

More Together Than Alone

Week Five: *How We Meet Adversity*

Unity Questions

Damas Gisimba, who ran an orphanage in Rwanda and risked his life to save hundreds of people during the genocide, later became a "judge/facilitator" in that nation's community-based restorative justice initiatives. These grassroots "courts" tried over 100,000 people who had participated in the genocide. Many were sentenced to prison, some to community service, but all were given the chance to confess to their neighbors and to receive forgiveness. About this process, Damas said, "It is such a relief to make someone human again ... they were human at one point and lost it."

"Humanity" is our word for the week. Can you think of a time when somebody helped restore you to your humanity? Can you think of somebody that you would like to do this for? (See question 5 below, related.)

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

1. In conversation, have each of you describe someone you admire for how they face adversity. What can you learn from them about how to work with what you're given?
2. Describe what you might say to a child about the nature of hardship and obstacles, their role in our lives, and how to best meet them.
3. Describe a value or pattern of inherited behavior that you're struggling to free yourself from. Why do you want to change this? What kind of resistance are you facing?
4. When faced with fear, we have these impulses: to fight, to go numb and compliant, or to leave. Bring four or five friends together. In conversation, have each of you describe a time when you experienced each impulse and where each led you. Without judgment, how do you value these impulses and what would you like to learn next in how to face fear?
5. In conversation, have each of you explore what it means to you to reclaim your humanity. Describe a situation in which you felt that you lost some of your humanity and how you went about repairing who you are and becoming whole again.