



Journeys in the Spirit



Youth Edition How to use guide

The youth edition of *Journeys in the Spirit* provides a range of approaches on a theme for Quaker events and activities for 12 to 18 year old Quakers. It comes out three times a year, being sent to subscribers by email or post.

Journeys in the Spirit aims to be a springboard of ideas that will stimulate the young people and the adults working with them. It is underpinned by an approach that intends to encourage young people's spiritual development and enable them to learn about Quakerism.

It is produced in magazine format with all the activities in one handy A4 booklet. The material is grouped according to different 'points' each with a different approach or way of exploring the theme. You can pick and choose to suit the group you're working with. Turn over for more information about these points. Look at the web pages www.quaker.org.uk/journeysyouth for past issues, more resources and a link to the children's edition of *Journeys in the Spirit*.

Ten steps for using *Journeys in the Spirit: youth edition*

1. Use it with 12 to 18 year olds in a Quaker context, adapting the material to the needs of the group.
2. First read the front page that offers an introduction the theme and pointers about the material.
3. Plan what you will do alongside those you will be working with, encouraging the young people to be part of the planning process.
4. When beginning your time with the group, use some of the ideas from the 'gathering points' to enable the group to come together.
5. Then use some of the suggestions within 'starting points' to introduce the theme.
6. Explore the theme using the 'points' (see over) in the order that suits your event, additional material for each 'point' may be included at the end of the issue or on the website.
7. Finish with something from the 'ending points' to reflect on what you have done in relation to the theme.
8. Look at the back page to find out about other resources and organisations that might be helpful to your ongoing work with young people.
9. Use the ideas under 'review' on the back page to evaluate with those you have worked with.
10. Check out the *Journeys in the Spirit: youth edition* web pages to access previous issues, additional resources, special issues and a link to the children's edition of *Journeys in the Spirit*.

Underpinning each issue of *Journeys in the Spirit* are two core principles

The first is that young people should be offered opportunities to develop their own experience, knowledge, understanding and practice of Quakerism.

The second is that there are four directions to our spiritual journey: *Inwards* to ourselves; *Outwards* to others; *Upwards* (or is it further inwards?) towards the Light, God, the deeper mystery; *Downwards* to the world we live in. *Journeys in the Spirit* offers ways for each of these to be explored in a Quaker context.

Journeys in the Spirit: youth edition includes:



Gathering Points

To enable people to come together as a group, including worship and ice breaker type activities.



Starting Points

Introducing and beginning to connect with the theme.



Reflection Points

Ideas for quiet reflective activities that people can do together or individually, enabling further thinking about the theme.



Listening Points

Suggestions of music to listen to with some ideas to encourage connecting and engaging in relation to the theme.



Viewing Points

A film to watch that links with theme, followed by ideas to encourage connecting and engaging in relation to the theme.



Talking Points

Ideas for discussions about the theme.



Action Points

Things to do either at the time or subsequently connecting to the theme, or theme related games that can be played.



Worship Points

Approaches to worship that link to the theme.



Ending Points

Ideas for ending together and preparing people to re-engage with the world, taking their fresh perspectives with them.

Dedicated web pages for the *Journeys in the Spirit: youth edition* where you will find:

- An archive of previous issues – back to January 2007.
- More resources and links – to help with the theme.
- Children's edition – a link to web pages for the *Journeys in the Spirit* children's edition.

A quote from a *Journeys in the Spirit: youth edition* subscriber: "It is stimulating, challenging and does not shy away from addressing spiritual and faith matters, it has provoked some very good discussions around our Quaker beliefs and practices."

Journeys in the Spirit is published by Children & Young People's Staff Team of Quaker Life and is available free by subscription either by email or on paper.

Back issues are archived and available on the *Journeys in the Spirit: youth edition* web pages.

If you have any queries about *Journeys in the Spirit*, have an idea for a future theme or would like to be a writer please contact Howard Nurden 020 7663 1012 howardn@quaker.org.uk.