



## The Quaker Testimonies: SPICES

Quakers agree to a core set of values, known as testimonies. The acronym SPICES is commonly used by Quaker schools. Our students have defined each below and committed to upholding these values in our school community.

**SIMPLICITY** - Quakers believe that if we are always trying to get better things, we can forget to be good people. Sometimes acquiring a lot of fancy things, clothes, and toys can get in the way of doing our work.

**PEACE** - Quakers believe that war and violence do not solve disagreements. These things only make people suffer. Quakers try to settle all their arguments without using weapons or words to hurt others. Quakers believe that world peace begins with each of us. Children in Quaker schools are taught the skills of non-violent conflict resolution.

**INTEGRITY** - Integrity means being truthful and trying always to do a good job. It means saying what we mean and meaning what we say.

**COMMUNITY** - Quakers believe that it is important to be a good neighbor, helpful to people around us. Building community takes many forms, including having fun with each other.

**EQUALITY** - Quakers believe there is that of God in everyone. Everyone is created equal. This means everyone has the same human rights and should be treated fairly. It also means we should treat people the way we want to be treated.

**STEWARDSHIP** - To live with simplicity and integrity, we need to do a good job taking care of the things we own and use. This means taking good care of the earth. Quakers believe it is important to leave the world a better place.