

Peace

For more than 350 years, Quakers have worked to make the world a more peaceful place. We try to begin by finding peace in our own hearts and in the lives of those around us. We work for peace in the wider world too, looking for ways to resolve conflict and to challenge the causes of war.

We work for peace in lots of different ways:

- finding peace within ourselves
- learning to deal with conflict in our own hearts and lives
- campaigning for peace
- supporting peaceworkers in places where there is violence and conflict
- working for a fairer world.

Stillness

Quakers try to find time to be still and quiet every day, and they try to carry that stillness deep inside them in everything they do. The most important time to do this is when we meet together to worship.

We come together in stillness and silence and in this time we:

- open our hearts
- think about our deepest hopes and fears
- find strength and purpose to live out our faith in the world.

*What does peace mean to you?
How do you deal with feelings of anger?*

What could you do to help those around you live a more peaceful life?

*What would you do to make the world a more peaceful place?
How do you respond to violence?*

Where do you see injustice and unfairness in the world around you?

What could you do to work for fairness and justice in your local community and in the wider world?

When in your life do you feel still?

*What are your deepest hopes?
What inspires you and gives you strength?*

Justice and truth

Quakers believe in truthfulness and honesty in our own lives and in the world.

We believe that all people are equal and we work to make the world a fairer place by:

- being honest and truthful with ourselves and with others
- looking for ways to help build a just world where all people are valued equally
- working with national and international organisations, such as the United Nations
- working for compassion, healing and forgiveness in the criminal justice system
- supporting international charities and organisations
- campaigning and taking direct, nonviolent action where there is corruption or injustice.

I'm a Quaker...



this is why...

Being a young Quaker

Quakers can be any age and from anywhere in the country.

As well as being part of local Quaker groups, young Quakers often meet together for weekend or week-long events that help us build community and explore what it means to live as a young Quaker today. These events are also fun, with lots of games and social time.

These events help young Quakers to:

- form networks of Quakers who are a similar age
- build community
- spend time with those who share some of the same values and beliefs.



What Quakers say

There is something of God in everyone... something special and unique that we try to find and connect with.

Things that are deepest and truest can be found in stillness and silence. Being a Quaker is about how we live the whole of our lives rather than about believing particular things. All people are equal.



Find out more about Quakers

www.quaker.org.uk
further information about being a Quaker

www.yqspace.org.uk
a website for young Quakers

www.quaker.org.uk/cyp-events
information about events for young people

Where Quakers come from

Quakers began in the 1650s after the English Civil War. It was a time of turmoil and change in England, when people were exploring all kinds of new ideas.

Quakerism was something new and radical. Quakers challenged many of the beliefs and ideas of the time and called for a new path to God and a new kind of society; they called for a way to God that was simple and direct and they believed that every person had something of God in them. They called for a society built on the principles of truth, peace, equality and simplicity.

Throughout their history, Quakers have:

- worshipped together, meeting in stillness and silence and open to God, whom they sometimes called the Light or Spirit
- lived out their beliefs in everyday life
- worked for change, campaigning for the abolition of slavery, prisoners' rights, care of our planet and a fairer and more peaceful world.

Live adventurously

As Quakers, we try to live adventurously. Living out our faith in the world is exciting and challenging and sometimes involves taking risks and trying new things.

This can involve:

- being bold and taking risks
- standing up for what is right
- seeing the beauty and joy of life.

What does living adventurously mean in your life?

What is most important to you?

Are you willing to take risks and try new things for the values you try to live by?

Quakers together

Quakers meet together to:

- worship, gathering in stillness and silence
- enjoy friendship, supporting and caring for one another
- find ways to live out our faith in the world.

We call these Quaker meetings. They involve people of all types and ages; we try to treat everyone as an equal and lots of different views, beliefs and ideas are shared.

We share a way of life rather than a set of rules or beliefs.

Different Quakers have different religious beliefs and some have no religious beliefs at all. Quakers are open to the ideas and experiences that other people bring and no one is told what they must believe.

What can you do to help use the world's resources more wisely and more fairly?

Can you live more simply, thinking carefully about what you buy and about the lives of the people who make those things?

What are your beliefs?

Do you think there is anything beyond what we can see or feel?

Where do you find a sense of mystery and wonder?

Simplicity

Quakers try to live simply.

It can be complicated and quite challenging to live simply and sustainably in the world today, and can involve some difficult choices. Quakers work together with others to find out more and to support one another in trying to:

- not feel pressured to buy things they don't need or can't afford
- think deeply about the lives of the people who make the things we buy
- be careful with the world's resources.