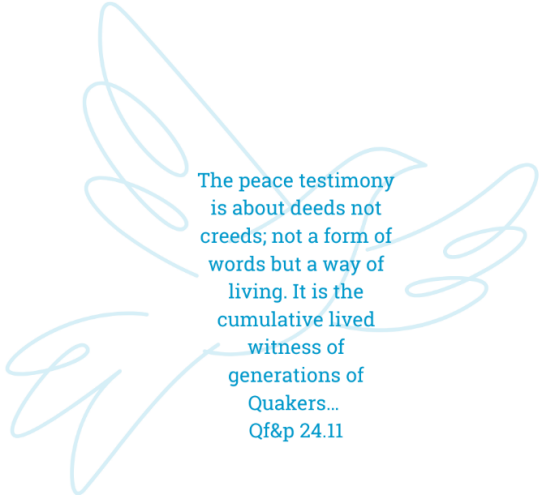


# Journeys in the Spirit



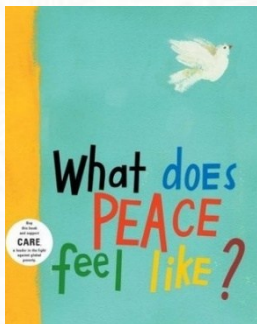
November 2025

Peace on Earth



The peace testimony is about deeds not creeds; not a form of words but a way of living. It is the cumulative lived witness of generations of Quakers... Qf&p 24.11

## Read



*What does Peace feel like?* Vladimir Radunsky. Available from second-hand online bookshops or libraries.

This beautifully illustrated book uses the five senses to describe what peace is like.

The author of this book interviews children and invites them to share their thoughts on peace. Ask the children what they would say. Get out the paper and paints and try making your own peace feelings book.

By doing this, you will see how peace feels different for everyone. For one child in the book, peace was like vanilla ice cream — very tempting to most people, I imagine! As Quakers, we find the silence we hold peaceful most of the time. How do other faiths seek peace?



We continue to witness war and unrest throughout the world in the name of difference. November marks [Interfaith Week](#) in the UK. A time to explore Interfaith issues and strengthen relationships with faith and belief groups within our local community. Is there anything happening in your community that you could join? Can you find out about these groups and how they worship or work in the community. What things are the same? In seeking to understand, we learn and grow closer. To learn how Quakers engage with other faith groups, read [this blog](#) by Judith Baker, QiB Ecumenical & Interfaith Officer.

## Different/Same Game

Begin in a circle and invite everyone to share a fun characteristic or description, such as children with a birthday at Christmas, children who have a pet, or children who love chocolate. When a characteristic is called out, any child who fits it moves to the centre of the circle, then returns to their spot.

Talk with the children about whether the groups in the middle always included the same people. Could they tell just by looking at someone if they were going to have that characteristic? Were all the groups the same size? Were there some surprises? Were they all equal in size? Even though we are different, we still have things in common.

This game was taken from the Peace Week pack available [here](#).

## Peaceful inside

Having inner peace benefits us and those around us, but in the busyness, how do we achieve it? Different things work for different people. For some, it's yoga; for others, breath work; and some prefer music. Do children have their own way of becoming peaceful? When do they use it?



[John Lampen](#), a Quaker Peacemaker, has written the book '[Peaceful Inside](#)' with ways to become more peaceful and deal with difficult feelings. Create the opportunity for the children to try each other's peaceful practices.

### Peace and repair

There are times when we don't feel at peace and things go wrong. If we fall out with our friends or siblings, how can we repair those relationships? Have the children seen the [Two Mules poster](#)? The message that Co-operation is better than conflict is well known among Quakers, but do you know the story? [Norman Richardson and Yvonne Naylor](#) have come together to create the [Two Mules book](#), which includes an extended story and the Co-operation Song—ideas for developing the story feature as well as links and craft ideas.

### Give Peace a hand

Create an art display of ways into peace, using handprints and ideas from participants. Invite people to paint their hands with vibrant colours then press them onto a large sheet of paper – perhaps in the shape of a heart, dove, or other peace symbol. When the paint has dried, invite people to write on their hand a way to peace: saying I love you, saying thank you, sharing, helping, being kind.



### Peace Box

If you were to create a peace box for your meeting, what would you include? Sharing ideas and understanding one another brings us closer and helps build a more peaceful community. This could be an activity for children's meetings and then extended to include adults, or an activity for All Age Worship.



Discuss peaceful practices or prompts with the children that help them feel calm, and they are comfortable sharing. Find a suitable box, decorate it with peace symbols, and then fill it with objects, crafts, or ideas that the children have brought or suggested. Have the box available for all people to use, and maybe add to it whenever you meet.

Some suggestions:

- Electric tealights
- Books
- Favourite pictures
- Soft materials
- Mindful colouring
- Glitter calming down jar
- Favourite music links/ words
- Peace quotes



## All Together Worship

*Resources needed: enough white paper for each person, safety scissors, pens, large, coloured card*

**Read the following:**

In 1947, the Quakers were awarded the Nobel Peace Prize. The Nobel Peace Prize is a very special award given to individuals or groups who have worked hard to make the world a more peaceful place.

The Quakers have a rich history of promoting peace. Nearly 400 years ago in England, the Quakers chose a path of peace, vowing never to take a life or carry weapons. Margaret Fell, a dedicated early Friend, reached out to the king in 1660 to assure him that Quakers would not participate in wars, even when encouraged to do so by authorities. This peaceful stance often placed them in challenging situations, sometimes leading to imprisonment or facing danger.

In her letter to the King, Margaret wrote:

*“We are a people that follow after those things that make for peace, love, and unity; it is our desire that others' feet may walk in the same and do deny and bear our testimony against all strife, and wars.”*

*Qf&p 19.46*

In 1870, amidst the France-Germany war, the Friends' War Victims Relief Committee (F.W.V.R.C.) was formed to support those caught in the conflict by providing essential food and clothing. When World War I broke out in 1914, Quakers again stepped forward to help war victims through the creation of the Friends' Ambulance Unit (F.A.U.) and the reactivation of the F.W.V.R.C. Over nine years, they assisted in nine European countries, with thousands volunteering to offer practical aid such as medical help, shelter, and food, helping millions in need.

Quakers lived side by side with the people they helped, grounded in a deep belief in love and our shared humanity. They built their own shelters and worked tirelessly without pay. Even soldiers receiving care were treated with compassion- many received medals honouring their bravery.

During World War II, which began in 1939, the F.A.U. and F.W.V.R.C., supported by 1,314 volunteers (including 17 who lost their lives) continued their compassionate work. Their mission was to "build up in a spirit of love what had been destroyed in a spirit of hatred," showing unwavering dedication to peace and healing.

Invite people to spend time thinking of how Quakers are involved in peacekeeping now. Then, how does peace show up in their lives?

On a white sheet of paper, invite participants to trace around their hand with their thumb raised (see below), then write or draw on the dove shape they have now made, to express what peace means to them. They can cut out their own dove or have someone else do it for them. Arrange the doves in a heart shape on a large piece of coloured card and display it somewhere in the meeting to inspire everyone.

