This Wednesday is the commemoration of George Fox, the founder of the Quakers, in the Anglican calendar. George Fox's own writings don't particularly lend themselves to the kind of discussion we normally have on Wednesdays, so I've chosen instead the first 3 paragraphs (of 42) of Advices and Queries, the summary of Quaker teachings that opens the much larger compendium Quaker Faith & Practice. I've also included the quote from George Fox that concludes Advices and Queries. - Gareth

***from* Advices and Queries *from* Quaker Faith & Practice**

1. Take heed, dear Friends, to the promptings of love and truth in your hearts. Trust them as the leadings of God whose Light shows us our darkness and brings us to new life.
2. Bring the whole of your life under the ordering of the spirit of Christ. Are you open to the healing power of God’s love? Cherish that of God within you, so that this love may grow in you and guide you. Let your worship and your daily life enrich each other. Treasure your experience of God, however it comes to you. Remember that Christianity is not a notion but a way.
3. Do you try to set aside times of quiet for openness to the Holy Spirit? All of us need to find a way into silence which allows us to deepen our awareness of the divine and to find the inward source of our strength. Seek to know an inward stillness, even amid the activities of daily life. Do you encourage in yourself and in others a habit of dependence on God’s guidance for each day? Hold yourself and others in the Light, knowing that all are cherished by God.

*Postscript to Advices and Queries:*

*Be patterns, be examples in all countries, places, islands, nations, wherever you come, that your carriage and life may preach among all sorts of people, and to them; then you will come to walk cheerfully over the world, answering that of God in every one.*

*George Fox, 1656*