

MEMORIAL MEETING

for

Name

Dates of birth and death (Not everyone wants this included)

**At
Friends Meeting of Washington
(Date)**

The conduct of a Friends Memorial Meeting is similar to a traditional Friends Meeting for Worship. It is based on simplicity and grows out of a direct and immediate experience of God. Friends gather to sit in a silence that allows the body to relax and the mind to quiet, waiting upon the Spirit. There is no prepared program or supervision, for Friends trust in the Spirit to lead. They believe that something of God, which is in everyone – it is often called the Inner Light – is the only sure leader, teacher, and healer of one's spirit. Friends in Meetings for Worship seek inwardly through prayer, meditation, and stillness to know the Inner Light and to follow its leadings. To help the centering process, the Meeting begins with an extended period of silence. During the Meeting, anyone present may be moved by the Spirit to speak from the silence and share a message. In time others may be similarly moved. The Meeting closes after about an hour when two Friends, by prior arrangement, clasp hands, signaling others to greet their neighbors likewise.

It is not easy to know when the sharing of a message is appropriate. There are no rules to follow in this regard, although experience has shown the following to be helpful: Brief and simple messages are best. Individuals who feel moved to speak are encouraged to give only the essence of the message, and to speak only once. Anyone who feels deeply moved to express a feeling, though, should not hesitate to follow an intuition, even if speaking before a group is uncomfortable. Be aware that some time for silence following a message is most important, because it allows everyone present to reflect on its meaning and to continue meditation.

As we settle into the silence, may our sympathy be with those who feel the loss of most keenly, and may we reflect on the life that has passed from us. May the messages we share arise from the call of the Inner Light, and may they speak from heart to heart. Let us join now to worship in thankfulness for the life that has been lived among us and that has touched so many of us in some way. May we pray that God will inspire some to carry on the work which our friend has laid down.



If friends wish to make a gift in
do so by contributing to the

memory, at the request of the family they may