

## Queries and Advices

“Friends have assessed the state of this religious society through the use of queries since the time of George Fox. Rooted in the history of Friends, the queries reflect the Quaker way of life, reminding Friends of the ideals we seek to attain. From the Christian tradition, Friends have taken as a standard the life and teaching of Jesus, not only as recorded in the New Testament, but even more importantly as revealed inwardly, as we seek God’s truth and its expression through our lives today. Friends approach queries as a guide to self examination; using them not as an outward set of rules, but as a framework within which we assess our convictions and examine, clarify, and consider prayerfully the direction of our lives and the life of the community.”

– Philadelphia Yearly Meeting, *Faith & Practice*, 1998

“The advices have served Friends for many generations in their search for a life centered in the Spirit. Arising from the experience and aspirations of successive generations of Friends, the advices are illustrations of how they seek to carry their faith into all aspects of life.”

– New England Yearly Meeting, *Faith & Practice*, 1985

### First Section:

#### What is the state of our meetings for worship and business?

#### 1. MEETING FOR WORSHIP

*Query:* Are our Meetings for Worship held in expectant waiting for Divine guidance, with a living silence in which we feel drawn together in the Light by the presence of God?  
Do we respond to the Spirit’s prompting to minister, whether in silence, through the spoken word or through action after the Meeting for Worship?  
Are we sensitive to one another’s needs in Meeting for Worship?  
Are the spiritual gifts within the Meeting fostered and encouraged?  
Are our Meetings accessible and welcoming to everyone?  
Are our Meetings a source of strength and guidance for daily living?  
Is the vocal ministry in my meeting exercised under the leading of the Spirit?

*Advice:* Be prompt and diligent in attendance at Meetings. Come to Meeting with expectant hearts and minds prepared for communion with God.  
Be faithful, be patient, and persevere in your service as messengers of Truth.  
To everyone is given a share of the responsibility for the Meeting for Worship, whether through silence or through the spoken word.  
Quiet your heart and mind for worship prior to entering the meeting room, so the whole group can be knit together in spiritual fellowship.  
Do not assume that vocal ministry is never to be your part. Be ready to speak under the leading of the Light. Learn to recognize when a message felt within is from God, and if it is a message intended for the group to hear.  
Pray that our ministry may arise from deep experience of the Divine.  
Let our spoken ministry be audible and free from unnecessary words.  
Avoid speaking in a manner that brings a sense of discussion or debate.

Allow for a period of silence after a message has been spoken, so the group can reflect on what has been said and continue to be grounded in silent worship. Overly long or too-frequent messages can hinder the worship of others present.

Receive the ministry of others in a tender spirit.

Treat every newcomer as one sent by God.

## 2. MEETING FOR WORSHIP WITH A CONCERN FOR BUSINESS

*Query:* Are Meetings for Business held in the spirit of Meetings for Worship?  
 In decision making, do we promote a spirit of love, understanding and patience as we seek unity on an appropriate course of action?  
 Do I keep my remarks simple and speak only as the Spirit leads?  
 Am I able to unite in good grace with the Sense of the Meeting when my personal desires tend in another direction?  
 Do I maintain respect for others, however strongly our opinions may differ?  
 Are Meetings for Business seen as positive opportunities for testing and practicing our spiritual life?

*Advice:* As members, attend the business meetings, and extend your support to the Meeting's affairs, so that the burden will not rest upon a few.  
 In Meetings for Business, and in all duties connected with them, seek the leadings of the Light.  
 Avoid undue persistence. As we release our attachment to our ideas, the Light may reveal solutions no one has considered.  
 Be willing to admit the possibility of being in error.  
 Remember that the foundation of a lasting decision lies in the search for unity; that is, a corporate seeking of the Light in an atmosphere of love, trust and mutual forbearance.  
 Attenders are warmly invited to attend and participate in Meeting for Worship with a Concern for Business.  
 Have a sense of when to continue to labor on or to lay aside an issue.

