

# ALOHA

Whether or not you have attended Friends Meeting for Worship in the past, you are most cordially welcome. Our worship is unprogrammed, the type that sometimes is called “silent meeting,” although there may be vocal ministry as individuals are moved to speak.

Meeting for Worship is closed with the shaking of hands, followed by a period of time called “afterthoughts.” After about five minutes, the clerk will rise and read announcements.

Believing that the Divine Spirit dwells in every person, Friends hold that awareness of the Spirit is nourished and quickened by sharing in group worship. Quaker Meeting for Worship is based on reverent silence, a silence of waiting or expectancy. When we lift up our hearts to God, we continue in the common worship, and in our own renewal. There is no minister, for all may minister. No one specifically chosen, no officer, will start the meeting or conduct it. It is in our hands corporately. Everyone present shares the responsibility for worship and can share in its blessing.

You may be distracted by the unfamiliar silence, by noises outside, or by your own roving thoughts. Do not worry about this, but return again and again to the still center of your being where God is, allowing yourself to be quiet in body, mind and soul. Out of this quiet, this yielding to the Spirit, may come vocal prayers or messages. Allow time after each message to reflect on its meaning. It may not speak to you, but refrain from debating or discussing it. Through the silence and these messages may come strength and direction for daily living under the guidance of the Spirit.

## ON SPEAKING IN QUAKER MEETING FOR WORSHIP

1. Allow yourself to settle into the silence. Friends usually refrain from speaking for the first portion of Meeting.
2. Refrain from preparing messages in advance. Messages should come from the Spirit. Listen carefully.
3. If a message comes to you, ask if it is for you alone, or a message to be shared with others.
4. Speak briefly and from your personal spiritual experience.
5. When you speak, stand and speak clearly so that all may hear.
6. Meeting for Worship is not a forum or discussion; refrain from answering another's message.
7. If you speak, do so only once.
8. Before you offer vocal ministry, allow time for the previous message to speak to the Light in others.

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Honolulu Meeting of the Religious Society of Friends

2426 Oahu Avenue, Honolulu, HI 96822

Phone: 808-988-2714; email: [honolulufriendsmeeting@gmail.com](mailto:honolulufriendsmeeting@gmail.com)

Website: <http://www.hawaiiquaker.org>

Every Sunday: 8:30-9:30 a.m. - Meeting for Worship  
10:00-11:00 a.m. - Hybrid Meeting for Worship &  
First Day School for Children

Every Tuesday: 2:00 p.m. - Meeting for Healing

First Sunday: 10:00 a.m. - Windward Worship group

Second Sunday: 11:45 a.m. - Meeting for Business

Third Sunday: 11:45 a.m. - Adult Religious Education

Fourth Sunday: 11:45 a.m. - Visiting Sunday Lunch

[Please see this link](#) or visit our website for the complete calendar and for Friends' worship groups on neighbor islands.