

QUAKERLY QUOTES

*Be patterns, be examples in all countries,
places, islands, nations wherever you come
... then you will come to walk cheerfully
over the world, answering that of God in
everyone...*

George Fox, 1656

*We are a people that follow after those
things that make for peace, love and unity; it
is our desire that other's feet may walk in
the same, and do deny and bear
our testimony against all strife and wars and
contentions.*

Margaret Fell, 1660

*The starting point of Quaker teaching is the
belief in the existence of the Inner Light... It
is given other names, such as the Seed, the
Voice, the Christ, and so on. Whatever the
name, it means the presence of a Power not
our own...*

Inazo Nitobe, ca. 1920

*Worshipping with Dutch or Japanese
Friends, I found, was as rewarding as being
in an English-speaking meeting, although I
didn't understand a word during the worship
period. This is certainly what occurred when
the [indigenous] chief Papunahung said,
after hearing John Woolman without an
interpreter, "I love to feel where the words
come from." It is just as possible to do this
when the language is the same as ours but
the terminology different.*

Betty Polster, 1988

OUR QUAKER MEETING

Cowichan Valley Monthly Meeting (CVMM), also known as Cowichan Valley Quakers (CVQs), is a Meeting of the **Religious Society of Friends**. Our Meeting for Worship uses no program, priest, or creed. Instead, we use silence to allow us to discover the inward stillness where we can best hear the small, still voice within ourselves and our group. The Meeting comprises members and attenders from the Cowichan Valley, other parts of Vancouver Island, and the Gulf Islands. We began meeting many years ago in members' homes and have been worshipping at Providence Farm for more than 40 years. The Meeting has two worship groups under its care: Salt Spring Island and Gabriola Island.

To learn more about CVMM:

Email: cvquakers@gmail.com

Phone: 250.532.0093 (Linda)

Mail: 2388 Seine Rd., Duncan, BC V9L 3B1

Website: www.cowichanvalley.quaker.ca

Other Monthly Meetings on Vancouver Island:

- **Saanich Peninsula Monthly Meeting**
saanich-contact@quaker.ca
- **Victoria Friends Meeting**
victoria@viquakers.ca; 250.595.3697
- **Mid-Island Allowed Meeting (Nanaimo)**
mid-island@viquakers.ca

WELCOME!

**Cowichan Valley Monthly
Meeting of the Religious Society
of Friends**

**Weekly Meeting for Worship
Sundays, 10:30 am (September – June)
St. Ann's Garden Club Building
Providence Farm
1843 Tzouhalem Road
Duncan, BC**

*For summer worship times and
locations, please call or email.*

250.532.0093

cvquakers@gmail.com

We invite you to join us!



St. Ann's Garden Club Building

*We meet on the traditional unceded
territory of the Quw'utsun People who have
been stewarding these lands for millennia.*

WHO QUAKERS ARE

Quaker history is rooted in the turbulent, anti-establishment times of the 17th century English Protestant Reformation.

Early Friends were revolutionary Christians who believed that each person can have direct communion with God rather than through an intermediary. Thus, everyone is equal. The implications of these ideas remain far-reaching.

21st century Quakers bring insights from many different faiths, traditions, and experiences. Friends have no single statement of religious doctrine and do not have a fixed creed.

Each Meeting within the Religious Society of Friends is guided by the Testimonies, *Advices and Queries*, *Faith and Practice*, and other writings that are updated periodically.



2023 Island Friends Gathering

HOW COWICHAN VALLEY QUAKERS WORSHIP

Cowichan Valley Quakers worship in silence. We are seeking the guidance of 'that of God,' 'the Spirit of Christ,' or 'the Light' within each person, as did 17th century founders George Fox and Margaret Fell, and other early Friends.

Each of us holds the silence by listening to the still, small voice within. From within this gathered circle of silence, spoken ministry may be offered. After about an hour, we share 'After Thoughts,' introductions, and announcements.

Individual seekers as well as families are welcome! A children's program is offered the 2nd and 4th Sundays of the month, September through June.

Please stay afterwards for coffee, muffins, and conversation. Feel free to ask any member or attender for more information about Cowichan Valley Quakers.

Visit www.quaker.ca and <https://quakerspeak.com/> (videos) to learn more about the Religious Society of Friends (Quakers).

Note: We worship with a hybrid meeting model of in-person and Zoom. If you wish to worship with us online, please email cvquakers@gmail.com for the link.

CORE QUAKER VALUES (Testimonies)

The following Testimonies describe the ways in which we Friends strive to live our daily lives:

Simplicity

We are mindful of right use of the world's resources by living simply.

Peace

We actively promote peace and work to develop alternatives to violence at all levels, from local to international.

Integrity

We strive to speak the truth to all, including people in positions of power. Integrity is the guiding principle we set for ourselves and expect in public life.

Community

We value strong, supportive relationships within our faith community and broader society, working together for the common good.

Equality

The equal worth of every living being means working to address injustice and build true community.

Stewardship

Friends respect and care for all living beings and the Earth.

