

# Facilitator Notes for Aloneness

## Business

### Chalice Lighting

When my mind is still and alone with the beating of my heart, I find a quiet assurance, an inner peace, in the core of my being. It can face the doubt, the loneliness, the anxiety—it can accept these harsh realities and can even grow because of these challenges to my essential being.

*Paul Beattie*

**Sharing of Joys and Concerns** (each person about 2 minutes)

**Silence** – holding each other in silent support – 3 minutes

### Shared Readings

Solitude is the profoundest fact of the human condition. Man is the only being who knows he is alone. *Octavio Paz*

Loneliness is the poverty of self; solitude is the richness of self. *May Sarton*

Technology [is] the knack of so arranging the world that we don't have to experience it.  
*Max Frisch*

Most of us have experienced that large grey area between loneliness and solitude. *Mary Morell*

Television is a medium of entertainment which permits millions of people to listen to the same joke at the same time, and yet remain lonesome. *T.S. Eliot*

People who need people are threatened by people who don't. The idea of seeking contentment alone is heretical, for society steadfastly decrees that our completeness lies in others.

*Lionel Fisher*

For years I ate my lunch alone in my office, not realizing that I was looking after myself by seeking respite from the constant demands of my job. *Lesley Taylor, The Dynamic Introvert*

Loneliness seems to have become the great American disease. *John Corry*

When I'm deep inside of me  
Don't be too concerned  
I won't ask for nothin' while I'm gone.  
*Honesty, sung by Billy Joel*

## **Deep Sharing/Deep Listening**

In the rounds of sharing, pay close attention to the allotted time so that all members have the opportunity to share.

### **Round 1** (each person about 2 minutes)

How do you balance time alone and time spent with others?

### **Round 2** (each person about 5 minutes)

Share more deeply stories and experiences of aloneness, loneliness and solitude as a result of your exploration of the preparation materials.

### **Round 3**

As time allows, share additional thoughts on aloneness or reflect on what others have shared.

## **Closing Words**

Dance your aloneness, sing your aloneness, live your aloneness! *Osho*

## **Song or Chime**

## **The Covenant**

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, or giving advice
- to share as deeply as I can when it is my turn