



Becoming Friends

Living & Learning with Quakers



Topic unit group work options

- Becoming Friends was originally designed as an online course for individual newcomers to Quakers, who would be supported by 'companions' in their meetings, with options for group discussions included throughout the course. In fact, many meetings have chosen to provide Friends with regular opportunities to engage with the Becoming Friends course in a group setting as well as on an individual basis. These outlines of group approaches to each topic unit have been put together in response to requests from Friends who want to follow this combined approach in their meetings.
- Please note that the following session outlines are simply suggestions of ways that you might want to adapt or combine elements of the 'Distinctives', 'Discovery' and 'Deepening' activities from each topic unit for a group session in your meeting. We hope you will experiment with different combinations and adapt activities to suit your own local needs and circumstances.
- You may well find that you want to allow more time for the activities than is given in these outlines. These outlines were designed as brief 'taster' sessions for each topic unit, which can then be supplemented with individual work using the Becoming Friends materials in between group sessions. You may prefer to lengthen the times allowed for each activity and take 2 or 3 sessions to cover each topic unit.
- Audio resources from the online course can be downloaded in advance of a session onto a laptop or mp3 player and played on these, possibly using small portable speakers to boost volume. The video resources are all contained on the DVD *An Introduction to Watford Quakers* available for £5 from the Quaker Centre bookshop (Tel: 020 7663 1030 Website: www.quaker.org.uk/bookshop Email: quakercentre@quaker.org.uk).

Becoming Friends

Advices & Queries unit – group work option

- **Introductions and brief worship** **5 mins**
- **Brief go round about what's happened since last session** **15 mins**
- **Advices & Queries unit activities** **60 mins**
 - a. Aims and brief overview of unit 5
 - b. DISTINCTIVES 1: Reading sections of *Advices & queries* 10
 - read extracts from *A&q* round group – online or in red book
 - or DISTINCTIVES 3: How young Friends made their own advices and queries
 - listen to the story from 'Beyond Consensus'
 - c. DISTINCTIVES 4: Watch the video 'Are Quakers Woolly Minded Liberals?' 5
 - watch video
 - d. DISCOVERY 1: Discussion about the advices and queries 20
 - in whole group (worship sharing or group discussion)
 - or DISCOVERY 3: What's your favourite of the advices and queries?
 - in whole group (worship sharing)
 - e. DEEPENING 3: Writing an advice and query 20
 - private or pairs writing activity
- **Time to reflect in whole group, pairs or 3s on any aspect of the session** **15 mins**
- **Info about next session/practicalities etc** **5 mins**
- **Concluding worship** **5 mins**

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Deep Roots and New Growth unit – group work option

- **Introductions and brief worship** **5 mins**
- **Brief go round about what's happened since last session** **15 mins**
- **Deep Roots and New Growth unit activities** **60 mins**
 - a. Aims and brief overview of unit 5
 - b. DISTINCTIVES 1: An overview of Quaker history 20
 - read and discuss parts of the extract from *A light that is shining*
 - could look at Quaker timeline alongside
 - or DISTINCTIVES 2: Meeting early Quakers
 - read extracts from *Qf&p* round group – online or in red book
 - discuss any individuals in more detail
 - c. DISCOVERY 1: What do our Quaker roots mean to us? 25
 - listen to the extract by Deborah Rowlands about her Quaker roots
 - whole group discussion with input from 2 or 3 experienced Friends about what their Quaker roots mean to them
 - or DISCOVERY 4: Talking about Quaker stories from the past
 - read one or more of the suggested stories from *Qf&p* round group
 - whole group discussion with input from 2 or 3 experienced Friends about Quaker stories that speak to them
 - d. DEEPENING 4: How do Quaker stories speak to you? 10
 - private or pairs reflective activity (could journal in response to one or more of the questions)
- **Time to reflect in whole group, pairs or 3s on any aspect of the session** **15 mins**
- **Info about next session/practicalities etc** **5 mins**
- **Concluding worship** **5 mins**

Becoming Friends

Experiencing Quaker Community unit – group work option

- **Introductions and brief worship** **5 mins**
- **Brief go round about what's happened since last session** **15 mins**
- **Experiencing Quaker Community unit activities** **60 mins**
 - a. Aims and brief overview of unit 5
 - b. DISTINCTIVES 2: Local, area and national Quaker structures 10
 - look at diagrams and read extracts from *Qf&p* round group – online or in red book
 - or DISTINCTIVES 4: Elders, overseers and clerks
 - read extracts from *Qf&p* round group – online or in red book
 - c. DISTINCTIVES 3: The Quaker business method and decision-making 10
 - watch video
 - d. DISCOVERY 3: How have local Friends experienced their role as elder, overseer or clerk? 20
 - whole group discussion with input from 2 or 3 experienced Friends about their experience in these roles
 - or DISCOVERY 4: What are Quaker business meetings really like?
 - whole group discussion with input from 2 or 3 experienced Friends about their experience of Quaker business meetings
 - e. DEEPENING 2: Your own experience of community 15
 - read *Qf&p* 10.19, then private or pairs reflective activity (could journal in response to the questions)
- **Time to reflect in whole group, pairs or 3s on any aspect of the session** **15 mins**
- **Info about next session/practicalities etc** **5 mins**
- **Concluding worship** **5 mins**

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Faithful Diversity unit – group work option

