



“EMBRACING OUR MIGHTY SUPERPOWERS”
Fall Program 2019



1. SUPERPOWER OF TRUST

Anatomy of Trust by Brene’ Brown

Length: 22:49

<https://brenebrown.com/videos/anatomy-trust-video/>

1. “Trust is built in small moments.” Do you agree or disagree, and why?
2. Brown describes the building of trust as adding marbles to a marble jar, with each marble representing a time when someone did something that showed you could trust them. How do your trusted friends earn marbles?
3. How do you earn marbles of trust with yourself?
4. Do you find it more challenging to trust others, or to trust yourself? How does this affect your life?
5. Brown uses an acronym BRAVING to represent the components of trust. Are some of these components more important than others to you? Less important?

B – Boundaries

R – Reliability

A – Accountability

V – Vault (respecting all confidences, not just yours)

I – Integrity

N – Nonjudgment in both giving and receiving help

G – Generosity of assumptions

6. Write and share your own affirmation concerning TRUST

AFFIRMATION: I make choices that support my ability to trust myself and to be trusted by others.

2. SUPERPOWER OF ACCEPTANCE

A Love Letter to Realism in a Time of Grief by Mark Pollock & Simone George

Length: 19:15

https://www.ted.com/talks/mark_pollock_and_simone_george_a_love_letter_to_realism_in_a_time_of_grief

1. “He who has a ‘why’ to live can bear almost any ‘how.’” Mark Pollock used this Nietzsche quote to keep himself going when tragedy struck. How does this quote speak to you (or not)?
2. What struck you most about this video?
3. How have you, in your own life, worked through the realistic pessimism of “facts” and emerged into a place of holding both acceptance and hope together?
4. Have you struggled with anger at self, others, or God? How did you use or resolve this anger in the journey to hope and acceptance?
5. Simone George said, “Acceptance is knowing that grief is a raging river, and you have to get into that river, because when you do, it carries you to the next place, and eventually to open land where everything does turn out all right in the end.” How does this relate to your experience of grief in your life?

AFFIRMATION: No matter what life brings, I have the Divine strength, wisdom, and will to create a life of meaning for myself.

3. SUPERPOWER OF AGILITY

The Gift and Power of Emotional Courage by Susan David

Length: 16:41

https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage

1. David says radical acceptance of ALL emotions leads to resiliency. Think about the ways and circumstances in which you tend to deny your emotions. Do you agree with the speaker that this only gives “unwanted” & suppressed emotions more power?

2. What benefits might there be in judging our emotions as “good” or “bad”? What harm might there be in judging them? Does one outweigh the other for you, and why?
3. David says the “tyranny of forced emotional positivity” causes us to lose the capacity to deal with the world as it is. What do you see as the difference (if any) between “forced emotional positivity” and the Unity teaching to focus on what we want rather than what we don’t want because “Thoughts held in mind produce after their kind?”
4. “Discomfort is the price of admission to a meaningful life.” David says that to want no stress, struggle, challenge or discomfort is a “dead people’s goal”. In what ways do you agree or disagree with David’s statement? What do you think life would be like without the stresses and struggles?
5. We are invited to see our emotions as DATA, rather than as directives. What do you see as the benefits or drawbacks of this view? Emotions-as-data calls for accurate and precise labeling of what we are feeling. Is this difficult for you? For people in our culture generally? How might we help our culture to become more capable of accurately and precisely identifying a broader range of emotions?
6. How does your faith help you face emotional crisis? What beliefs particularly help you to find peace or balance in times of turmoil?

AFFIRMATION: I am courageously open to the self-knowledge and understanding that I can gain from observing and accepting my feelings.

4. SUPERPOWER OF COMPASSION

Reconnecting with Compassion by Krista Tippett

Length: 15:38

https://www.ted.com/talks/krista_tippett_reconnecting_with_compassion

1. The Center for Compassion & Altruism Research defines compassion as a 3-part process:
 - (1) Noticing the suffering of another;
 - (2) Empathetically feeling the other’s pain;
 - (3) Acting in a manner intended to ease the suffering.

