

## 2019 LAKE ERIE YEARLY MEETING QUERY

*The world we live in can leave many of us with broken hearts. We turn to one another in our meetings, in worship and in friendship. Let us rest in the Light. What are we finding there?*

### Readings to support discussion

**Come regularly to meeting for worship even when you are angry, depressed, tired or spiritually cold. In the silence ask for and accept the prayerful support of others joined with you in worship. Try to find a spiritual wholeness which encompasses suffering as well as thankfulness and joy. Prayer, springing from a deep place in the heart, may bring healing and unity as nothing else can. Let meeting for worship nourish your whole life.**

**Advices & Queries; Quaker Faith & Practice; Britain Yearly Meeting 1.02.10**

**Heartbreak is a part of life no one can avoid. But I have choices to make about how my heart breaks. Will it break apart into a thousand shards, and perhaps be thrown like a fragment grenade at the ostensible source of my pain? Or will it break open into greater capacity to hold my own and the world's suffering and joy?**

**If I shut my heart down and allow it to get brittle, heartbreak will shatter it, injuring me and those around me. But if keep my heart supple by “exercising” it — allowing my suffering and the suffering around me to stretch that spiritual muscle — heartbreak will open my heart, bringing me more peace and adding to the world's vital store of compassion. Parker Palmer Palmer <https://onbeing.org/blog/the-politics-of-the-brokenhearted/>**

**There is a way into silence which allows us to deepen our awareness of the Light and to find the inward source of our strength.**

**How do I integrate this inward stillness into the activities of daily life, nourishing a habit of openness to and dependence on the guidance of the Light for each day? Do I set aside times of quiet openness to the Spirit, of spiritual refreshment? LEYM Advices and Queries**

**Our meetings have a great responsibility to be gatherings of people who are listening to the Inward Teacher, helping each other listen, and learning how to listen together. We submit, not to elders, but elder and eldered together submit to God in humility and love. Then we can claim, with Barclay, that our meetings are places in which there is "a secret power.**

**Martha Paxson Grundy "Tall Poppies: Supporting Gifts of Ministry and Eldering in the Monthly Meeting" Pendle Hill Pamphlet #347, p.29.**

**Give over thine own willing, give over thy own running, give over thy own desiring to know or be anything and sink down to the seed which God sows in the heart, and let that grow in thee and be in thee and breathe in thee and act in thee, and thou shalt find by sweet experience that the Lord knows that and loves and owns that, and will lead it to the inheritance of Life, which is its portion.**

**Issac Penington, 1661 Britian Faith and Practice**

**But those who wait for the Lord shall renew their strength,  
They shall mount up with wings like eagles,  
They shall run and not be weary,  
They shall walk and not faint.                      Isaiah 40:31 NRSV**

**Stand still in what is pure, after ye see yourselves; then mercy comes in.  
George Fox    Epistle X.**