

Explore Your Faith Meetup

Week of November 15, 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 respond to the question: How are you doing?

Apologize

According to Jahan Kalantar, a criminal defense attorney in Sydney, Australia

"...even when you feel genuine remorse, you may still find it hard to apologize — searching for the perfect words that... 'communicate vulnerability and gratitude.'"

Kalantar argues that a successful apology must have these three elements:

Identify what went wrong, acknowledge fault, and then point to a solution.

Is it easy or hard for you to apologize? Do you agree that the above solution is good apology recipe? What would you add or change? How important is it for other people to apologize to you? How easy or hard is it for you to forgive someone and give them a second chance if they apologize?

Source: [How to Deliver an Authentic Apology](#) - TED Ideas

Something Bigger Than Yourself

Recently, researchers found that spirituality is related to higher levels of well-being but is also a “marker of wisdom.” According to one of the authors of the study:

"Spirituality does not require religious faith but is characterized by humility and ever-present connectedness to oneself or to others or to an entity that is transcendent, such as Mother Nature or God or the soul... It helps reduce stress in many people and allows them to be more at peace, happier, and healthier."

What do you think the difference between spirituality and faith is? Would you say that you believe in a higher power or something that is bigger than yourself? How would you describe it? How do you maintain connection to it? What tangible benefits does that connection have on your life?

Source: [Why Are Americans Still Uncomfortable With Atheism?](#) - The New Yorker

Creativity

"We all have different ways of unwinding after a long day at the office. Some people make a beeline for the couch to start a Netflix binge; some people work out; some people switch on the creative side of their brains, engaging in something crafty or logging time in the kitchen.

All have their benefits, but things in that last category may be an especially worthy way to spend your off-the-clock hours... And according to a new study in the Journal of Positive Psychology, small-time creative pursuits — like cooking, knitting, or even doodling — can influence your overall well-being for the better."

Would you consider yourself a creative person? Why or why not? What do you do to spark creativity? What is a creative endeavour or hobby you've always wanted to try, but haven't been able to yet?

[To Be Happier, Do One Creative Thing Everyday](#) - The Cut

Action Step

What's one thing you can do to connect with something that is bigger than yourself, this week?

Checking Out

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

Next Steps

1. 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**.
2. If you found this gathering meaningful the number one way you can support Social Thread right now is by **inviting others to participate in a Meetup**. The second best way is by [leaving us a review on Facebook](#).
3. You can support us by:
 - [making a donation](#)
 - [signing-up for the newsletter](#)
4. 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!