

OPENING WORDS & CHALICE LIGHTING

“12 Things To Ditch For A Great Day

Blame

Guilt

Worry

Regret

Resentment

Entitlement

Self-pity

Laziness

Negative attitude

Fear of embarrassment

Urge to one-up others

Your comfort zone”

— Charles F. Glassman, *Brain Drain- The Breakthrough That Will Change Your Life*

SILENT REFLECTION

CHECK-IN: (40-50 minutes)

FOCUS: “SELF-PITY”

“Certainly the most destructive vice if you like, that a person can have. More than pride, which is supposedly the number one of the cardinal sins - is self pity. Self pity is the worst possible emotion anyone can have. And the most destructive.

Self pity will destroy relationships, it'll destroy anything that's good, it will fulfill all the prophecies it makes and leave only itself. And it's so simple to imagine that one is hard done by, and that things are unfair, and that one is underappreciated, and that if only one had had a chance at this, only one had had a chance at that, things would have gone better, you would be happier if only this, that one is unlucky. All those things. And some of them may well even be true. But, to pity oneself as a result of them is to do oneself an enormous disservice.” - Stephen Fry

“Pity is an insult. Kindness is a miracle.”

— Patrick Ness



“— pity is a confoundedly two-edged business. Anyone who doesn't know how to deal with it should keep his hands, and, above all, his heart, off it. It is only at first that pity, like morphia, is a solace to the invalid, a remedy, a drug, but unless you know the correct dosage and when to stop, it becomes a virulent poison.

- Stefan Zweig

Discussion:

How have you dealt with your own episodes of self-pity? What motivates you to leave your own “pity-party”?

How do you respond to people who are consumed with their own self-pity?

What is pity? And, how much is enough? Is it better to just be kind? And, what is the kind thing to do, or way to be, with someone caught in self-pity?

LIKES AND WISHES

CLOSING WORDS:



“Life, I fancy, would very often be insupportable, but for the luxury of self-compassion.”
— George Gissing