

Group Business

Chalice Lighting/Chime/Silence/Chime

Opening Words

A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick. Brené Brown

Check-in (with optional 30 second add-on if necessary, at end)

Topic Introduction

We all want to feel a sense of belonging. This isn't a character flaw. It's fundamental to the human experience. Our finest achievements are possible when people come together to work for a common cause. School spirit, the rightful pride we feel in our community, our heritage, our religion, and our families, all come from the value we place on belonging to a group. Rosalind Wiseman

Sally Johnson in her book "Hold Me Tight" talks about the nature of connection in relationships. Her research demonstrated that a healthy feeling of connection forms when there is an interdependent relationship with other people. At the deepest level this describes a relationship between parent and child. However, she has found that for emotional wellbeing, this same interdependency exists between all people in relationships – lovers, friends, family, etc. To feel connection means that when one meets with others, they can be counted on to attend to one's needs, to make one feel like part of the group (connected) and thus "belonging." It is becoming clear that the idea that the goal for attaining emotional health resting on being independent and not needing others was largely wrong.

Belonging is another way of describing a feeling of connection. Here are some questions for you:

- What are some specific places where you have a strong sense of belonging?
- Have you had the experience of being in a group where you didn't feel you belonged? What was that like for you? What got in the way?
- What happened if you experienced an end to a place where you once belonged? How did you resolve your feelings about this?
- How do you develop a feeling of belonging – what can you do to make this happen for you?
- What makes some places better for finding belonging than others?

Open Discussion

Closing Words and Chalice Extinguishing

Home is ultimately not about a place to live but about the people with whom you are most fully alive. Home is about love, relationship, community, and belonging, and we are all searching for home.

Erwin McManus

Likes and wishes

Who does the next group?

Extinguish chalice/chime ringing