Queries:
1. What helps you center and enter the Godstream/the Divine/the Spirit/God in business meeting?
2. In business meeting, what is your role as a member of the body?

Query #1
Friends spoke in personal reflection out of the silence in a worship sharing format.

1. Surrounding the group with light helps me to center into business meeting. This helps me to feel like we are all one body.
2. Moving out of my head helps me to center into business meeting. I do this by paying attention to my body sensations and my emotions. This helps me to shift into a sense of Spirit.
3. Suggest approaching business meeting as a spiritual activity. In business meeting there is a balance between being informed and being open to spontaneity.
4. Suggest having a longer time of worship before business meeting. Suggest offering ongoing education to the community around spiritual practice. Remember that there is always the possibility of a miracle.
5. Friends may have different ways of centering for business meeting, depending on the mood. Drawing a line between my heart and the heart of everyone in the room helps me center into business meeting. Going underwater, in either warm or cold water, helps me to enter the Godstream and become more centered for business meeting. Talking to Jesus helps me to center into business meeting.

Query #2
Friends spoke in a worship discussion format. How can we be seeds of wisdom in helping the community to prepare for business meeting.
1. Suggest using a Bible verse as a guide for preparing for business meeting:
   “Love the Lord thy God with all thy heart, and all thy soul, and all thy mind.”
   b. Come with an open heart. Imagine connecting with everyone. Value and respect everyone’s contribution.
   c. Come with an open soul. Open ourselves to the spirit. Let go of personal wants. Hold the clerk in prayer.
   d. All must be done though love. The clerk can remind us of this during business meeting.

2. Before business meeting, the clerk can remind us of some concrete ways to facilitate the business meeting experience.
   a. Show up on time.
   b. Do not repeat what someone else has said. Instead say, “That Friend speaks my mind.”
   c. In worship, no applause.
   d. Speak and release. Bring what you have, lay it on the communal table, then step back. At that point what you have brought is no longer yours, it belongs to the Meeting.
   e. Only speak twice in two instances:
      i. If you change your mind.
      ii. If you have information to add to the discussion.
   f. Speak to the clerk.
   g. Speak to further the discernment.
   h. Be sure you can say “we”, not “they” decided after the Meeting.

3. We are gardeners in our lives. In actual gardens we need to pay attention to what needs watering and pruning, and we also enjoy what is produced. This can be used as a metaphor for business meeting. When we love something we pay attention to it.

4. There is a temptation to speak even if it already has been said, to increase the numbers. But this is not the way we do things. When something is said once, the community will pick it up if it is relevant. If we raise our hand to speak and are not called on right away, we may not need to speak when we are eventually called on. Much of business meeting is based on committee reports. Suggest trusting that the committee has done their job when considering questions to raise during business meeting.

5. Suggest holding the clerk in the light during business meeting and sit so that the clerk can see this centering. This can be a powerful help for the clerk. Suggest that some M&O Committee members do this in each AS session, and let the Clerk know in advance.

6. Getting the material in advance helps me to center during business meeting. Suggest listening for the discussion points that belong in the Meeting and those that we need to hear another time. Friends with vision or hearing loss may unintentionally interrupt the flow in order to get their
needs met. We need to be gentle to those with disabilities, and not over look them.

The Meeting was ended with silent worship.

Thanks to Ann and Dorsey for helping to facilitate this Consultation.

Respectfully submitted: Elizabeth Braithwaite