

We welcome families to our Meeting

Welcome to Halifax Friends Meeting! We are glad your family is with us this morning.

We realize that Meeting can be a difficult place to bring children. The quietness of the room seems to magnify their noise and movement. Know that it was this way when we brought our children for the first time, too. We find that usually it is the parents who are bothered the most by these sounds.

We want to reassure you that we value the presence of children in Meeting for Worship. We believe that God is present in everyone, regardless of age. Our community and our faith are broadened when children join us.

All ages of Friends worship together for the first few minutes of the Meeting hour, then children leave for First Day (Sunday) School. The children return at the end of Meeting and usually pose a question which the group answers.

Sometimes parents contact each other and decide there will be no First Day School on occasional Sundays. If you call (902) 429-2904, this information should be available.

For now, put your mind at rest. We are pleased to have your family with us as we search to know God in ourselves and each other "in that which is eternal."

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Some practical suggestions

- ✓ As a family, talk about why you are coming to Meeting.
- ✓ Observe quiet time before meals and at bedtime.
- ✓ Before you enter the Meeting room, prepare for physical comfort by visiting the bathroom, removing boots, etc.
- ✓ Talk with your children about ways of centring down. Sitting on your lap may help.
- ✓ Here are some centring suggestions:
listen to words or music in your mind
listen to sounds outside the Meeting room
listen to sounds inside the Meeting room
listen inside yourself
feel yourself breathe

**Remember that for all of us
the experience of worship
grows with patience and practice**

based on material prepared by Elizabeth
Ferry of New England Yearly Meeting

April 2003



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