To Those Attending Our Meeting   
For The First Time

Quaker worship occurs in silence and finds its meaning therein. The Meeting begins when the first worshiper takes her place and lifts her heart to God. It continues until the conveners shake hands in token of conclusion.

Go in as soon as you are ready. It is helpful if the Meeting can settle down a few minutes before the appointed time. If you are entering after worship has begun, please do so very quietly.

For those uncertain how to share our silent worship, we offer these suggestions:

* Put all distractions out of mind, turn your heart to God, and listen within the silence, patiently and without expectation, to experience what God may reveal. This “*waiting upon the Lord”* is the essence of Quaker worship.
* Do not strive for an experience. We have found God’s Spirit to be a spirit of peace, which strivings and straining tend to conceal.
* Do not be afraid to ask humbly in your heart for God’s help and guidance.
* When thoughts arise and come between you and the worship, simply entrust the matters these thoughts express to God’s hands, and return your mind to quiet waiting.

In our worship, nothing should be spoken unless it is divinely inspired, and whatever is said should be heard in a worshipful spirit. It sometimes happens that we fall sort of these ideals.

But if your reason rejects any message, let your heart remember the spirit behind the words. It is for each to hold fast to the essence of the ministry. “*Mind that which is pure within you to guide you to God.*”

After the Meeting has concluded, feel free to speak to anyone. Members of our Meeting are available to answer your questions. Books and pamphlets describing our Society and its practices are also available.

We Are All Very Glad To See You.