

SIMPLICITY

“Describe something you once thought you needed but discovered you could live without. What did letting go teach you?”

SIMPLICITY

“When has saying ‘no’ to something good allowed you to say ‘yes’ to something better or more essential?”

SIMPLICITY

Share about a time when you felt overwhelmed by choices or possessions. How did you (or might you) find clarity?”

SIMPLICITY

“What’s one area of your life that feels cluttered or overly complex right now? What would SIMPLICITY look like there?”

SIMPLICITY

“What daily ritual or practice helps you return to what’s essential when life feels complicated?”

SIMPLICITY

“Describe a relationship in your life that embodies SIMPLICITY - where you can be fully yourself without pretense or performance.”

SIMPLICITY TESTIMONY IN A FEW WORDS

Focus on what truly matters spiritually and ethically, avoiding excess materialism and unnecessary complexity

SIMPLICITY DEFINED

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PEACE

“Describe a conflict where you chose to listen deeply before responding. What happened?”

PEACE

“When have you felt called to speak truth to power or stand up against violence or injustice?”

PEACE

“Share about a time you had to make peace with yourself - with your own anger, fear, or inner conflict.”

PEACE

“How do you personally practice peace in small, daily interactions? What’s challenging about this?”

PEACE

“When have you had to choose between being ‘nice’ and being peacefully honest? What guided your choice?”

PEACE

“Share about a time when you felt called to make peace between others, or to help create conditions for reconciliation.”

PEACE TESTIMONY IN A FEW WORDS

**Commitment to nonviolence
and conflict resolution in all
aspects of life**

**PEACE
DEFINED**

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INTEGRITY

“Describe a moment when living your values cost you something - comfort, acceptance, money, or opportunity.”

INTEGRITY

“When has someone else’s integrity inspired or challenged you?”

INTEGRITY

“Share about a time when your inner conviction and outer action didn’t align. What did you learn?”

INTEGRITY

“What’s a promise or commitment you’ve kept even when it became difficult? What sustained you?”

INTEGRITY

“Describe a situation where you had to choose between two goods or two rights. How did you discern what integrity required?”

INTEGRITY

“When has staying silent felt like a betrayal of your integrity? What helped you find your voice, or what prevented you?”

INTEGRITY TESTIMONY IN A FEW WORDS

Consistency between inner convictions and outward actions

INTEGRITY DEFINED

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COMMUNITY

“Describe a time when your faith community (or another community) supported you in an unexpected way.”

COMMUNITY

“When have you had to balance your individual leadings with the needs or discernment of your community?”

COMMUNITY

“Share about someone in your Meeting or community whose gifts you particularly appreciate.”

COMMUNITY

“How do you contribute to creating a sense of belonging for others, especially those who might feel marginalized?”

COMMUNITY

“Tell about a time when being part of community required you to be vulnerable or ask for help. What made that possible?”

COMMUNITY

“How has your understanding of ‘community’ expanded beyond your Meeting? Where else do you experience or practice beloved community?”

COMMUNITY TESTIMONY IN A FEW WORDS

**Mutual support, shared
worship, and collective
discernment**

COMMUNITY DEFINED

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EQUALITY

“Describe a moment when you recognized your own privilege or bias. How did it change your perspective or actions?”

EQUALITY

“When have you witnessed or experienced inequality? How did you respond, or wish you had responded?”

EQUALITY

“Share about someone different from you who taught you something important about seeing ‘that of God’ in everyone.”

EQUALITY

“What barriers to equality do you notice in your daily life - at work, in worship, in your community?”

EQUALITY

“Share about a time when you had to examine the difference between treating everyone the same and honoring what each person needs.”

EQUALITY

“When have you seen systems or structures that create inequality, even when individuals mean well? How might Friends work to change those systems?”

EQUALITY TESTIMONY IN A FEW WORDS

**Recognition that there is
“that of God” in everyone**

EQUALITY DEFINED

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STEWARDSHIP

“Describe a choice you’ve made to live more sustainably. What motivated it, and what has been challenging?”

STEWARDSHIP

“When have you felt a deep connection to the natural world? How does that experience inform how you live?”

STEWARDSHIP

“Share about something you’ve repaired, reused, or passed on rather than discarding. What made you choose that path?”

STEWARDSHIP

“How do you balance caring for the Earth with the other demands and needs in your life?”

STEWARDSHIP

“Describe something in the natural world that you feel particularly called to protect or care for. What’s your relationship with it?”

STEWARDSHIP

“When have you had to advocate for environmental concerns in a situation where others had different priorities? What did you learn about effective stewardship?”

STEWARDSHIP TESTIMONY IN A FEW WORDS

Responsibility for caring for the Earth and its resources

**STEWARDSHIP
DEFINED**

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WILD CARD

CHOOSE YOUR TESTIMONY

“Choose any testimony & share how you’ve seen it lived beautifully by someone in your life - in your Meeting, family, workplace, or wider community.”

WILD CARD

CHOOSE YOUR TESTIMONY

“Pick the testimony that feels most challenging for you right now. What makes it difficult, and what support might help?”

WILD CARD

CHOOSE YOUR TESTIMONY

“Select a testimony you’ve grown in over the past year. What experiences or insights shifted your understanding or practice?”

WILD CARD

MULTIPLE TESTIMONIES

“Share about a decision or situation where two testimonies seemed in tension with each other. How did you navigate that?”

WILD CARD

MULTIPLE TESTIMONIES

“Describe a moment when living one testimony naturally led you to another. How are they connected for you?”

WILD CARD

REFLECTION AND GROWTH

“Which testimony did you grow up with (in Quaker or other contexts) and which one feels newest to you? How does that shape your journey?”

WILD CARD

REFLECTION AND GROWTH

“Share about a time when you failed to live up to one of these testimonies. What grace or learning came from that experience?”

WILD CARD

REFLECTION AND GROWTH

“Describe how your understanding of one testimony has changed over time. What caused that evolution?”

WILD CARD

CREATIVE CONNECTIONS

“Choose a testimony and share how you see it reflected in nature, art, or something beautiful you’ve encountered.”

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