

## **If you are new to Quaker Worship and/or Salmon Bay Meeting**

Welcome to Salmon Bay monthly meeting of the Religious Society of Friends. Friends (also known as Quakers) center their belief on three ideas: (1) The indwelling Spirit, or Light, is in every person, (2) There need be no intermediary between individual humans and the Divine and (3) Revelation did not stop with the Bible; it continues to this day.

Salmon Bay is an unprogrammed meeting, meaning that we have no minister to conduct services and no creed to which members are expected to subscribe. Instead, our lives are guided by five principles or testimonies: equality, integrity, community, simplicity and peace. Our organization is led by Friends who serve in offices and on committees in our version of lay ministry.

Worship at Salmon Bay follows the tradition of expectant waiting. Friends sit quietly and reflect, listening for messages from Spirit. Should a Friend receive a message he or she feels should be shared with the assembled community, that person will speak out of the silence. Other Friends are expected to simply listen and absorb the message, not to respond directly to it. If another Friend feels led to speak, he or she should leave a space after the last message before delivering his or her own. After approximately an hour, any worshiper who feels led to do so closes meeting. This is done by clapping hands with those next to you. When everyone has clasped hands around the circle, the person designated for that day will greet Friends and lead the group in announcements and introductions.

At Salmon Bay, parents have three options with respect to their children: Children may sit with their parents for the first 15 minutes of worship, after which they are taken to child care; they may go to child care for the entire hour; or they may sit through worship if they are able to behave appropriately. Latecomers enter worship at the same time that the children leave for child care. All children rejoin their parents when worship ends and stay for the socializing between worship and Adult Education/First Day School or business meeting. Business meeting takes place on the second Sunday of the month. Child care is provided for younger children during First Day School and business meeting as well as during worship.

Salmon Bay became a monthly meeting in 1991. We remain a small meeting, with between 30 and 40 active members and attenders. Our meetings and activities are always open to visitors. If you would like to receive our newsletter, there is a sign-up sheet for it on the table near the door. Our Web site, with many links to other Quakers sites that contain a wealth of information, is <http://www.salmonbayfriends.org>. Any of us would be happy to talk to you about Quakerism in general or Salmon Bay in particular. A list of our officers and committee members can be found on the Web site and in a booklet on the table.

Salmon Bay Friends Meeting  
Worship 10 a.m. Sunday at Phinney Neighborhood Center  
6532 Phinney Ave. North, Seattle WA