

The Spiritual Journey

**“When I discovered the Quakers,
I felt my whole life became
integrated for the first time.”***

As Quakers we believe that the divine exists in all people. All of life and the universe, all of creation, is held to be sacred.

This sense of the divine, which some experience as God, brings our spiritual life into our daily activities. Putting our faith into action leads us to value community, act for justice and seek truth in all aspects of our lives.

Quaker Meeting for Worship - A Unique Experience

The weekly Meeting for Worship is the heart of our community. We gather in silence without a specific program. From the silent waiting for God, we may feel inspired to speak, to share our prayers, our insights or our spiritual experiences.

** These are quotes from members of Annapolis Valley Quaker Meeting speaking of our experiences.*



Quaker Beliefs in Action

**“Quakers don’t just talk the talk,
they walk the walk.”***

Sustainability

We seek to address the economic and the environmental imbalance in the world, and to share the world's resources fairly and sustainably.

Simplicity

Quakers seek to live with a conscious awareness of their place in the world. Within the complexity of modern life, we strive to live in a simple enough manner to enable us to hear our Inner Guide.

Equality

Believing in the equality of all peoples. Quakers actively strive to create such a world. The Nobel Peace Prize was given to Quaker service organizations in recognition of their work for reconciliation and humanitarian efforts following World War II.

Peace

The peace testimony is central to Quaker belief. A deep opposition to war leads us to the peace-maker role and working for non violent solutions to conflict



The Quaker Community

**“I found a strong sense of
community and special friendships
with Quakers.”***

Seeking to discern God’s will for our lives, and to follow that leading faithfully, can be a challenging task. It is difficult if not impossible to do alone, without support and guidance.

Quaker Meetings seek to build a caring spiritual community. We support one another through times of joy or personal struggle, or when there is need for clarity on a new stage or direction in life.

Decisions are made, not by majority rule, but by seeking unity together to discern what Spirit requires of us. Quaker process can be used to support individuals, give direction to the Meeting, and to focus our work in the wider world.

See <http://www.cfsc.quaker.ca> for information on Quaker service work in Canada and around the world.

