

Being Alone

Opening words and Chalice lighting:

When we are silent together, it is like being alone.
We withdraw into ourselves and cherish the silence.
And when the silence ends, for a few moments we are alone together.
Then when we speak, speech comes from a deeper source.

Gibran wrote: “Let there be spaces in our togetherness.”
What happens in those spaces?
“Let the winds of the heavens dance between you.”
What are they telling you?

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

Some of us are introverts needing time alone to reflect, think things through, and recharge our spirits; some of us extroverts needing time with others to be energized and give expression to our energy both verbally and physically. To a greater or lesser degree, we need both. We are focusing on being alone.

Questions for discussion

When do you seek out time alone?
What do you do with your alone time?
What is quality alone time for you? How does it differ from down time?
Does it affect your life to not have time alone? How?

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:

We must reserve a little back-shop, all our own, entirely free, wherein to establish our true liberty and principal retreat and solitude.

Montaigne

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