

Welcome to the Chapel Hill Friends Meeting

Meeting for Worship

Welcome to the Chapel Hill Monthly Meeting of the Religious Society of Friends. Meeting for Worship is the heart of our Quaker community.

When we enter the meeting room, we quietly take our seats on the benches. Feel free to sit anywhere. Our Meeting is of the Quaker unprogrammed tradition, meaning that we gather together in silence and “expectant waiting for divine guidance,” without clergy or liturgy. Together, we nurture a living silence with quiet minds and open hearts, creating a space within ourselves for spiritual revelation.

During the hour or so of worship, anyone who is moved by the Spirit may rise and speak. It is best to leave sufficient time for everyone to reflect on what has been said before speaking yourself. A good test of whether or not to speak is to consider whether the message is one that enriches the whole Meeting community or the message is for you alone. After an hour, a member of the Meeting closes worship with a handshake which is then shared with all those gathered.

We hold two Meetings for Worship each First Day (Sunday) at 8:30 a.m. and 11 a.m. Our children join us for the first fifteen minutes of the 11 a.m. Meeting for Worship, after which teachers and parents lead them to First Day School classes for the remainder of the hour. Between the two Meetings for Worship there is a forum at 9:45 a.m. on some topic of interest. Child care is provided during forum and 11 a.m. Meeting for Worship. On the first Sunday of each month, all are welcome to join a potluck lunch in our schoolhouse.