

Curious about Quakerism?



**Friends Meeting
at Cambridge**

A Gateway to Quakerism in New England

Friends Meeting at Cambridge offers opportunities to explore one's own spiritual life and experiences through adult spiritual education activities.

Deepen your spiritual growth with these offerings from the [Adult Spiritual Education Working Group](#) at [Friends Meeting at Cambridge](#), located in Harvard Square, Cambridge, MA, USA. These activities are open to experienced Quakers, newcomers to Quakerism, Quaker-curious folks, and spiritual seekers of all kinds. [Click here for events that are currently open for registration.](#)

Through exploring our Quaker roots and sharing our spiritual journeys, we inspire one another and help each other to live more faithfully, each according to our own understanding of Spirit, God, or the Divine. We are all teachers; we are all learners.

Some of our offerings are in-person, and others are offered via Zoom, allowing participation from any geographic location. You are welcome regardless of where you hail from!

Our **monthly and weekly offerings** each stand alone as **one-off or single sessions**, requiring no prior knowledge:

- **Bi-Monthly:** Quaker Basics — for newcomers! (As well as longtime Friends who wish to approach with a beginner's mind.)
- **Weekly:** Forum — for all levels of Quaker experience

Our **seasonal workshops** invite you to go deeper, through a **multi-part interactive format**:

- **Fall 2022:** Exploring the Quaker Way — for newcomers wishing to go deeper in community through a 4-week interactive series; “Quakerism 101”
- **Winter 2022-23:** Practicing Together — for all levels of Quaker experience
- **Spring 2023:** Living the Quaker Way — going deeper on select topics as a community; assumes some familiarity with Quaker practices; “Quakerism 201”

Contact spiritualed@fmcquaker.org or <https://fmcquaker.org>.

[Register here](#) for current events!

Read on for our 2022-2023 event descriptions.



EXPLORING THE QUAKER WAY

FALL — EXPLORING THE QUAKER WAY

Oct 2, 16, 30 and Nov 13, 2022

Four Sundays from 6:30-8:30pm ET in person

Exploring the Quaker Way is a 4-part interactive and participatory course intended to help participants connect with others while going deeper into explorations of Quaker faith, practice, and history.

Who? This course especially welcomes newcomers and new-ish-comers, as well as more experienced Friends who wish to examine fundamentals more closely. It's also an opportunity for newer Friends to meet longtime attenders and members.

Format / Participation Style: for these *onsite, in-person sessions*, facilitators will offer an interactive, participatory experience, with learning, fun—and snacks! COVID guidelines will be shared closer to the start date, in accordance with local public health guidance.

10/2 Session 1: Quaker History

10/16 Session 2: Me, Myself, and I, and Spirit: Individual Spiritual Life

10/30 Session 3: Us and We: Spiritual Life Within Community

11/13 Session 4: The Whole Wide World: Spiritual Life in the Wider World

Registration required:

<https://fmcquaker.eventbrite.com>



Four Mondays, 7-8:30pm ET via Zoom

The Quaker Basics series looks at topics at the core of Quaker faith & practice.

Each event includes slides on basic Quaker concepts, a panel presentation and Q&A, prompts to reflect on your own experiences, and time for discussion. All perspectives and questions are welcome!

Who? Each session is “free-standing” and requires no prior knowledge—this series was especially designed for those who are new or new-ish to Quakerism, and also welcomes longtime attendees who wish to reflect with a beginner’s mind.

Format / participation style: you can **sit back and listen** and chime in via chat, or **ask questions** & participate in **optional time for discussion**. Your choice!

Dates coming up in 2022-2023 year:

- **Mon, Sep 19: What is it that we worship?**
- **Mon, Dec 5: What makes this season meaningful to you?**
- **Mon, Apr 10: to be determined**

Registration required:

<https://fmcquaker.eventbrite.com>

Watch past sessions via our Quaker Basics video library:

Facebook: <https://www.facebook.com/fmcquaker/videos/>

Youtube: https://www.youtube.com/playlist?list=PLH32jw9M1rDUOCmLRd19Ivt7SF5jiG_2Q

Forum

AT FRIENDS
MEETING AT CAMBRIDGE

9:15 – 10:15am ET

Hybrid: in-person + Zoom

fmcquaker.org



WEEKLY — FORUM

Sundays from 9:15-10:15am ET in-person/onsite or via Zoom

Forum is an opportunity to delve into a specific topic or hear ideas, queries, and experiences of various Quakers, so as to learn from and deepen our connection with one another. Hosted by the Ministry & Counsel committee, Forum takes place on Sundays from 9:15 to 10:15am ET, prior to Meeting for Worship.

Format / participation style: These sessions are offered in a hybrid format, onsite/in-person or via Zoom. Most sessions are presentations with time for Q&A; others are participatory.

