



## Extended Meeting for Worship

**An Extended Meeting for Worship is held on the third Saturday of every month, in the Garden Room at 43, St Giles, from 11.00-3.00.**

For those of you who feel daunted by the idea of a very long Meeting, we should say that the Meeting before lunch usually lasts for an hour and a half or two hours. People are encouraged to get up and walk around, if sitting for this length of time is uncomfortable or simply to enjoy the garden as part of the worship. This is followed by a silent lunch (please bring your own food) and then a period of sharing our experiences. We usually agree to finish with another shorter period of silence, of around half an hour.

If you are only able to come for part of the time, you are very welcome, but please let Naomi Morris or Tina Leonard know in advance. If you'd like to know more about extended meetings, call Naomi on 791630 or Tina on 557464 or email [nai\\_84@hotmail.com](mailto:nai_84@hotmail.com) or [tina.leonard3@gmail.com](mailto:tina.leonard3@gmail.com).

Meeting is the chance to escape from the trivial thoughts of everyday living, and to find answers from yourself or from God. Some people are scared of the silence. Without the noise that serves to reassure us, that blocks out thoughts we'd rather not have, we're vulnerable and find it's time to face ourselves. We can never hide from God, but it's easy to minimise the effect he has on our lives - except in the silence where he can be heard... No moment of silence is a waste of time. - **Rachel Needham, 1987**

[The early Friends] made the discovery that silence is one of the best preparations for communion [with God] and for the reception of inspiration and guidance. Silence itself, of course, has no magic. It may be just sheer emptiness, absence of words or noise or music. It may be an occasion for slumber, or it may be a dead form. But it may be an intensified pause, a vitalised hush, a creative quiet, an actual moment of mutual and reciprocal correspondence with God. - **Rufus Jones, 1937**

Give over thine own willing, give over thy own running, give over thine own desiring to know or be anything and sink down to the seed which God sows in the heart, and let that grow in thee and be in thee and breathe in thee and act in thee... - **Isaac Pennington, 1661**

How do I dwell in the eternity of the moment? By letting the eternity of the moment dwell in me. - **Damaris Parker-Rhodes, 1977**