

## **Quaker Testimonies**

Our “Testimonies” are the principles we have found to live by and act upon based on our values and beliefs. We call them the “SPICES.”

**Simplicity** - Focusing on what is truly important and letting other things fall away.

**Peace** - Seeking justice and healing for all people; taking away the causes of conflict in the ways we live.

**Integrity** - Living as whole people who act on what we believe, tell the truth, and do what we say we will do.

**Community** - Supporting one another in our faith journeys and in times of joy and sorrow; sharing with and caring for each other.

**Equality** - Treating everyone, everywhere, as equally precious to God; recognizing that everyone has gifts to share.

**Stewardship** - Valuing and respecting all of God’s creation; using only our fair share of the earth’s resources; working for policies that protect the planet.

**Being in community with other Quakers**

**helps us to be faithful in living as Quakers.**