

## Briefing for Participants in the 'Circle Of Chairs' Fishbowl, led by Elizabeth Redfern and Alistair Heslop

Please note that while this event reflects the structure and style of a 'Meeting for Worship in the manner of Quakers', it does not have a religious element and so it is open to and appropriate for anyone.

The venue is **Friends House**, 173 Euston Road, London NW1 2BJ.

Format of the event:

- 14.45 Welcome: participants arrive and are welcomed by Elizabeth and Alistair. The etiquette is that after being welcomed people take a seat in the circle and are silent from that point on, with greetings, networking and small talk held over until after the hour of silence
- 15.00 The doors will be closed at 3pm although latecomers are welcome and are asked to come in and sit down to join the group in silence
- 15.00-16.00 Meeting: hour of silence and quiet contemplation
- 16.00-16.30 Elizabeth will say a few words at the end of the hour and participants are then invited to chat, mingle and network as usual over tea, coffee and biscuits. Elizabeth and Alistair will then explain a few things about the meeting process, answer questions and lead a discussion around people's experience of the hour
- 16.30 Close

**Note:** Quaker practice is that during the period of silence in the meeting, if someone is moved to speak, they stand up and do so, then sit back down. When the person has finished talking, silence is restored, ie no one responds, comments or questions. During our 'Fishbowl', Elizabeth and/or Alistair may do this, to demonstrate the concept in practice, but only if it feels appropriate, so they may not. Please be equally prepared for their interruption and for it not to occur! If as a participant you have an **absolute desire** to share something with the room during the period of silence, please do so: stand up, say what you need to, then sit back down again.