



## The Spiritual Explorations Group of Newtown Meeting

Are you one who yearns for deeper spiritual grounding and fuller understanding of Quaker Practice? The Spiritual Explorations Group is an opportunity to do just that in the company of others in the meeting.



The group has met since the spring of 2017. Topics have included the meeting for worship, discernment and decision making, Quaker testimonies, ways of centering in worship, spirituality and activism, leadings, and more. A given topic may continue for 4 to 12 weeks as we discover more aspects of the topic to explore.

Each week has a brief reading and a few queries. Individuals have time to reflect on the queries, and then are asked to share from their reflections. We practice deep listening where each friend gets a chance to speak or pass, as they wish. We do not judge what is said or give advice, but simply try to listen deeply and to learn from one another.

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Together we seek to create an atmosphere of trust and a safe place to explore deeply together. To that end we ask participants to commit to attending regularly for the duration of a topic. The group welcomes new participants at the beginning of a new topic. Sometimes we have an open period when friends are invited to drop in once or twice to see if the group is useful for them.

New participants join each year, and others may leave the group after a period of participation.

The group also makes its readings and queries available for others who are not able to attend on Wednesday evenings.

If you are interested in joining in the exploration, we welcome you.

**Wednesdays  
7:00-8:30 p.m.  
via Zoom**

**For more information contact Pat McBee,  
[mcbeepatricia@gmail.com](mailto:mcbeepatricia@gmail.com) or talk with any  
participant in the Spiritual Explorations  
Group.**

*The Worship and Ministry Committee  
recognizes the Spiritual Explorations Group as  
one way to fulfill Worship and Ministry's charge  
to give "continuing thought and encouragement  
to the spiritual life of the Meeting."*

*Friends who wish to have support in deepening  
their spiritual lives but who are not drawn to  
the format of the Spiritual Explorations Group  
are invited to talk with the Worship and  
Ministry Committee about other avenues for  
spiritual growth.*

*September 2023*