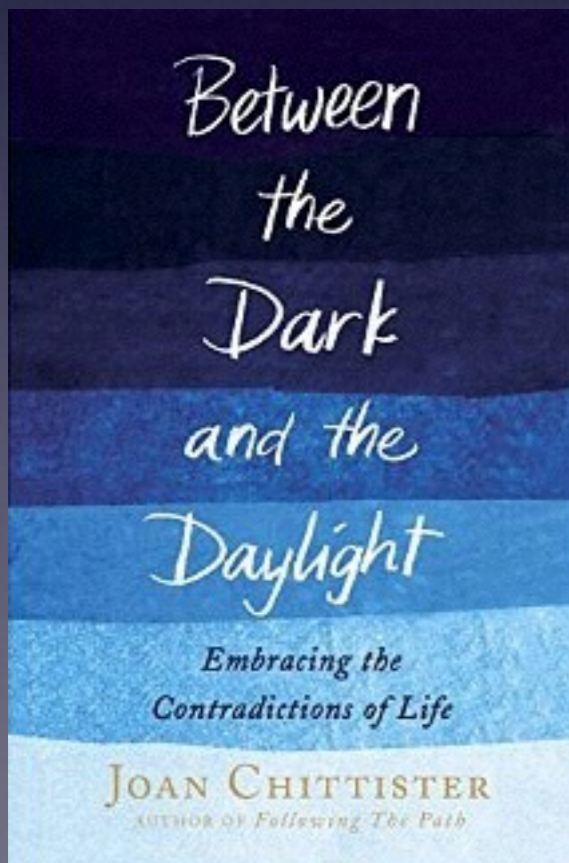


Spiritual Darkness Two Studies

ACTS
Fall 2014



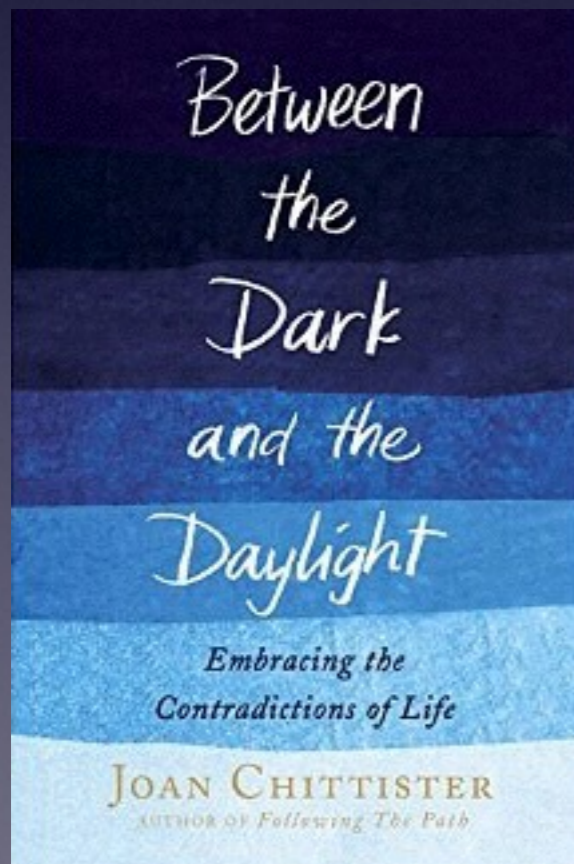
St David's United Church
Calgary

Opening

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Between the Dark and the Daylight

Session 8



- Opening
- Introductions
- Chapter Summaries
- Media
- Discussions
- Closing

Between the Dark and the Daylight

Session 9 - Readings

Selected Chapters

19. THE LIBERATION IN LOSS

20. LONELINESS: AN INVITATION TO DISCOVER
NEW RESOURCES

21. THE SEEDS OF LOVE IN FRIENDLESSNESS

22. THE LONELINESS OF LOVE

23. THE FULLNESS OF SEPARATENESS

24. THE CALL TO SOLITUDE IN CROWDS

25. THE EMPTINESS OF CROWDS

Ch 19 The Liberation of Love

1.

Whatever the nature of the loss - death, status, circumstances - the pain of it feels almost surgical. Then the question screams in the night: Who am I now? Is this all there is?

Ch 19 The Liberation of Love

2.

And yet, there is a resurrection that comes with loss. Loss frees us to begin again, to be seen differently, to tap into something inside of ourselves that even we were never sure was there.

Ch 19 The Liberation of Love

3.

