

Explore Your Faith Meetup

Week of September 13, 2020

Register for a Meetup by [clicking here](#).

Welcome! Thank you for being here. With Social Thread you can be part of a community where you will belong, thrive, and explore faith on your own terms. You can learn more about what we're building on our [website](#). If this is your first time, please [fill out this short form](#) so we can stay in touch and send you a **Social Thread sticker** as a small token of thanks.

This meetup is an opportunity to gather together, share conversation, and explore together. Though we all may bring different perspectives there are no wrong answers here. Assume everything shared here is confidential. Let's all do our best to respect one another, listen while others are talking, and be open to learning. The goal is not to have anyone's mind changed but to be in community with one another. The most important rule here is to have fun!

Checking In

Share your name, where you live, what you do for a living, and respond to the question: As a child, what did you want to be when you grew up?

Tact

Tact: a keen sense of what to do or say in order to maintain good relations with others or avoid offense (Merriam-Webster).

"Far from a social luxury, tact becomes imperative when life is cheapened. We exercise it to show gentle respect for another"

On a scale of 1-10 how would you rate your tactfulness? When we argue or judge someone we disagree with, do we see them as the set of beliefs they hold, or do we see them as a unique individual made up of complex experiences that are different from our own? How would our approach be to others if we saw them as the latter? How might we use tact, not as a way to excuse or adopt beliefs we disagree with, but as a way to humanize those we don't see eye to eye with?

Source: [On Tact in Dark Times](#) - Aeon

How to Be a Stoic

"So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today." - Jesus (Matthew 6:34)

[A stoic philosopher once] said, "you will dislocate your wrist, sprain your ankle, swallow quantities of sand," and you will still suffer losses and humiliations. And yet, for you, every setback is an advantage, an opportunity for learning and glory. When a difficulty comes your way, you should feel proud and excited, like "a wrestler whom God, like a trainer, has paired with a tough young buck." In other words, think of every unreasonable asshole you have to deal with as part of God's attempt to "turn you into Olympic-class material." This is a very powerful trick."

What do you think of the stoic approach to suffering? Is it helpful for you? What might be some drawbacks? Where does it fall short? How does your own faith or belief system align with stoicism? How is it different?

Source: [How to Be a Stoic](#) - The New Yorker

Well, That's Awkward

"...the rule of awkward silence is simple: When faced with a challenging question, instead of answering, you pause and think deeply about how you want to answer. This is no short pause; rather, it involves taking several seconds (10, 20, or longer) to think things through before responding..."

The rule of awkward silence has always been valuable as a tool of emotional intelligence, because it allows you to balance thought and emotion, instead of simply reacting based on feeling."

Do you have any interesting awkward silence stories to share? Do you think you could use it to your advantage, or would it just make your interactions even more awkward? What is your relationship with silence, in general? What does your faith or belief system have to say about silence? How might you use silence this week as a spiritual practice?

Source: [Intelligent Minds Like Tim Cook and Jeff Bezos Embrace the Rule of Awkward Silence. You Should Too](#) - Inc.



Checking Out

Share one takeaway from tonight's conversation. Share any thoughts and prayers requests you have for the week.

Next Steps

If you found this gathering meaningful we hope you'll go to our website and [make a donation](#). If you're interested you can also [sign-up for the newsletter](#).

If this was your first time, and you haven't already, don't forget to [fill out this short form](#) so we can send you a **Social Thread sticker**.

If you want even more swag, you can invite a friend or family member to participate. If they attend a Meetup we'll send you a super soft **Social Thread t-shirt**.

We look forward to seeing you next week!