

# The Spiritual Deepening Experience



“I discovered how much I resonate with Quaker thought, worship and practice.”

— Spiritual Deepening pilot program participant

**The Spiritual Deepening Program seeks to deepen the life, worship, and witness of Quaker meetings, individual Friends, and newcomers.**

Meeting together in a small group over 8-12 sessions, Spiritual Deepening program participants will explore Quaker thought, share and listen to each other’s spiritual stories, and practice new ways of connecting to Spirit.

The program materials are designed for participants of all ages and stages in their spiritual journey. Participants engage in activities, discussions, role-plays, spiritual practices, art and music exercises, and worship sharing as they explore together three topic areas:

**Silence and Expectant Waiting**  
**The Light, Seed, Christ Working in Us**  
**Friendly Practices**

A small group leader from the meeting leads each small group. FGC offers training and ongoing support for small group leaders. The suggested fee for participating in the program is \$20 per participant, on a pay-as-led basis. Groups can start at any time.

Learn more: [www.fgcquaker.org/spiritualdeepening](http://www.fgcquaker.org/spiritualdeepening)

Questions? Contact: [spiritualdeepening@fgcquaker.org](mailto:spiritualdeepening@fgcquaker.org)

Participant Registration: [www.fgcquaker.org/sdregistration](http://www.fgcquaker.org/sdregistration)

Our Group Number: \_\_\_\_\_