## 3. HARMONY WITHIN THE MEETING COMMUNITY

*Query:* Are love and unity maintained among us?  
 When differences arise, do we settle them in a spirit of love and humility?  
 Am I careful not to hold an idea too firmly, knowing that another may bring me closer to the truth?  
 Am I patient and considerate towards those I find difficult to understand or like?  
 Do I demonstrate a forgiving spirit?  
 Do I have concern and respect for the reputation of others?  
 When people are hurt, do we take care to hold them up with a tender heart?  
 Do I respect that of God in each person, though it may be expressed in unfamiliar ways or may be difficult for me to discern?

*Advice:* Maintain love and unity by avoiding tale bearing and detraction.

Settle differences promptly, in a manner free from resentment.  
 When you have a difference with another person, speak to them in private “in the love and wisdom that is gentle and pure”.  
 Be aware that verbal violence can be as destructive as physical violence.  
 Be careful that your language does not incorporate violence, consciously or unconsciously.  
 Listen patiently, and seek the truth another person’s expressions may contain for you.  
 Be willing to seek and willing to receive counsel and help from one another.  
 In our daily lives, seek to know one another in the things that are eternal, and to enter with ready empathy and sensitive discretion into the joys, sorrows and needs of each other.  
 Be mindful that everyone is included in the life and activities of the Meeting.

**Second Section:**  
*How do Friends care for one another?*

4. MUTUAL CARE:

*Query:* How do we foster a spirit of community among the Meeting’s members and attenders?  
 How does the Meeting keep in contact with all of the Meeting’s members and attenders?  
 How does the Meeting assist couples and families to communicate, grow together, and rear children in a loving environment?  
 Does the Meeting Community nurture the Meeting’s children?  
 How does the Meeting care for those who live alone, the sick, the aging, the widowed, the separated or divorced, and others with families affected by disruption?  
 Do we assist Friends in need as their circumstances require?  
 How do we labor with and care for those whose conduct or manner of living give grounds for concern?  
 How are visitors to our Meeting made to feel welcome?



*Advice:* Be truthful and sincere and thus encourage these qualities in others.  
 Through example and education, help each other to recognize and follow the voice of God both in our spiritual lives and in joyful and willing service.  
 Watch with tenderness over the opening minds of children. Seek to awaken in them the love and understanding of the life and teachings of Jesus, and a sense of security in the love of God.  
 Remember that there is a unique potential in each human being as a beloved child of God, and the Holy Spirit may lead children to give wise counsel to listening adults.  
 Young people, you too have responsibility to care for the Meeting and to participate in Meetings both for Worship and for Business. Faith is needed as a vital part of your living.

## 5. EDUCATION

*Query:* Do we share our deepest beliefs and values with each other and with our children, while leaving them free to develop as the Spirit may lead them?  
 Does the Meeting give the children loving care, and promote their spiritual life through religious education and other activities?  
 Do we encourage our children's participation in the Meeting's work and cultivate their desire for service to others?  
 How do we educate our members and attenders about the Bible (especially the teachings of Jesus), other spiritual literature, and the history, principles and practices of Friends?

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*Advice:* Seek for yourselves and for your children the full development of God's gifts, which is true education.  
 Realize that education should continue throughout life, and that all should share its opportunities and privileges.  
 Make time for regular personal prayer and worship, and for reading the Bible, Friends' literature, the *Faith and Practice*, the *Queries and Advices*, and other sources of spiritual value.  
 Seek truth together in your family and among Friends in shared worship and discussion.  
 Teach by being teachable. Be open to new ideas and approaches.  
 Reach out to that of God in everyone, and endeavor to live out the testimonies of Friends in all the expected and unexpected circumstances of daily life.

## 6. HOME, FAMILY AND RELATIONSHIPS

*Query:* Do I make my home a place where love, peace, happiness, friendship, and refreshment of spirit are found, and where the presence of God is experienced?  
 Do all members of my family receive my affection and understanding?  
 Do I take care that responsibilities outside the home do not encroach upon the time and loving attention my family needs?  
 Do I acknowledge and support all relationships and families, whether conventional or not, that are based on love and commitment?  
 Does my family set aside First Day and other times for worship, service, rest and refreshment of spirit?

