

Is Vulnerability a Necessary Requirement for Personal Development?

Opening words and Chalice lighting:

“When we were children, we used to think that when we were grown-up we would no longer be vulnerable. But to grow up is to accept vulnerability...
To be alive is to be vulnerable.”

~ Madeleine L'Engle (1918 -), *Walking on Water: Reflections on Faith and Art*, 1980

Welcome and check-in (A time to share what is on your mind in order to clear it and be in the present.)

Reading for discussion

Man's mind stretched to a new idea never goes back to its original dimensions.

~ Oliver Wendell Holmes

If you bring forth what is within you
What you bring forth will save you.
If you do not bring forth what is within you,
What you do not bring forth will destroy you.

~ The Gospel of Thomas

"To have doubted one's own first principles is the mark of a civilized man."

~ Oliver Wendell Holmes,

"The significant problems we face cannot be solved by the same level of thinking we were at when we created them." ~ Albert Einstein

Questions for discussion

- What does “being vulnerable,” mean to you?
- Can human growth/ development occur without vulnerability?
- In what areas do you strive for vulnerability (emotional, spiritual, physical, intellectual)? How?
- In what ways do we make ourselves vulnerable at UU?
- In what ways would you like to increase your vulnerability with regard to UU?

Check-out (A time to share likes and wishes, such as “I like how we...” “I wish we would...”, or express how you felt about the group.)

Closing words and extinguishing the Chalice:

“Only those who will risk going too far can possibly find out how far one can go.” ~ T.S. Eliot

Thanks to everyone for their participation and commitment to our group!