SPIRITUAL DEEPENING GROUP

NPYM QUAKER FAIR, 2020

For this year’s NPYM Quaker Fair, we invite you to talk with representatives of the Spiritual Deepening Group that was formed at the 2018 NPYM Annual Session. Since then, the group has been having weekly email check-ins, along with in-person sessions at the Annual Session and more recently monthly Zoom sessions.

For our in-person sessions, we begin with some silence as is normal for Quaker meetings, followed by an invitation to address specific queries, such as the meaning of the Spirit for each participant, and our personal spiritual deepening practices.

For our email check-ins, our agreement is as follows:
1. One email a week summarizing our favorite weekly spiritual practice, but it is also ok to just 'listen' silently on the list without a check in.

2. Suggested length, minimum of several sentences, but no more than 250 words. (5 minutes to 15 minutes, scheduled on your least busy day during week)

3. Links to helpful resources are ok after check in.

4. Phone calls are optional. This group may serve as a helpful aid during spiritual crisis, etc.

5. As Quaker ministers, we agree to support each other in our individual spiritual deepening journey, serving selflessly as a form of support and accountability to each other.

6. We agreed that an optional asking for a prayer need is ok, as is holding each other in the light.

7. To send an email introduction to all members. This first email might be much longer than any following email, just because we are getting to know one another and some Friends are joining us without ever attending a local meeting.

8. The group is flexible and open, created via Quaker process, so ideas or suggestions for improvement, adjustment or course correction are welcome.

9. This list is not to be used for commercial purposes. Information shared will not be shared with anyone else or sent to anyone outside of this group. Anonymity and protecting spiritual issues shared is key to building trust.

10. Every member may invite other Quakers to attend this group

At the still point of the turning world. Neither flesh nor fleshless; Neither from nor towards; at the still point, there the dance is, But neither arrest nor movement. And do not call it fixity, Where past and future are gathered. Neither movement from nor towards, Neither ascent nor decline. Except for the point, the still point, There would be no dance, and there is only the dance.
-- T. S. Eliot

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