

More Together Than Alone

Week Four: *For and Against Community*

Unity Questions

“A house divided against itself cannot stand.” – Mark 3:15

We begin every Unity service with a statement of Oneness.

“There is only One power and presence active in the universe and in my life, God...”

When we affirm this, we are saying that at the foundation of all of Life - *we are interconnected* - with our Source and all of Life. In the context of this interconnection, there is a dimension of reality that transcends being separate. This is the reality that every major religion points out when saying, *“Whatever you do unto another, you do unto yourself.”* It’s considered the highest spiritual law because it is founded on our essential nature.

The spiritual life is rooted in living from a *practical awareness* of this interconnectedness. Two ways to embody this are the development of *humility* and healthy *humor*.

a. How do you define “humility”? How does it help strengthen one’s experience of interconnectedness?

b. Share a personal lesson you have experienced in humility. Did it make you more compassionate? If so, how?

c. What is “healthy humor”? How does it help strengthen one’s experience of interconnectedness?

d. Children laugh approximately 300 times each day; adults laugh approximately 20 times each day. How many times do you laugh each day (guess)?
How easily can you laugh at yourself?

From the book, “More Together Than Alone” *Questions to Live With* – Pages 147-196

1. Read aloud pages 165 – 167.

1a. As the story relates, have each person respond to the question, *“What brick am I carrying, and (how) has it become too important? How can I lighten up?”*

1b. How do we access our *common language* when we “dare to speak humbly and directly from the heart”?

2. In conversation, have each of you tell the story of one way you are self-centered and one way you are other-centered. How does being self-centered and other-centered affect your relationships? What might you do to expand your circle of viewpoint and concern?