

What canst thou say?

A Fox400 celebration audio project.

Information and instructions.

This audio project seeks to capture as many Yorkshire Quakers as possible answering the following two questions;

What do you do in Meeting for Worship?

What do you experience in Meeting for Worship?

We're hoping that the answer to each question will be *around* 90 seconds, providing approximately 3 minutes of audio in total. Recordings are to be uploaded to the Quakers in Yorkshire website. After upload, these recordings will be edited, tacked together and used as an audio exhibit at the Quakers in Yorkshire: George Fox Celebration on the 20th of July, as well as in other places.

Recording and uploading good audio.

What to say?

This is up to you entirely, *speak from thy condition to thy condition*. Do you focus on your breathing? Where does your mind go in Meeting? Do you have a meditation? Do you read A&Q's? How does your body feel? Whatever you say adds to the rich tapestry of our worship, which is rooted in equality, there is no right or wrong answer, speak freely – do consider A&Q 5, what you say may be helpful to another. Although there are two questions, please only upload one audio file. Don't worry if there's a gap between the two questions we can edit these out.

How to say it?

Try to speak clearly and towards your device. Please don't supplant a regional accent for a BBC accent, this is a YORKSHIRE project! The more regional and colloquial the better. Avoid excessive *hums*, *ums*, and *ahhhs*, we can edit these out after submission but it's much easier if they aren't there in the first place. It

might take you a few goes to get something you're happy with. It's a good idea to listen back to your recording before submitting. Some Friends might want to write something to read, rather than speaking extemporaneously. Three minutes of audio equates to approximately 400 words.

Hardware and set up

Find a quiet space, where you are unlikely to be disturbed for a few minutes, if your space has windows, close them.

If you're using a computer and you have a headset you use for zoom, please use it.

If using a mobile phone you should have it about 3 phone-lengths away from you, with the bottom pointing towards you.

Software

-iPhone or Mac computer, "Voice Memo" this free app is loaded as standard on Apple devices and can be found in the app store.

-Android mobile phone, "Dolby on" this free app can be downloaded from the GooglePlay app records audio very simply, cleans up background noise as standard and is completely ad-free.

-Windows PC or Laptop, the "Voice Recorder" app is loaded onto windows as standard, type voice recorder in the search box, open the application and click the blue microphone button to start recording.

Saving and uploading

When you have completed your recording you will need to save it to your device, before uploading it. We find that naming your file something obvious, helps. Once saved upload your audio recording to quakersinyorkshire.org.uk/fox400-audio-project. When you open this page, you need to give a few brief details. When you click "choose file" a pop-up box will show, select your file, finish the form and click submit. When successful, a message thanking you for your submission should show. If you're struggling to find your file, run a search (the box for this is usually in the top right of your screen) under the obvious name you gave the file when you saved it.