

# Acceptance

Telling it like it is



“Speaking the unspeakable, admitting the shameful, to someone who can be trusted and who will accept you in love as you are, is enormously helpful.”

*Quaker faith & practice 12.01*

The value of plain and honest speaking is well-established within Quaker spirituality. Integrity demands truthfulness and consistency. When the Spirit reveals our flaws and limitations, it is important for us to admit outwardly what we have found to be true inwardly. A willingness to accept our complicity with systems of violence, injustice, cruelty and destruction, helps us to face up to what has gone wrong, and join with others in discerning a better way. Knowing that we are loved and forgiven can also help us show gratitude and joy in all we do.

## Ecological Reflection

Affluent people in Western societies have benefited greatly from the exploitation of other humans, animals and the natural world. These privileges are embedded in our daily lives, for example, in the things we buy, and what we eat and drink. A willingness to accept our involvement in these forms of injustice represents a form of confession. It can help us to begin to break out of destructive patterns of behaviour, and seek new ways of living, that are in right relationship with the rest of creation.

### Query

**In responding to the promptings of love and truth in your heart, are you willing to publicly acknowledge your complicity with systems of violence, injustice, cruelty and destruction, and join with others in discerning a healthier and more just way of living? What might be preventing you from doing this?**