

Aggression

All Souls Braintree, MA - Wikipedia inspired (July 2010)

Covenant statement

We gather as a Covenant Circle to deepen our sense of meaning and community.

In this spiritual community, we seek to better care for one another and to work together toward creating a kinder, more compassionate, and just local and global community.

Opening words

“It is always possible to bind together a considerable number of people in love, so long as there are other people left over to receive the manifestations of their aggression.” -

Sigmund Freud

Chalice lighting

“No man has a natural right to commit aggression on the equal rights of another, and this is all from which the laws ought to restrain him.” - Thomas Jefferson

Checkin

How is your spirit this evening? What do you need to leave behind in order to be fully present here?

Reading

“Aggression unopposed becomes a contagious disease” - Jimmy Carter

aggression [əˈɡreshən]

Etymology: L, aggressio, to attack

a forceful behavior, action, or attitude that is expressed physically, verbally, or symbolically. It may arise from innate drives or occur as a defense mechanism, often resulting from a threatened ego. It is manifested by either constructive or destructive acts directed toward oneself or against others.

Kinds of aggression are

constructive aggression, an act of self-assertiveness in response to a threatening action for purposes of self-protection and preservation.

destructive aggression, an act of hostility unnecessary for self-protection or self-preservation that is directed at an external object or person.

inward aggression, destructive behavior that is directed against oneself.

Mosby's Medical Dictionary, 8th edition. © 2009, Elsevier.

Reflection questions

1. What real-life examples of aggression come to mind after hearing the clinical terminology?
2. What, if anything, can be done to reduce destructive aggression either personally or globally?

Checkout

How are you feeling as we close this session? What has been most meaningful to you, what are you hoping for?

Closing words

“Mankind must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love.” - Martin Luther King, Jr.

“There are historic situations in which refusal to defend the inheritance of a civilization, however imperfect, against tyranny and aggression may result in consequences even worse than war” - Reinhold Niebuhr

Ambassador of the light

Although we extinguish this flame, the spirit of life and love lives on in our search for truth and justice. May our actions be an expression of our commitment to creating a more civilized society for all of humanity.

Don Swanson