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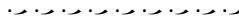
*Advice:* Live in love and learn from one another.  
 Try to live simply.  
 In your family life, encourage reliance upon God's guidance and help for each day's needs.  
 Remember the value of beauty in all its forms.  
 God's gifts are for all to enjoy; learn to use them wisely.

### Third Section

To what extent is my personal life in accord with Quaker principles?

#### 7. SELF DISCIPLINE AND RESPONSIBILITY

- Query:* Do I attend Meeting for Worship regularly and punctually?  
 Do I participate in Meeting for Worship with a Concern for Business and support it financially and with personal service according to my resources and abilities?  
 Am I conscientious in fulfilling all obligations of state and society that are not contrary to my religious convictions?  
 Am I punctual in keeping promises, just in payment of debts, and honorable in all my dealings?  
 Do I choose recreations that strengthen my physical, mental and spiritual life, avoiding those that may hinder others, our Earth, and myself?  
 Do I act responsibly concerning substances and behaviors that can become addictive?



- Advice:* Take heed, dear Friends, to the promptings of love and truth in your hearts, which are the leadings of God.  
 Bring the whole of your life under the healing and ordering of the Holy Spirit, remembering that there is no time but this present.  
 When tempted to do wrong or to despair, call upon God with an open heart, confessing your weakness and your need.  
 Be mindful at all times of our connection with the Divine and others – avoid substances, behaviors and activities which diminish this connection.  
 Be aware of the ill effects of mind-altering or habit-forming drugs, intoxicants, gambling, and other detrimental practices.  
 Choose recreations that increase your vitality, self-awareness, and peace of mind and strengthen your will to create what is good.  
 Make thoughtful use of your time.  
 Guard yourself and your children in your choice of print, electronic media and other entertainments. Avoid those that promote violence and disrespect for human beings.  
 Friends, strive to be courteous and responsible while driving.

#### 8. PERSONAL INTEGRITY AND RIGHT ACTION

- Query:* Do I keep to simplicity and moderation in speech, manner of living and vocation?  
 Do I make time in my day for silence, solitude, spiritual reflection and the growth of my inner life?  
 Do I remind myself each day of my connections with people, other creatures and all that sustains life?

Am I ready to live in the Spirit that heals estrangements that may arise from resentment, nagging fears, and alienation from others?  
 Do I listen to others, even beyond words, being sensitive to their personal needs and difficulties?  
 Am I free from the use of judicial oaths, thus affirming that my statement is only part of my usual integrity of speech?  
 Do I regard my possessions as given to me in trust and do I part with them freely for the needs of others?  
 Am I careful to keep my job and social activities from absorbing time and energy that need to be given to spiritual growth and service to others?  
 Do I stay tender and open to the leadings of the Spirit?



*Advice:* Use your capabilities and possessions as God’s gifts entrusted to you to share with others in humility, courtesy and affection.  
 Accept and encourage the creativity in others.  
 When you have a choice of employment, choose that which gives the fullest opportunity for the use of your talents in the service of others.  
 Be willing to seek, and be faithful to, God’s will.  
 Remember that we are all one in God.

9. WITNESS

*Query:* Does my life reflect Quaker testimonies?  
 Am I open and responsive to continuing revelation and do I incorporate it in my spiritual life?  
 Is my Quaker witness characterized by humility and a willingness to learn from others?  
 Do I recognize that the Spirit works in the world through me?  
 Does my witness lead me to the condition in which I “walk cheerfully over the earth answering that of God in everyone”?  
 Do we as a Meeting try to share in the religious life of our wider community, availing ourselves of opportunities for worship and service with other local religious groups?



