A way to God
Quakers share a way of life rather than a set of beliefs. We seek to experience God directly, within ourselves and in our relationships with others and the world around us. These direct encounters with the Divine are where Quakers find meaning and purpose.

Quaker spiritual practice
The bedrock of the Quaker way is the silent meeting for worship. We seek a communal gathering of stillness, where we may draw on the inner Light of the Spirit of God. During our meetings for worship, we may not feel able to speak: sometimes no one does, and we are content with this. Meetings for worship can be held anywhere, at any time, although they are often on Sundays in Quaker meeting houses.

Quakers and Christianity
The Quaker way has its roots in Christianity, and finds inspiration in the Bible and the life and teachings of Jesus. The Quakers seek understanding and value in the teachings of other faiths and traditions, but believe that ours is the only way.

Sharing our experience
Our focus is on our experience rather than written statements of belief and our collective experience is shared in Quaker Faith and Practice. This book is an anthology of Quaker insights from the founding of the Religious Society of Friends in the seventeenth century to the present day. It is intended for everyone, recognizing that our understanding of truth moves on.