



The Religious Society of Friends (Quakers)

A spiritual path for our time

Some people have a personal understanding of God which is based on Christian teachings, others do not. Some people follow other religious traditions or seek a spiritual environment, but would not define it further.

Quakers are no different to all of this.

When we come to a Quaker Meeting for Worship, we sit in a circle, quieten our everyday thoughts and in the silence try to listen. We are listening for the deeper truths in ourselves and for others, without priests or doctrine.

Quakers are non-hierarchical and we are all responsible for spiritual giving and receiving. The meeting is mostly silent but someone may be led to stand and speak. We find this to be both upholding and strengthening and we are encouraged to question our understandings.

This process is utterly simple and extremely complex.

You will find a warm welcome, non-judgemental, relaxed and refreshing, without obligation.

A brief history of the Quaker movement...

The Religious Society of Friends (Quakers) was born out of the turmoil of the English Civil War. The feeling of being a 'movement' has continued in much Quaker work. Quakers have been influential down the ages in many areas of life, and still are today. They have been pioneers in the fields of social welfare, education, mental health, prison reform, social housing, peace building and employment rights. They inspired, funded and organised the original campaign against slavery, possibly the first human rights movement.

National Quaker work currently focuses on peace building, civil liberty, rehabilitation of offenders, housing, education, socio-economic issues and ecology. Worldwide, Quakers have projects running in many disadvantaged areas. There are Quaker offices at the United Nations both in Geneva and New York to influence policy at the highest level.

Quakers in Chelmsford have a long history of presence in the town starting in 1699 with a brick built meeting house in Badow Road, moving in 1824 to Duke Street and to the present site in Rainsford Road in 1957. Several prominent families in the town have been an important part of the Chelmsford Meeting including Anne Knight and the Marriage family of flour millers. The Quaker burial ground in Broomfield Road was laid out in 1855 and is well worth a visit to see the magnificent Cedar of Lebanon trees grown from seeds brought back from the Holy Land.

Individually, Quakers come from many walks of life and are also often involved with other local and national groups.

We are committed to: **peace, equality, truth & Integrity, simplicity and sustainability.**

Visiting the Quaker Meeting House, Chelmsford

The Quaker Meeting House at 82 Rainsford Road, Chelmsford CM1-ZQL, is where the Quakers in Chelmsford meet. We are also known as 'Friends'. The building is simple and comfortable, has several rooms, a kitchen and disabled access. There is a small car park at the rear and a large garden. It is a peaceful place to be.

The Meeting House is also used throughout the week by various local groups for a variety of activities. Sometimes open events are held on topics of general interest and relate to local and national issues.

Quaker Meetings for Worship are held every Sunday at 10.30 am. The meetings last for an hour followed by social time over tea and coffee. Shared lunches are often held and other meetings may take place during the week. These are open to everyone and you are invited to find yourself with Friends.

For general information about Chelmsford, children's group and other local meetings, contact:

www.midsexquakers.org.uk

email: contact@midsexquakers.org.uk

Please contact Quakers in Britain for an introductory pack: www.quaker.org.uk

For room bookings and hire at Chelmsford there is a link on the webpage.

Email address: bookingschelmsfordquakers@gmail.com