## Cambridge Friends School

# Quaker Faith and Practice

Quakers believe that there is that of God—the Inner Light or Spirit—in every person. This is the foundation of our faith in the worth and potential of each student.

### The Testimonies

Quaker testimonies interpret universal values. They are guiding principles and are explored and reinterpreted by each generation. The following testimonies are central to Cambridge Friends School.

#### Equality

Our belief in "the Inner Light" means that all people are equal. Everyone has the same human rights and should be treated fairly.

#### Peace

Quakers are most often known for their peace testimony. We believe that world peace begins with each of us. We try to settle all our disagreements without using weapons or words that hurt others.

#### Integrity

Integrity means being truthful and always trying to do our very best. We say what we mean and mean what we say.

#### Community

We welcome the perspectives of everyone, respect the worth of each individual, and value our collective wisdom. We strive to be a supportive and inclusive school community.

#### Simplicity

Our testimony of simplicity reminds us to live wisely. In a world filled with ever-increasing amounts of external stimulation, we all need space and time to discern what is truly important in our lives.

#### Stewardship

We need to take care of the things we use and own as well as each other. We believe in leaving the world a better place than we found it.