

Quaker Testimonies

6 testimonials – acronym SPICES

from posting by S.F. Friends School

SIMPLICITY

Use financial and natural resources carefully.

Value the spirit over material objects.

Celebrate acts of kindness and generosity, not goods and celebrity.

Keep popular culture and demands on your time in perspective to avoid distraction from what is truly important.

Keep life simple so we are free to live in harmony and alignment with soul's purpose.

PEACE

Build conflict resolution skills.

Foster effective communication and alternatives to violence.

See conflict as a springboard to moral growth.

Use the conflict at hand as part of our personal learning experience, taking responsibility for our part in escalating tension and taking responsibility for contributing to the resolution of the situation.

Seek elegant, simple solutions to problems or disagreements.

Encourage creative problem-solving and assume all participants have worthy, practical ideas to contribute.

In multi-person settings, make decisions by consensus or the "sense of the meeting." It shares power and responsibility with all.

INTEGRITY

Let your life speak: your outer life reflects your inner life.

Nurture each person's inner moral compass, cultivating inner motivation not driven by external demands or needs.

Treat others with respect and honesty.

Set a tone of high expectations of those whom you encounter, and many will rise above their current vision of themselves.

Acknowledge inter-connectedness and essential oneness.

It's more than just human-to-human. Think of the realization that the Peace Pilgrim had: "Oh! This tree is of God. And this rock . . ."

Draw out the teacher within.

All of us have opportunities to lift up others by sharing knowledge and the spiritual experience with them. Some might call it "ministering to the earth."

COMMUNITY

Connect with all members of the community.

Create or engage in activities which bridge differences and create a close, working group.

Be our authentic selves.

Create a safe, nurturing atmosphere in which people can share all sides of themselves, such as asking questions or making mistakes.

Balance needs of the individual with needs of the group.

Address and bring to the surface this seeming paradox while trying to lift up those in emotional turmoil.

Teach respect for everyone and the idea that everyone has a piece of the truth.

Gather in silent meeting for worship and listen to other people's thoughts without judgment or comment.

EQUALITY

Respect different people and different ideas.

Encourage families of diverse race, socioeconomic status, family structure, and faith backgrounds to apply.

Honor all faiths.

Do not try to convert students to Quakerism.

Celebrate a rich community made up of many cultures.

Invite people you meet of various nationalities and backgrounds to share their stories.

Work to assure a broad, inclusive spectrum of the global family in your life and community.

STEWARDSHIP

Protect and care for the Earth in a sacred trust.

Walk lightly on the Earth, recycle and reuse whenever possible, and reduce the amount of energy we consume.

Promote environmental, economic, and social sustainability.

Teach students to appreciate their world via scientific inquiry, artistic expression, outdoor education adventures, and a thorough exposure to natural resources.

Work to assure social justice and equal access to resources.