

# RESTORATIVE

## RECOGNISE

**Recognition of what's happened** and that our experiences during lockdown have all been different, life-changing for many and significant for us all. How do we encourage everyone to share their story of the pandemic so far?

## EMPATHISE

**Empathy for the mix of emotions** that we have in response to events at home, in our Quaker communities and in the wider world. How can we respond with empathy and compassion to ourselves and to others?

## SAFETY

How do we build a **sense of safety**, both physical and emotional, so that all Friends are able to worship and all are able to feel part of our community? How do we help those who may have felt unsafe whilst they've been away from meeting, feel safe again?

## TRAUMA

**Reflecting on the trauma** of the pandemic, how does our Quaker community process this? How do we support people who have experienced very particular traumas during lockdown or who are facing an even more uncertain future?

## OPPORTUNITIES

**We have an opportunity** to change what needs to be changed, to reflect on what matters to us and if we'd like to do anything differently. How do we learn from this experience, knowing we can question even seemingly fixed aspects of Quaker worship, community and faith in action?

## RELATIONSHIPS

**How do we reconnect**, and (re-)build inclusive, responsive relationships at all levels in our communities? How are our children and young people being supported to meet together, alone and as part of our all-age community?

## ENGAGEMENT

**Engagement** in our own spiritual health and living out our Quakerism in the wider world with the issues that affect us: How do we foster a community that engages with the challenges faced by Britain Yearly Meeting as it looks at becoming an anti-racist, diverse community facing a world in a climate emergency.