

# More Together Than Alone

Week One: *FROM I TO WE*

## Unity Questions

Community – nurturing our human connection.

Community is a group of individuals connected to each other by one or more attribute(s).

The element that *links them together* is at the *core*, and is the *essence* of the group.

Just as denoted by the root and the suffix of the word community = common-unity.

- A. Consider and share some “communities” that you are (or have been) a part of.
- B. What was the core attribute that held the particular community together?
- C. In order for all humanity to live as one community, what must exist as the core attribute(s)?
- D. How can you cultivate and embody that/those attributes every day?

This week, notice when you feel “part of” and connected to others... and notice when you feel otherwise. Notice *who feels like community* to you and *who does not*. Simply notice and bring awareness to these different feelings, without judgment.

**From the book *Questions to Live With* – pages 44 - 45**

1. Our limited or expanded sense of community depends on whether we believe in a world that is not connected or in a world that is inextricably woven together.

In conversation, have each of you tell a story of a time when you felt disconnected from the rest of life and of a time when you felt knit into the fabric of the Universe. Describe the inner and outer circumstances that lead to feeling disconnected and connected.

2. *Tikkun Olam* is Hebrew for “You are here to repair the world.” Since we are the world, we are here to repair ourselves. In conversation, have each of you describe one way you need to repair yourself in order to change the world. What is the first step in this healing? In the next three weeks, commit to taking that first step.

3. In conversation, have each of you describe your personal experience of being ignored by others and your experience of being interdependent with others. As a group, discuss the difference between being ignored and being interdependent. In the next three weeks, identify a practice in your community that is ignoring others and how you might make that practice more interdependent.

4. In conversation, have each of you describe one way your family and community support you in being who you are and one way they dissuade you from being who you are. Then describe one way you support those around you in being who they are and one way you dissuade those around you from being who they are. Can you identify a practice in your community that dissuades others from being who they are? Consider how you might support those involved in more thoroughly being themselves.