

## **Quintessential**

(Quakers United in Nurturing Traditional Expression of Salient, Stylish, Essential and Thoughtful Ideas for Action and Learning)

Up to 3 years

### **Purpose**

To uphold the spiritual traditions of the Religious Society of Friends, and nurture the spiritual life of YFGM.

### **Duties**

- To promote the right holding of meetings for worship for business.
- To consider how the meeting may best be upheld in prayer and guided towards a deeper experience of worship.
- To be responsible for the quiet gathering of the meeting, such as arranging seating, encouraging punctuality, and coordinating doorkeeping.
- To assist in the preparation and presentation of business items where appropriate.
- To support the Special Interest Group Co-ordinator in their work.
- To organise worship activities at YFGM, including epilogue each evening and preparation for meeting for worship on Sunday morning.
- To organise spiritually based sessions at YFGM.
- At planning weekend:
  - To lead sessions of worship.
  - To take responsibility for organising the planning weekend agenda and facilitating the 'whole group session'.
  - To support the creation of the YFGM agenda.

### **What you could gain from the role**

- Opportunity to explore spirituality, and share that exploration with others.
- A deeper understanding of the theory and practice of the Quaker Business Method.

### **Skills required**

An understanding of Quaker worship, and the ability to express it clearly.

An understanding of the Quaker Business Method.

### **Time commitment**

To attend all YFGMs and Planning Weekends and support other activities taken on by Quintessential such as Quaker Business on the Road.