



Better Conversations



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A Day of Darkness.
Years of Light.

GROUNDING VIRTUES

— WHAT WE PRACTICE, WE BECOME —

WORDS THAT MATTER

The words we use shape how we understand ourselves, how we interpret the world, how we treat others.

HUMILITY

Humility is a companion to curiosity, surprise, and delight. Spiritual humility is not about getting small. It is about encouraging others to be big.

GENEROUS LISTENING

Listening is more than being quiet while others have their say. It is about presence as much as receiving; it is about connection more than observing.

HOSPITALITY

Hospitality is a bridge to all the great virtues, but it is immediately accessible. You don't have to love or forgive or feel compassion to extend hospitality.

PATIENCE

Human transformation takes time — longer than we want it to — but it is what is necessary for social transformation. A long, patient view of time will replenish our sense of our capacities and our hope for the world.

ADVENTUROUS CIVILITY

Civility, in our world of change, is about creating new possibilities for living forward while being different and even continuing to hold profound disagreement.



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Is there
something
happening in
the world that
bothers you or
your friends?

Do you talk
about it with
your friends?



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How do you
bring light to
others?

How does it
make you feel?



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What helps you
feel safe?



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Do you have a
routine that
gives you
internal
strength?



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Have you faced a
challenge that
you learned from
and made you
stronger?



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Describe your
favorite part of
your home—
sights, smells,
sounds, tastes,
and how it
makes you feel.



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If you have ever
felt emotional
darkness, what
helped you find
the light?



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When you look
at the world
around you,
what gives
you hope?



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What unique
thing about
yourself is
your favorite?



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What is the most
difficult thing
you've tried to
do recently?



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What is
something that
connects us all
(even those not
in this room)?

Be specific.



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What are you
grateful for
(even on a
dark day)?



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What motivates
you to dig deep
and be resilient in
hard times?



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How can each of
us share *comfort,*
strength, peace,
hope and serenity
with someone
experiencing a
dark day?



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Why do
anniversaries and
the dates of
history-making-
events have special
significance? Is
there a day that is
meaningful to you?



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Is it important to
remember parts
of our past that
are difficult or
tragic?

Why?