

Guidelines for Virtual Worship

- Keep in mind that we are trying to maintain the spirit of our physical worship as best as possible. Please act as you would during worship in our meeting room. (Spiritually focused, no recordings or cameras, no other internet use.) Please enter silently, without introducing yourself.
- Please mute yourself during worship unless you are saying something so background noise is not transmitted to everyone. If something is happening in view of the camera that may be distracting to others worshipping (including eating, drinking, or movement near or behind you, including pets) please turn off or cover your camera. Options to turn on and off your camera and microphone are on the bottom of the screen.
- When you enter the virtual worship space, be aware of what you are making visible to others in the room. This may include your name and/or photo.
- We welcome families into our virtual space no less than our physical one. Babies and small children are a beloved part of our community. Virtual meetings have the advantage of caregivers being able to attend to restless or vocal little ones with the mute setting on, which we hope allows more parents to remain in worship without having to leave the space.

Tips and Suggestions for Virtual Worship

- Find a place where you will be physically comfortable for the next hour and where you are unlikely to be distracted by others). Directly facing a light source helps other Friends see you better. You may want this to intentionally be a different space from your work-from-home seating arrangement.
- Set aside some transition time and preparation for worship. You may want to create a “before worship” settling-in practice, such as a guided meditation or spiritual reading—anything that helps keep you from jumping right from busy home life immediately into worship.
- Keep in mind that others can see you when your camera is on. If something is happening in view of the camera that may be distracting to others worshipping (including eating, drinking or movement near or behind you), please turn off or cover your camera with a post-it. Options to turn on and off your camera and microphone are on the bottom of the screen. You will still remain in the meeting until you click “leave meeting.”
- The same way we’d turn off phones, etc., before worship, please turn off, mute, or move any devices that may be a disturbance during virtual worship.
- If you choose “Gallery View” at the top right corner you will be able to see everyone in the meeting at once. Some people have found seeing everyone is helpful for feeling

Sample Guidelines for Virtual Worship
Beacon Hill (MA) Friends Meeting—March 2020
Shared with permission

the sense of the community being together. You can alternatively choose “Speaker View” which centers on whoever is speaking.

- [Here's a video](#) to show you how Zoom works, with the example of Woodbrooke Worship. Just a few notes of differences for BHFV Virtual Worship.
 - Please keep yourself muted during worship unless you are speaking.
 - We have the Chat feature disabled during worship.