

Fear of Fear

Santa Rosa, CA, Peter Wilson, February 2011

CHALICE LIGHTING and CENTERING

OPENING WORDS

This is preeminently the time to speak the truth, the whole truth, frankly and boldly. Nor need we shrink from honestly facing conditions in our country today. This great Nation will endure as it has endured, will revive and will prosper. So, first of all, let me assert my firm belief that the only thing we have to fear is fear itself—nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance. - FDR¹

CHECK-IN

What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing.

FOCUS QUESTIONS: (speak from your own experience)

1. Relate a calamity or period in your life that took a lot of courage to face and overcome?
2. What were the associated fears and resentments, how did you deal with them?
3. Is there an opportunity in your life now to use the experience to create a positive outcome for you or someone else?

CHECK-OUT

How did this session go for you? Is there anything in particular you'd like to mention?

CLOSING WORDS

Happiness lies not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort. The joy and moral stimulation of work no longer must be forgotten in the mad chase of evanescent profits. These dark days will be worth all they cost us if they teach us that our true destiny is not to be ministered unto but to minister to ourselves and to our fellow men. - FDR"

The Opening and Closing words are from Franklin D. Roosevelt, Inaugural Address, March 4, 1933, as published in Samuel Rosenman, ed., The Public Papers of Franklin D. Roosevelt, Volume Two: The Year of Crisis, 1933 (New York: Random House, 1938), 11-16.
