

## **Adult First Day Program Notes – 4 November 2022**

This week Tampa Friends read the *Friends Journal* article “Coming Home to Silence” by Stanford Searl.

Many Friends shared how deeply this article resonated with them, as it spoke to what meant most to them about Quaker worship: its experiential nature; the silence especially given the chaos and noise of the world; the deep listening involved; the sense of inner peace often felt; and the worship community itself. Some friends shared about the religions they had grown up with (or none) and how finding Quakers truly felt like a “coming home,” in the sense of finding their spiritual home to continue their spiritual journey with.