old concerns fall away and new ones take their place; the fears and burdens of the old structures of identification are replaced by a sense of standing on new ground with new vision, new hope and a joy that seems surprisingly steady, even in the midst of a world that often seems bleak.

Quaker Witness as Sacrament, p. 27



Sit with someone with whom you have a prayer or spirit relationship.

**Share a new pattern of life
that you have wanted
to explore.**

Ask your friend to support you by:

- asking questions
- reflecting back
- taking notes

Take this as deep as possible.

After this experience, offer the same to your partner for another time.

Change your life

Mary Fisher was an uneducated woman of thirty when she heard George Fox speak. His message changed her life and gave her courage she never dreamed that she had... The most dangerous journey Mary Fisher was led to make was to the Sultan, the ruler of Turkey... Mary Fisher reached Turkey after a six-hundred mile trip alone, on foot and unarmed.

Lighting Candles in the Dark, pp. 34-36

Arundati Roy writes, "Another world is not only possible, she's on her way... if I listen very carefully, I can hear her breathing." Let us now come to that Stillness, in our hearts, in our communities, and in our world. And let us listen, very carefully, for the Breath of God.

Quaker Witness as Sacrament, p. 33

As she walked the six-hundred miles to Turkey, what might Mary Fisher have thought about, reflected on and prayed over?

Go for a walk.

Slowly.

A Meditation Walk.

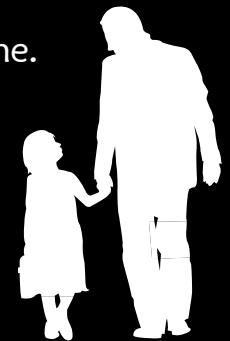
As you walk, notice your breathing.

As you move forward, breathe evenly.

Breathe in...Breathe out... Breathe in...

Breathe out... Breathe in on one step and breathe out on the next step.

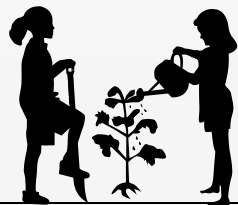
Walk and breathe. Walk and breathe.



Change your life

HOW TO USE

One Book One Yearly Meeting



WITH ALL
AGES
TOGETHER

With
Adults

On your
own

In a small group

- ♦ Read the pamphlet or a story from Lighting Candles and follow up with an activity in First Day School.
- ♦ Create a book club at Meeting

WITH THE WHOLE
MEETING!

- ♦ Try an activity at the rise of worship instead of announcements one week.
- ♦ Use one of the activities during a regularly scheduled potluck

With a
Friend

With
Children

More Resources

The Irresistible Revolution by Shane Claiborne
(speaker at summer sessions 2010)

Radical Witness: Four Talks On Faith Made Manifest in the World
edited by Sarah Spencer

Mysticism And Activism: Learning From John Woolman
by Michael Birkel

Fit for Freedom, Not for Friendship: Quakers, African Americans and the myth of racial justice by Donna McDaniel and Vaness Juley (speaker at March Sessions 2010)

Lighting Candles in the Dark Study Guide by the FGC Religious Education Committee

Faith & Play: Quaker stories for Friends trained in the Godly Play® method by the PYM Faith & Play Working Group

Faithful Voices: Oral readings exploring beliefs in action
by Ed Schwartz

These books
are available
from:



QuakerBooks of FGC quakerbooks.org 215-561-1700

(mention *One Book* and get a 10% discount!)