No registration required; find your Zoom link here: <https://fmcquaker.org/calendar/>



WINTER — PRACTICING TOGETHER

Practice Groups offer a unique opportunity to join with a small group to deepen your understanding of a particular spiritual practice and to explore its impact on your day to day life. Joining together to engage in a shared practice, participants will deepen their connection to Spirit and one another.

This winter there are **two Practice Groups, one in person at Friends Meeting of Cambridge and one online.**

Technology and Quaker Spiritual Practice - in person

In the 19th century, **John Woolman** made the choice to avail himself only of “conveniences that [were] not too costly.” In the 21st century, what are the costs of our conveniences?

Today’s technologies dramatically shape our human experience of time and space, how and to what we give our attention, and how we relate to each other – even as our use of them dramatically alters the rest of creation. We find ourselves immersed in ambivalent powers: “Technology . . . brings you great gifts with one hand, and it stabs you in the back with the other” (C.P. Snow).

This four-week winter practice group, facilitated by **Sue Fisher Wentworth**, is an opportunity to notice and articulate our experiences with and questions about technology. How can we attend to Presence, and be present, in the midst of cacophony? How are we invited to simplify in the face of “muchness and manyness” (Richard Foster), for the sake of all life? We will reflect both theologically and practically, seeking deeper wisdom.

Sue is an FMC attender with a Ph.D. in Religion from Emory, an M.T.S. from Harvard Divinity School, and an abiding interest in contemplative spirituality and spiritual formation.

Location:

- Friends Meeting at Cambridge, 5 Longfellow Park, Cambridge, MA 02138
- See FMC COVID Guidelines below for on-site meetings

Registration:

- Register once for all 4 sessions; participation at all is recommended
- Registration is limited; if you register but can't attend, please contact us at spiritualed@fmcquaker.org so someone on the waitlist can participate
- If you wish to participate, but can't come at the scheduled times, please contact us at spiritualed@fmcquaker.org and let us know dates/times when you could attend

Dates/Times:

- Meets on four consecutive Mondays in January and February (1/23, 1/30, 2/6, and 2/13)
- Meets from 7:00 - 8:30 PM

FMC COVID Guidelines:

Because this group will meet indoors, participants will need to comply with FMC's COVID Guidelines:

- Masks are required while inside the building, except while eating or drinking. N95, KF94, or KN95 are preferred instead of cloth masks or surgical masks.
- Facilitators may choose to unmask while presenting. Facilitators will be fully vaccinated.
- Proof of vaccination is not required (though strongly advised) for participants.
- If we need to change COVID guidelines, according to local public health guidance, we will send an email to registrants.
- There will be abundant space to social distance if participants wish.

If meeting indoors does not work for your health needs, please join us for our hybrid and Zoom-only programs!

Registration required:

<https://fmcquaker.eventbrite.com>

Journaling as a Spiritual Practice - online

Proprioceptive Writing is a way to encounter one's own thinking, to more actively hear and track our own thoughts. In this four-week introduction, after brief explanations about the method, we will turn our attention inward for 25 minute "Writes," done in an atmosphere of quiet attention, each with paper and pen, and guided by the basic prompts of Proprioceptive Writing. After each Write, participants may volunteer to hear their thoughts aloud, reading their Writes in the silent, attentive presence of others.

In a cacophonous and distracting world, this reflective practice has been for many a way to turn inward: to practice listening to and engaging with our own thoughts, and for many, bringing greater awareness, understanding, empathy, and freedom.

The practice of Proprioceptive Writing was developed by **Linda Trichter Metcalf** and **Tobin Simon** and explained in their book, *Writing the Mind Alive*, and in workshops big and small.

Ann Foster is a member of FMC and life-long educator with extensive experience using journaling as a spiritual practice.

Location:

- Meets on Zoom

Registration:

- Register once for all 4 sessions
- Participation is limited to 10 people; if you register but find you are unable to attend, please contact us at spiritualed@fmcquaker.org so that someone on the wait list can participate
- Participation in all four sessions is encouraged but not required; come to as many sessions as you can

Dates/Times:

- This group will begin meeting in February 2023
- Will meet on either Wednesdays or Saturdays
- Meeting days and times will be based on the availability of the participants who register (see options and indicate your preferences when you register).

Registration required:

<https://fmcquaker.eventbrite.com>



SPRING — LIVING THE QUAKER WAY

Three Sundays from 7-8:30pm ET:

March 5, 19, & April 2 on Zoom

Living the Quaker Way provides an exciting opportunity to explore how our faith and spiritual experience is embodied in our actions in the world and woven into our daily lives. Friends' testimonies will be explored.

Who? Some familiarity with Quaker faith and practice is assumed, whether that's through attending Meeting, or attending other offerings such as Exploring the Quaker Way or Quaker Basics. Newcomers are very welcome, however! This course is also appropriate for longtime Quakers.

Format / Participation Style: to be announced.

Registration required:

<https://fmcquaker.eventbrite.com>