

LIVING WITH ANGER (adapted from the session developed by Holly and Bob Zeeb, First Unitarian Society in Newton)

OPENING WORDS & CHALICE LIGHTING:

Come into the circle of love and justice.
Come into the community of mercy, holiness, and health.
Come and you shall know peace and joy.
~Reading #418 from Singing the Living Tradition

PURPOSE: We come together to build connections and to support each other on our spiritual journey.

CHECK IN: What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing. What are you leaving behind to be here today?

READING OF GROUP COVENANT

FOCUS: Deep listening and sharing on the topic: **Living with Anger**

Each person in the group speaks uninterrupted; if time remains, general response and conversation are welcome.

Quotes and Readings for Consideration

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned. ~Buddha

The world needs anger. The world often continues to allow evil because it isn't angry enough. ~Bede Jarrett

As an old proverb has it, "Anger is a wind that blows out the lamp of the mind" -unless our mind is alert enough to set sail for a better course. ~Michael N. Nagler

The nonviolent are not people who don't feel anger. On the contrary, they can often prize anger . . . because first of all that capacity to feel for others, which sometimes means getting angry over what is happening to them, is one of the things that makes them fully human. Second, and more important, that kind of anger is potentially the emotive power to correct the situation. ~Michael N. Nagler, former chairperson of UC Berkeley's Department of Peace and Conflict Studies

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There are many kinds of anger and many ways of thinking and talking about anger. But above all, anger is a part of what makes us human. We all live with anger; it is in the nature of things.

Consider a time when your anger separated you—from yourself, from those you care about, from that which is larger than the self. And consider a time when anger may have connected you—to yourself, to others, or to something larger and beyond yourself. What might be the difference between these two experiences of anger?

Consider the times when you feel anger. Does fear play a role in anger for you? Do you find that you feel anger when you feel threatened by something?

Are you a person who feels anger frequently or infrequently? Consider why this might be.

CONFIDENTIALITY CHECK AND CHECK OUT: Is there anything that you shared here today that you would like held confidential? Otherwise, this is a reminder that we treat each other's sharing with kindness and respect.

CLOSING WORDS: *May we understand that our feelings of fear, anger, temptation and disharmony are part of our lives, and that our task is not to try to deny these feelings, but resolve to deal with them. Our task is to bring forth the light of understanding, reason, and resolve, so that we can see what threatens us, and follow the path to wholeness. May we know that within each of us is a source of strength and light that can restore us, if we open ourselves to it.* ~ Robert Senghas