

*contribute or make a difference in a troubled world however small; curiosity and search for peace, both inner and outer; these threads brought me to meeting'.*

*'I come to Meeting to deepen my spiritual life and to be part of a loving community. Over the last twenty years the honesty, simplicity, equality and peace seeking has come to mean more and more to me.'*

*'I come to Meeting because in a busy, eventful life the silence, the people, the thoughtful and thought provoking contributions enrich my life and give me hope.'*

*'Meeting speaks to the essential humanity in me – the need for a sense of community, to make sense of suffering and pain, to be held by the empathy of others and to contribute to the holding of others.'*

*'I come to meeting to sit and wait with other Friends in silent expectant worship to be transformed by the relationship we have with the divine and be guided by the truth in trying to understand God's will.'*

*'Meeting for Worship on a Sunday morning is my favourite time of the week. It is an exciting and enriching time. The Quaker Meeting is my family. We worship, live, eat and argue together, just as families do. I wouldn't be without them.'*

*'I feel that Meeting gives a good grounding for the week – I think of it as the beginning rather than the end of my week. I value gathering as a community to wait on the Spirit.'*

*'Sitting quietly in the stillness of the room on a Sunday morning with the sun softly streaming through the windows, I am made aware of something that I find difficult to explain in words but I am able (at times) to slowly let go of the frantic pace of my everyday life and the frantic tangle of my over-thinking.'*

*'Meeting for Worship is at the centre of my life. The atmosphere of love and peace calms and strengthens me spiritually. My Quaker faith lights my life.'*

**We have met in this beautiful meeting place for more than 300 years. Yet what we have to say is very up to date.**

**We seek to be a friendly and open spiritual community, which accepts everyone.**

**You are very welcome to join us for worship every Sunday at 10.30 am, or for the other events we run here.**

**We welcome children and their families: please see the website for details.**

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<http://www.winchmorehillquakers.org.uk/>

# Why I Come To Meeting For Worship

Reflections From  
Winchmore Hill Quaker Meeting



'I come to Meeting for Worship to experience God directly in a community. For me, this is the great relevance of our Society today.'

*'The refreshing peace and thought-provoking words spoken in love give me a firm foundation for everything I do. I also relish the friendship and the laughter.'*

'I come to Meeting because it is a very special thing - and quite a new thing - for me. It is a time where we can come together to seek what is profound and blessed in our world. A time of Silence that is full of meaning, of true communion, a time where if you listen long enough the full potential of life, and how to live it well, can reveal itself.'

*'I came to Meeting in search of spiritual truth without dogma and most importantly, without fear or threat - as a human being, not a "sinner seeking salvation". From Meeting for Worship I get the opportunity to be gathered together, to be part of silent or spoken ministry, and moved together spiritually rather than led by an individual's sermon.'*

'I come to Quakers because worshipping together is central to my life. Through our shared worship I connect with that of God within me and within others. I find I am guided to live my life more fully and am supported to live my life in a Spirit of worship. I fall short but I am enabled to keep trying by the fellowship we share together. I couldn't not come.'

*'There's a mystery at the centre of life, one I*



*find through silent worship with other people. It links the creation and my struggles to make loving connections. Sometimes I use the word God, without ever thinking that is final or a definition. Meeting as a community accepts me and our life together challenges me, the acceptance helps me take on the challenges!'*

'I come to meeting for a variety of reasons and needs. I come to worship and serve this Love

we experience. I give thanks for the God of Love that I experience as part of me, as part of Friends and as a part of others. To Love my neighbours but more so love and forgive our so called 'enemies'! To share this divine Love in all of my relationships. I come to learn more, to Trust more, to Love more, and to become more a part of the 'We'. I come to fear less. The Love just keeps flowing.'

*'I came to Meeting for Worship originally as I'd been to a Quaker wedding which I found very meaningful and sincere. I have come to Meeting for Worship as regularly as I can since then as I find it an oasis of peace in which, with others, to reflect and take time to be still, to be open to God and reflect on what I experience that to mean.'*

'When I walked into the Winchmore Hill Meeting House out of purely aesthetic curiosity during Open House Weekend about eight years ago and read the Peace Testimony framed on the wall and pamphlets on display, it suddenly flashed on me that this was the "place". Ever since then, I've been receiving spiritual, ethical and social nourishment from attending WH's Meeting for Worship and great satisfaction from the other Quaker activities in which I've been able to participate.'

*'My need for finding like-minded people and the hope they would be at Quaker meetings; a search for a spiritual path and a group to go there with; a shared value system and views on peace and community; a place of learning and resources for my journey; the wish to*