Loss is not loss. It is simply the invitation to find more of ourselves that is waiting to become the rest of ourselves

Ch 21 The Seeds of Love in Friendlessness

1.

To be a loner is to mask a precarious situation. Loners soon discover how much there is that cannot be done alone in life.

Ch 21 The Seeds of Love in Friendlessness

2.

The illusion of self-sufficiency is a very serious emotional barrier to being able to negotiate the real tasks of life.

Ch 21 The Seeds of Love in Friendlessness

3.

We gain insights to see ourselves through the friendships we make. They mirror us to ourselves. They bring us to the best of ourselves. Friends enable us to know and accept our own deep needs and so understand and support the needs of others.

Ch 22 The Loneliness of Love

1.

Real love is a very lonely venture. We always want more from the other person than we can ever hope to get. And we always give less than is needed or expected, even when we think we are giving everything we have.

Ch 22 The Loneliness of Love

2

If we're lucky, we come to realize that the purpose of love is to take us out of our own cravings for attention to attend to someone else.

Ch 22 The Loneliness of Love

3,

Love functions in the loneliness that comes from expecting what no one other person can possibly give us - total satisfaction, total presence, total joy, and total understanding. The more love we find then, the more loneliness that comes with it.

Video - 12m38m excerpt

TEDxKC

“The price of invulnerability”

Brené Brown

Brené Brown, is a researcher at U of Houston who has studied shame, empathy and courage; and presently studies joy, authenticity, love and belonging . In this short TEDx talk she complements very well the ideas and ideals of Joan Chittister’s chapters “between the dark and the daylight”.

<http://brenebrown.com/>

https://www.youtube.com/watch?v=_UoMXF73j0c

losing our tolerance for vulnerability



Video

When Sorrow Like the Sea Billows Roll

3m20s

The Lutheran Church of the Resurrection in Cincinnati created this lamentation to the loss of life from the great oil spill from BP Deep Horizon in 2010.

From Loss can come New Purpose.

<https://www.youtube.com/watch?v=DY6vJxUigYA>

WHEN SORROWS LIKE THE SEA
BILLOWS
ROLL



Break

Discussion Questions

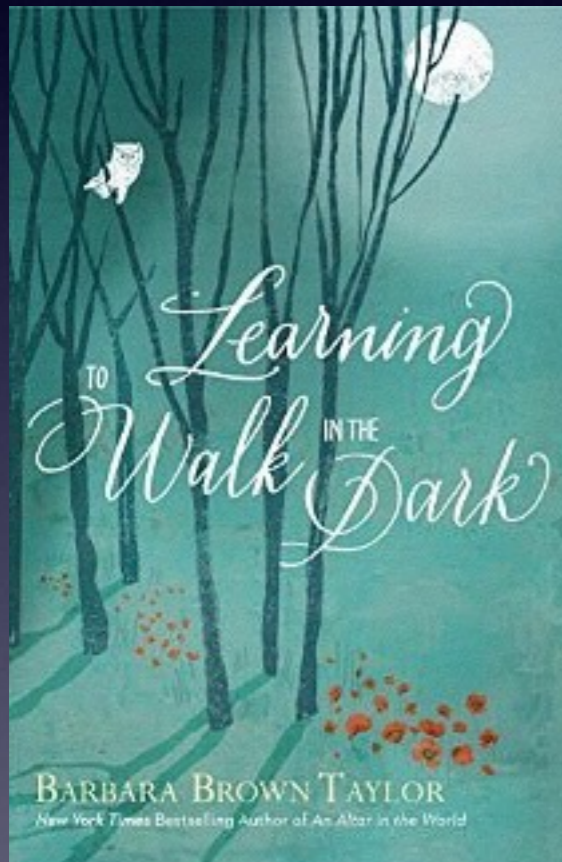
19. Share with others an experience of loss to yourself or another - of death, status, or circumstance and of how it became an experience of liberation.

21. Discuss: Both introverts and extraverts can be loners.

22. Discuss: How I try to deal with failed expectations in my relationships.

Learning to Walk in the Dark

Next Readings



- 27. THE CHALLENGE OF HOPELESSNESS**
- 28. THE COURAGE OF COWARDICE**
- 29. THE CERTITUDE OF DOUBT**
- 30. THE BENEVOLENCE OF THE UNKNOWN**
- 31. THE INVITATION OF FINALITY**
- 32. THE PAIN OF THE SEARCH FOR SPIRITUAL PAINLESSNESS**

Study Website

<http://dark.stdavidscalgary.net>

Closing