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S-P-I-C-E-S: The Quaker Testimonies

[Connecticut Friends School](#) September 20, 2010

SIMPLICITY

Use financial and natural resources carefully.

Value the spirit over material objects.

We celebrate acts of kindness and generosity instead of bringing toys or electronics for show and tell.

Keep life simple so we are free to live in harmony and alignment with soul's purpose.

PEACE

Build conflict resolution skills.

Foster effective communication and alternatives to violence.

See conflict as a springboard to moral growth.

Seek elegant, simple solutions to problems or disagreements.

Encourage creative problem-solving and assume students have worthy, practical ideas.

INTEGRITY

Let your life speak: your outer life reflects your inner life.

Treat others with respect and honesty.

Acknowledge interconnectedness and essential oneness.

COMMUNITY

Connect with all members of the community.

Be our authentic selves. .

Balance needs of the individual with needs of the group.

Address and bring to the surface this seeming paradox while trying to lift up those in emotional turmoil.

Teach respect for everyone and the idea that everyone has a piece of the truth.

Gather in silent meeting for worship and listen to other people's thoughts without judgment or comment.

EQUALITY

Respect different people and different ideas.

Honor all faiths.

Celebrate a rich community made up of many cultures.

Reflect a broad, inclusive spectrum of the global family.

STEWARDSHIP

Protect and care for the Earth in a sacred trust.

Walk lightly on the Earth, recycle and reuse whenever possible, and reduce the amount of energy we consume.

Promote environmental, economic, and social sustainability.

Teach social justice and the need for equal access to resources.

This is a document written and distributed by Mark Dansereau and Kim Tsocanos, co-heads of Connecticut Friends School in Wilton, Conn