

## **Worship Sharing**

Worship sharing offers an opportunity for thoughtful sharing of individual experience and feeling in a group. It is different from ordinary discussion or conversation in several ways.

Worship sharing is like silent worship in that sharing comes out of the silence and an appropriate period of silent reflection follows each sharing.

Friends do not comment directly on another's sharing but may share a related experience. The core of worship sharing is that gifts of personal experiences and feeling are accepted exactly as they are given, nothing added or taken away. Friends acknowledge the validity of each sharing without challenge or embellishment.

Please keep each verbal sharing sufficiently brief that all who wish to share may do so. Once a Friend has spoken, s/he shouldn't speak again until it's clear that others who wish to speak have all had opportunity to do so. Unless the group is quite small, this usually means one sharing per Friend per session.

Verbal sharing is not required of all and Friends should not feel pressured to speak. Heartfelt listening is also a gift.

The worship-sharing leader is responsible for ensuring that a climate of acceptance is maintained and that times of expectant waiting are sufficient to encourage each Friend to share as led.

The goal of these guidelines is to allow an atmosphere of openness, nurturance and acceptance to develop among a group of diverse Friends.

Adapted from *Program: Southern Appalachian Yearly Meeting, June 13-16, 1996*.