

LIGHTING OF CANDLE AND A MOMENT OF SILENCE

OPENING READING -

Carl Jung said that so much unnecessary suffering comes into the world because people will not accept the "legitimate suffering" that comes from being human

CHECK IN --

DISCUSSION

1. How have I suffered?
2. How have I dealt with it - deny, project, embrace, etc.?
3. How have my strategies for dealing with pain/brokenness/loss of control changed from earlier years?
4. Have I set as a goal the "unified field" beneath the flow of everyday events" through a discipline/practice such as meditation, prayer, silence, the natural world, or something else as a container for pain?

HOUSEKEEPING

- Review OUR CC Covenant (to be handed out). Is there anything you want to change? Add? Subtract?
- Reminder about the Theme for the year: "Sustainability"
- Pick a topic for next time

CHECK OUT -- your reaction to today's session

CLOSING READING -

Michael J. Fox said of his Parkinson's disease:

"Coping with the relentless assault and the accumulating damage is not easy. Nobody would ever choose to have this visited upon them. Still, this unexpected crisis forced a fundamental life decision: adopt a siege mentality--or embark upon a journey. Whatever it was--courage? acceptance? wisdom?-- that finally allowed me to go down the second road (after spending a few disastrous years on the first) was unquestionably a gift--and absent this neurophysiological catastrophe, I would never have opened it, or been so profoundly enriched. That's why I consider myself a lucky man."

