|  |  |
| --- | --- |
| Final_SGM_logo | **Loneliness & Aloneness** By Bob BrittonThe cure for loneliness is solitude. **Marianne Moore** |
| Opening and Chalice Lighting (1 minute) | Light fires that can be seen for miles,That dance and spark and warm the frozen marrow.Set lamps in the windows.Declare your presence, your loyalties,The truth for which you do not expect to have to die.It would take a miracle you say,To carve such a solid life Out of the shell of fear.I say you are the stuff from which such miracles are made. **Rev Lynn Ungar** |
| Check-in (24 min, 3 min each) | Take this time to share how you are spiritually, psychologically, emotionally, and physically.  |
| Sharing (5 min) | Take time to respond to what you have just heard while being non-judgmental. |
| Quiet Reflection (1 min) |  |
| Topic Readings (5 min) | Life is full of misery, loneliness, and suffering - and it's all over much too soon. [**Woody Allen**](http://www.quotationspage.com/quotes/Woody_Allen/)The worst loneliness is not to be comfortable with yourself.**Mark Twain** People drain me, even the closest of friends, and I find loneliness to be the best state in the union to live in. **Margaret Cho**The most terrible poverty is loneliness and the feeling of being unloved. **Mother Teresa** To be an adult is to be alone. **Jean Rostand** Disappearing can be quite the coping mechanism for those of us who fear abandonment the very most of all. If we disappear, you have to find us. You’re the one who worries. We know where we are, but you can’t leave me. I’m in charge and doing the leaving. Not the other way around. **Jennifer Neal** Inside myself is a place where I live all alone and that’s where you renew your springs that never dry up. **Pearl Buck**  |
| Break (5 min) |  |
| Sharing/Deep Listening (24 min, 3 min each) | **Speak about this topic in any way that is comfortable to you. You may use these questions if they are helpful.*** Most of us experience a sense of loneliness at times. Are there certain times of the day, certain days of the week, or particular occasions on which you feel most lonely?
* Describe a time when you were alone and felt lonely and unhappy.
* Describe a time when you were alone and felt peaceful.
* What is helpful to you at these times?
* How do you try to deal with feelings of loneliness when they arise?
* How does the experience of solitude contribute to your spiritual growth and development?
* Why is loneliness never discussed as openly as let’s say anger?
* Can one be alone, but not be lonely?
 |
| Open Discussion (40 min) | This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared. |
| Future session topics(10 min) | Set four future session topics |
| Announcements (2 min) | Next session – Monday February 2, 2015, 7:00pm **– Music**Share music meaningful to you and why. |
| **Closing Reading/ Extinguish Chalice**(1 min.) | Take courage friends.The way is often hard, the path is never clear,And the stakes are very high.Take courage.For deep down, there is another truth:You are not alone.**Rev Wayne B. Arnason** |

**Possible Future Session Topics?**

1. **Out of the “Closet” (what do you keep secret?)**
2. **Gratitude**
3. **Belonging**
4. **Eulogize me now**
5. **Forgiveness**
6. **Finding the silver lining**
7. **Giving**
8. **Hope**
9. **Money**