



Explore Your Faith Meetup

Week of October 12, 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 then share your best injury or scar story.

Winging It

"The solution to imposter syndrome is to see that you are one... Humanity is divided into two [groups]: on the one hand, those who are improvising their way through life, patching solutions together and putting out fires as they go, but deluding themselves otherwise; and on the other, those doing exactly the same, except that they know it. It's infinitely better to be the latter (although too much "assertiveness training" consists of techniques for turning yourself into the former).

Remember: the reason you can't hear other people's inner monologues of self-doubt isn't that they don't have them. It's that you only have access to your own mind."

How much self-doubt do you experience? How does it affect you? What advice would you give others who are struggling with self-doubt? Do you agree that no one really knows what they're doing in life?

Source: [Oliver Burkeman's last column: the eight secrets to a \(fairly\) fulfilled life](#) - The Guardian

You Get What You Deserve

“As “karma” became associated with hippies, surfers and the like, its meaning got further broadened, often used as the equivalent of “aura” or “vibe...” All of this dilution of meaning has further removed the common understanding of “karma” from its Hindu-Buddhist roots, a point that came up as the term was trending on social media last week. One user who goes by the name Deramin tweeted, “Reminder to non-Buddhists, karma is not vindictive, it is not a vengeful god doling out what people ‘deserve,’ it’s not comeuppance, it’s not a punishment, it is the very neutral consequences of your actions.”

Do you believe in karma? What does your faith or wisdom tradition say about karma? How does what you believe about karma influence your belief about what happens to you and others in life?

Source: [‘Karma’: A Spiritual Way to Describe Destiny’s Workings](#) - The Wall Street Journal

Wait For It

“While you can choose to pause, be still and meditate, you often can’t control whether you wait for something or not. That’s the rub with wait times: they’re often imposed rather than chosen. So we despise them because they put the power in the hands of others. Waiting precludes a sense of agency over using our time as we see fit. Wait times can even be used by others to remind us about their power, for example, in a relationship where we’re made to wait for them, an action that claims priority over time.”

What is your relationship like with waiting? What do you usually do while waiting for something? How might you see waiting as beneficial? How might we respond when waiting is “imposed” on us in an unhealthy or unjust way?

Source: [How to Wait Well](#) - Psyche

Action Step

What is one thing you can do this week to use “waiting” to your benefit?

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**.
- Attend six total Meetups and choose between a Social Thread water bottle or fanny pack.

We look forward to seeing you next week!