How does this fit with your own definition? Does compassion require action?

2. Tippet says “Words matter. They shape the way we understand ourselves, the way we interpret the world, the way we treat others.” Are there ways you have seen the choice of particular words affect the presence of compassion?
3. Tippet talks about one of the components of compassion being “curiosity without assumptions”. How do you get past assumptions to truly see and connect with someone or something?
4. In your experience, is it more difficult to be compassionate with those closest to us? With ourselves? With strangers? With people far away that we will probably never meet? How do we build compassion in those difficult places?
5. It was said that compassion is unleashed by stories. Why would that be? What does it tell us about compassion and about ourselves? Is there a brief (1-2 minute) story about compassion that you would like to share?
6. Can we, individually, increase compassion in the world, and if so, how? Can we do so as a group, and if so, how?

AFFIRMATION: With compassion, I seek to see the world through the perfect vision of Divine Love.

5. SUPERPOWER OF RESPECT

What Really Matters at the End of Life by B. J. Miller Length: 18:57
https://www.ted.com/talks/bj_miller_what_really_matters_at_the_end_of_life

1. Each culture has its own views on death and dying, as does each individual. What are your feelings and thoughts about death? About the process of dying?
2. What do you believe will matter most to you in your own dying process? What brings you comfort and meaning? Have you told your family or others who might be in a position to help honor your wishes at that time? Have you listened to what matters to them? If so, how did you bring about these conversations?
3. Miller encourages us to consciously redesign the dying process with intention, creativity and respect for each individual. What might such a system look like? How might we prevent imposing our own beliefs and desires on others who might have different views or needs?
4. How do we allow, support and honor the grieving process in the dying person and those who are close to them, without making grief a requirement or imposing an artificial time line?

5. Frank, a patient living with cancer and HIV, decided to go rafting down the Colorado River. What are some things you are likely to regret if you don't do them while you can? Would these things be worth the potential risks for you, not just physically, but in risking the disapproval of people who matter to you?
6. Miller talks about shifting our perspective to emphasize **quality** of experience—physically, sensually, emotionally and spiritually. Is it possible we might practice this now, in the midst of life, rather than waiting only until the end of life? How would that change things?

AFFIRMATION: I consciously look for and nurture beauty and meaning in my life and the lives of those around me, whatever the circumstances.

6. SUPERPOWER OF RESILIENCE

How to Make Stress Your Friend by Kelly McGonigal
<https://www.youtube.com/watch?v=RcGyVTAoXEU>

Length: 14:28

1. What is your reaction to McGonigal's talk?
2. How does it fit with your personal theology about the power of beliefs?
3. What have been your beliefs about stress or about challenges in your life previously? Has this video changed them in any way? Do you think it will affect future choices?
4. How have you shown resilience in the past? How does that impact how you handle challenges today?
5. What are your thoughts about McGonigal's assertion that "Your stress response has a built-in mechanism for stress resilience, and that mechanism is human connection"?
6. In response to a question at the end, McGonigal recommends choosing meaning over avoidance of discomfort. Do you think that is good advice for you personally and why or why not?

AFFIRMATION: I can trust myself to handle life's challenges with courage and compassion.

7. SUPERPOWER OF BALANCE

The Danger of a Single Story by Chimamanda Adichie Length: 18:34
https://www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story

1. Do you tell a single story about yourself? In what ways does the story you tell about yourself limit you? How might you rewrite your story to honor your own diversity and expand your choices?
2. Challenge: Write 3 diverse statements about yourself that you are willing to share with the group.
3. Do you tell a single story about your family? What might motivate, or has already motivated, you to expand this story?
4. Do you tell a single story about your culture? What limits or roles does your story about your culture impose? Do you feel your culture is impacted by the story told about it by others and how?
5. Do you tell a single story about another culture or people? What are the effects of the story for you and for them? How do these stories reflect or distort your higher professed values?
6. Do you tell a single story about your theology? Does the story limit you or limit what you “allow” Spirit to do and be in your life and in the world?

AFFIRMATION: I recognize and honor the diversity in all beings and in all creation.