*Advice:* Strive to keep true to the testimonies of integrity and simplicity.  
 Try to keep before you the essential truths, and test your life by them.  
 Endeavor to make your life consistent with the high principles you profess. This involves the often-difficult discernment not only between good and evil, but also between the better and the best.  
 Live adventurously. Let not failure discourage you.  
 Witness so that others can perceive the presence of God within you.  
*Be as good as people think you are.\**

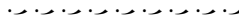
\* *Quotation from E. St. John (Jack) Catchpool*

### Fourth Section

#### How do Friends meet our responsibilities to the community and the world?

#### 10. SOCIAL AND ECONOMIC JUSTICE

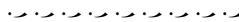
*Query:* Do I seek to transform the world with my loving spirit?  
 Do I take an active interest in the social and economic conditions of my community?  
 Have I objectively considered the causes of discrimination and am I ready to abandon old prejudices and think anew?  
 Do we, as individuals and as a Meeting, do all in our power to end governmental, social, economic and educational injustices in our community, and to create equal opportunity for all?  
 How do we as individuals and as a Meeting promote the welfare of those in need and work to secure a just distribution of the world's resources?  
 What are we doing as individuals and as a Meeting to understand and remove the causes of war and violence and to develop the conditions and institutions of peace?



*Advice:* Seek to understand the causes of social ills and work toward their removal.  
 Be not content to accept things as they are, but keep an alert, sensitive, and questioning mind.  
 Understand and maintain Friends' witness for truth, simplicity, and non-violence, holding up your personal life to these testimonies.  
 Encourage inclusiveness and discourage discrimination.  
 Friends' belief in "That of God in Everyone" should lead to reverence for all life and to personal integrity.  
 Encourage all efforts to overcome prejudices and antagonisms.  
 Cherish diversity.  
 Aid and comfort those afflicted or in prison, that they may rebuild their lives.  
 Work for the abolition of the death penalty.  
 Let the way that you live contribute to the realization of a peaceable kingdom on earth.

#### 11. CARE OF THE NATURAL WORLD

*Query:* Do I live in harmony with nature? Do I live in keeping with the spirit of the unity, sacredness and integrity of all creation?  
 Do I seek to minimize my consumption of the Earth's resources? Do I encourage equitable and sustainable use of those resources?  
 Do I walk gently over the earth, seeing that of God in all of Nature?  
 Do we seek to educate ourselves, our children, our Meeting, and our community about how our lives can be more in harmony with the Earth?  
 Does the Meeting strive to bring all its practices in harmony with the natural world?



*Advice:* Maintain in yourselves, and encourage in others, a sense of responsibility for the environment, both for the present and for future generations.  
 Avoid amusements that stimulate destructive emotions, are detrimental to the health or tranquility of others, or are damaging to the natural environment.  
 Show a loving consideration for all creatures, cherishing the beauty and wonder of all God’s creation.  
 Share your sense of reverence and stewardship for the earth.

## 12. PEACE TESTIMONY AND NON-VIOLENCE

*Query:* Do I work for peace in the world? Do I nurture peace within myself?  
 Do I “live in the virtue of that life and power which takes away the occasion of all wars”?  
 Do I seek consistently to carry out this testimony for peace in all my relationships, including family, community, and work life?  
 Do I as an individual and as a member of Meeting seek to take part in the ministry of reconciliation between individuals, groups and nations?  
 Do I faithfully maintain our peace testimony?  
 Do I reject military training, preparation for war, and participation in war as inconsistent with the spirit of Christ’s teachings?  
 Do we as a Meeting take a stand and do all we can to remove the causes of war and violence?

*Advice:* War is contrary to the life and teaching of Jesus. Seek through God’s power and grace to overcome in your hearts the emotions that lie at the root of conflict.  
 Strive for non-violent approaches to conflicts in all aspects of your life.  
 Every human being is a beloved child of God, and has that Divine spark which claims our reverence. War is a denial of this truth.  
 Friends’ peace testimony is the positive exercise of good will calling us to lend our influence to all that strengthens the growth of international friendships and understanding.  
 Cultivate an active spirit of love and peace.

*“The first step to peace is to stand still in the Light...”*

— George Fox,  
 From *To all that would know the way to the kingdom*, pamphlet, 1653