

The Three-Legged Stool of Quaker Practice

The three legged stool - the “trinity” of Quaker practice - is a balance of following the inner guide, listening to the spirit shared by others, and engagement with life. All are part of a Quaker lifestyle, and concerns we share with many spiritual paths.

Listening for our own private revelations of truth, we seek to know ourselves better so that we live with clearness and integrity; unafraid of continuing revelation that will bring new perspectives and understanding. We are seekers.

Waiting for spirit with others with openness and respect is living out our belief that there is that of God in everyone. It is a quiet celebration of the diversity of God/life and acknowledgement that none of us has all the answers. We are seekers together and grow interdependently.

Engagement with life happens all the time. We are asked to notice, become disturbed, and then be awed when a leading is offered us. Having the courage to take up and follow a leading, whether it is to change a personal habit or to help a friend or to take an action to make this difficult world a better place, is Quaker practice. We are called to respond to spirit in an outward way. This is “carrying the cross” and it both stems from and creates love. We all carry our own metaphorical cross on our own path, and seek the power of continuous revelation to help us in difficult times.

How is the balance in your life? What does it look like?

Do you value one leg of the stool more than the others?

Are you getting the support you need from the Milwaukee Friends Meeting?

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