- **Introductions and brief worship** **5 mins**
- **Brief go round about what's happened since last session** **15 mins**
- **Faithful Diversity unit activities** **60 mins**
 - a. Aims and brief overview of unit **5**
 - b. DISTINCTIVES 1: *Quaker faith & practice* on diversity of belief **10**
 - read extracts from *Qf&p* round group – online or in red book
 - or DISTINCTIVES 2: A Quaker faith in transition
 - listen to the extract from 'Tradition and Transition' by Alex Wildwood
 - c. DISTINCTIVES 3 and 5: Are Quakers Christian? / How do Quakers relate to other faiths? **10**
 - watch videos
 - d. DISCOVERY 3: Reflecting on the grounds of our faith **20**
 - whole group worship sharing in response to focus questions
 - or DISCOVERY 4: Discussion about what diversity means to us
 - whole group discussion in response to the introductory questions
 - e. DEEPENING 1: Your own faith journey **15**
 - private or pairs reflective activity (could journal in response to the questions)
- **Time to reflect in whole group, pairs or 3s on any aspect of the session** **15 mins**
- **Info about next session/practicalities etc** **5 mins**
- **Concluding worship** **5 mins**

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Faith in Action unit – group work option

- **Introductions and brief worship** **5 mins**
- **Brief go round about what's happened since last session** **15 mins**
- **Faith in Action unit activities** **60 mins**
 - a. Aims and brief overview of unit 5
 - b. DISTINCTIVES 1: Faith into action in *Quaker faith & practice* 10
 - read or listen to audio clips of *A&q* 31-42
 - read extracts from *Qf&p* round group – online or in red book

or DISTINCTIVES 2: Acting under a 'concern'

 - listen to the extract from Marion McNaughton's presentation to the QPSW conference 2009
 - c. DISTINCTIVES 3: Quakers talk about the testimonies 10
 - watch video
 - d. DISCOVERY 2: Exploring local Friends' experience of faith in action 20
 - whole group discussion with input from 2 or 3 experienced Friends about their experience

or DISCOVERY 3: Discussion about issues of concern

 - whole group discussion in response to the introductory questions
 - e. DEEPENING 1: Your own experience of living out your beliefs 15
 - private or pairs reflective activity (could journal in response to the questions)
- **Time to reflect in whole group, pairs or 3s on any aspect of the session** **15 mins**
- **Info about next session/practicalities etc** **5 mins**
- **Concluding worship** **5 mins**

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Silence and Waiting unit – group work option

- **Introductions and brief worship** **5 mins**
- **Brief go round about what's happened since last session** **15 mins**
- **Silence and Waiting unit activities** **60 mins**
 - a. Aims and brief overview of unit **5**
 - b. DISTINCTIVES 1: The nature of Quaker worship **10**
 - read extracts from *Qf&p* round group – online or in red book
 - c. DISTINCTIVES 3: Friends' experiences of meeting for worship **15**
 - listen to some audio clips

 - or DISTINCTIVES 4: The 'gathered' meeting
 - watch video
 - d. DISCOVERY 2: Discussion about experiences of meeting for worship **20**
 - in whole group (worship sharing)

 - or DISCOVERY 4: How do Quakers become still in meeting for worship?
 - in whole group (worship sharing)
 - e. DEEPENING 1: Reflections on silence in our lives **10**
 - private or pairs reflection/journaling
- **Time to reflect in whole group, pairs or 3s on any aspect of the session** **15 mins**
- **Info about next session/practicalities etc** **5 mins**
- **Concluding worship** **5 mins**

Becoming Friends

The Sacred in the Everyday unit – group work option

- **Introductions and brief worship** **5 mins**
- **Brief go round about what's happened since last session** **15 mins**
- **The Sacred in the Everyday unit activities** **60 mins**
 - a. Aims and brief overview of unit 5
 - b. DISTINCTIVES 1: The sacramental nature of life 10
 - read extracts from *Qf&p* round group – online or in red book
 - c. DISTINCTIVES 3: Choices and discernment 10
 - read extracts from *Qf&p* round group – online or in red book
 - or DISTINCTIVES 4: The confident Quaker voice
 - read extracts or listen to audio clips about 'Coming out as a Quaker' at work and *Qf&p* 19.16
 - d. DISCOVERY 1: Discussion about Quaker approaches to everyday choices 25
 - in whole group
 - or DISCOVERY 4: How are you different since coming to Quaker meeting?
 - in whole group (worship sharing)
 - e. DEEPENING 2: Looking for the sacred by reviewing the day 10
 - private reflection/journalling
- **Time to reflect in whole group, pairs or 3s on any aspect of the session** **15 mins**
- **Info about next session/practicalities etc** **5 mins**
- **Concluding worship** **5 mins**

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Speaking of God unit – group work option

- **Introductions and brief worship** **5 mins**
- **Brief go round about what's happened since last session** **15 mins**
- **Speaking of God unit activities** **60 mins**
 - a. Aims and brief overview of unit 5
 - b. **DISTINCTIVES 1: How do Quakers experience God?** 10
 - read extracts or listen to audio clips from 'Twelve Quakers and God'
 - or **DISTINCTIVES 2: Who is Jesus for Quakers?**
 - read extracts from *Qf&p* round group – online or in red book
 - c. **DISTINCTIVES 3: What do Quakers believe about God?** 5
 - watch video
 - d. **DISCOVERY 1: Discussion about Quaker approaches to Jesus** 25
 - in whole group
 - or **DISCOVERY 4: 'Speaking of God' in my local meeting?**
 - prepare brief pieces before session or spend 5 mins at start of this activity
 - in whole group (worship sharing)
 - e. **DEEPENING 2: Writing your own statement of belief** 15
 - private reflection/journaling
- **Time to reflect in whole group, pairs or 3s on any aspect of the session** **15 mins**
- **Info about next session/practicalities etc** **5 mins**
- **Concluding worship** **5 mins**