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**Session 1 Living our Values****90 minutes****Resources:**

- Focus sheet 1 x four
  - Post-it notes and pens
  - Large sheet of paper
  - Focus slip x one each
  - Focus sheet 2 x four
- Activity 1  
Activity 1  
Activity 1  
Activity 1  
Activity 2

**Welcome and worship****10 minutes****Session introduction****5 minutes**

*Purpose of this session:* To clarify our understanding of Quaker values and how we live by them, as individuals and as a meeting community.

Read out the following extract from 'A Framework for Action 2009-2014'

'We wish to see meetings and individuals confidently expressing their Quaker faith and values wherever opportunities arise, whether by talking in the bus queue, by their example as neighbours or work colleagues, by taking up issues with the media or by uniting with others.'

**Activity 1: The core values of Quakerism****40 minutes**

- Introduction and practicalities 5
- Silent thought shower + discussion in small groups 10 + 25

**1. Silent thought shower**

- Place the large sheet of paper on the table or floor. Provide Post-it notes and pens. Display the Focus sheets
- Invite people in the silence to write their responses to the focus question, one idea per note, as many as they like, and to place these without comment on the paper
- Still in silence, invite people to move around (or swivel the paper) to read the notes, add more or amend the wording

**Focus question for thought shower:**

What are the core values of Quakerism, historically and today?

1. **Discussion:** Divide as necessary to form groups of no more than 5 and no fewer than 3. Provide Focus slips.

**Focus question for discussion:**

How does our meeting express its Quaker values, internally within the worshipping community and externally in the wider community?

**Activity 2: The challenge of living our values****25 minutes**

Worship sharing

**Focus question for worship sharing:**

How do I meet the personal challenge of living out my Quaker values?

**Closing worship****5 minutes****Notices****5 minutes**