

Spiritual Adventurers minute (9-11year olds) Yearly Meeting 2023

Over the weekend, 15 Spiritual Adventures came together to explore Truth and Joy and that Quakers do more than just sitting down.

On Saturday morning, we came together for the first time to make new friends and catch up with old friends. We played games to get to know each other and also went and used the parachute with the Light Explorers in the George Fox room. We spent some time exploring the theme of Truth and Joy and heard the story 'The Weight of Nothing' which made us think about how lots of tiny things can have a big impact. In all of our sessions over the weekend, we had lots of snacks, we Journalled or crafted what we had been up to and we also worshipped together and did the Quaker Stretch.

In the afternoon, we were joined by a member of the Epistle writing committee while we watched 'The Boy, The Mole, The Fox and The Horse' and talked about being able to find joy and love even when you might be feeling lost, lonely or sad. We also thought about how being your true self is much easier than being fake to fit in. As it was going to be Mayday on Monday, we learnt a Morris dance that we did to music. We then went to the Library and learnt about all the Quakers that wrote about nature and animals and practiced making our own nature sketches or origami flowers and were given wild flower seeds that we could take home to plant.

On Sunday, many of us went to the All Together Worship where we listened to the story 'What we build' and decorated a sketch of a house with things we like. When we went back to our room we learnt about Elizabeth Fry and watched a dramatisation of her life and work. We then talked about exercising truth to power and how it is never too late to do the right thing. After this, we talked about nominations, selected our nominations committee and we were also visited by the Recording Clerk.

After lunch, we had a meeting for worship for business, where we nominated and appointed writers and readers of this minute. We had fun doing this in the Quaker way. We looked at joy and the different ways there can be joy. We took turns reading the book 'The Jar of Happyness' and talked about how joy can be what you bring for yourself, what you can bring for someone else and what someone can bring for you. We enjoyed a story about Zacchaeus and how kindness can come from unexpected places and can change you as a person.

On Monday morning, we were visited by Ellis Brookes to talk about Peace Education. We then thought about what brings us inner peace, outer peace and global peace and how we can bring about peace when we go home and back to school. One of us is already a peer mediator in school. Later on, we went to Tavistock Square and looked at the Peace Garden.

We have had a really fun weekend full of happiness and truthfulness with some tiredness. We have thought about how to have joyful experiences and not to go round

telling lies so that we can be truth filled and life proofed. When we go home, we will take lots of fun memories of new friends in our cosy glows, and with a Quakerly spring in our step.

Thank you 😊