

Humor

Opening words and Chalice lighting:

“Laughter is man’s most distinctive emotional expression. Man shares his capacity for love and hate, anger and fear, loyalty and grief with other living creatures. But humor, which has an intellectual as well as emotional element, belongs to man.”

Margaret Mead

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

Humor matters in our relationships. Humor matters in preventing the buildup of stress. Humor matters in our perspective of life and thrives between man’s aspirations and his limitations
Frank Colby writes: “Men will confess to treason, arson, false teeth, or a wig. How many of them will own up to a lack of humor? Do you consider yourself as a person with a sense of humor? Do you think other people consider you as having a sense of humor? If you don’t think you have a sense of humor, how do you stop yourself from being humorous?”

Questions for discussion

When do you consider humor to be constructive and when destructive?

What is the role of humor in politics and in our cherished beliefs about what is right and wrong?

What part does humor play in religion and in your religious beliefs?

What other connections do you make to the subject of humor?

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:

Humor is an affirmation of dignity, a declaration of man’s superiority to all that befalls him.

Romain Gary

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