

Solitude: A Gift for Ourselves

OPENING WORDS

Let us open our minds and hearts to the place of quiet, to the silent prayer for the healing of pain, and the soft, gentle coming of love.

-Composite

CHECK IN/SHARING

- Current state of physical or spiritual health
- Joys or concerns about loved ones
- What is happening in your life

DISCUSSION: *Solitude*

Some believe that solitude is the most fundamental of all spiritual disciplines. In solitude, we can hear the soft voice of inspiration, We can find increased empathy for others. We may find the truth of ourselves, restore our dulled senses, and clarify what is important in our lives.

But finding time alone may be difficult because of our many responsibilities and obligations.

- How do you create your solitude?
- Is solitude important in your life?
- What happens if you ignore your need for personal renewal through solitude?
- Do you ever feel that you have *too much* solitude?
- What's the difference between solitude and loneliness?
- How can we reconcile the daily tug-of-war between the spirit of community and the spirit of solitude?

CHECK OUT

In a word or phrase, how are you feeling as our meeting comes to a close?

CLOSING WORDS

Deep peace of the running wave to you.

Deep peace of the flowing air to you.

Deep peace of the quiet earth to you.

Deep peace of the shining stars to you.

Deep peace of the infinite peace to you.

-Adapted from Gaelic Runes