

Awe!!



(and Fear...)

Saturday, November 12, 2016, 7:00 pm

One of my favorite stories of all time is “Blizzard Under Blue Sky,” by Pam Houston. It’s about a woman who’s depressed and how she survives ... how she finds her joy again.

It’s also a story about awe.

Awe has been described as “...the feeling of being in the presence of something vast or beyond human scale that transcends our current understanding of things.” *

Research* is pointing to evidence that awe:

- Binds us together
- Helps us see things in new ways
- Makes us nicer – and happier
- Alters our bodies (even heals us??)

So, for Part I of our evening: Awe!

- When have you experienced awe? Examples?
- Why was the experience “awesome?” How did it make you feel?
- Is awe necessary?
- Can we learn to experience awe?

And, for Part II... Let’s revisit another strong emotion: Fear! (We devoted an entire evening to this topic some time ago; however, especially in light of recent political events...)

Let’s face our fears tonight!

- What are you afraid of? Change? Failure? Success? Relationships? Being alone? The dark? Donald Trump?
- Do we become more or less fearful as we age?
- And what about political fear mongering? (Just sayin’...)

So, don’t be afraid! Come one, come all. Let’s have an awesome evening of conversation! Please rsvp. See you all soon!



*Two interesting articles can be found on the web: “Feeling Awe May Be the Secret to Health and Happiness,” by Paula Spencer Scott, and “How Awe-Inspiring Experiences Can Make You Happier, Less Stressed and More Creative,” by Carolyn Gregoire. This is not required homework (Ha)!