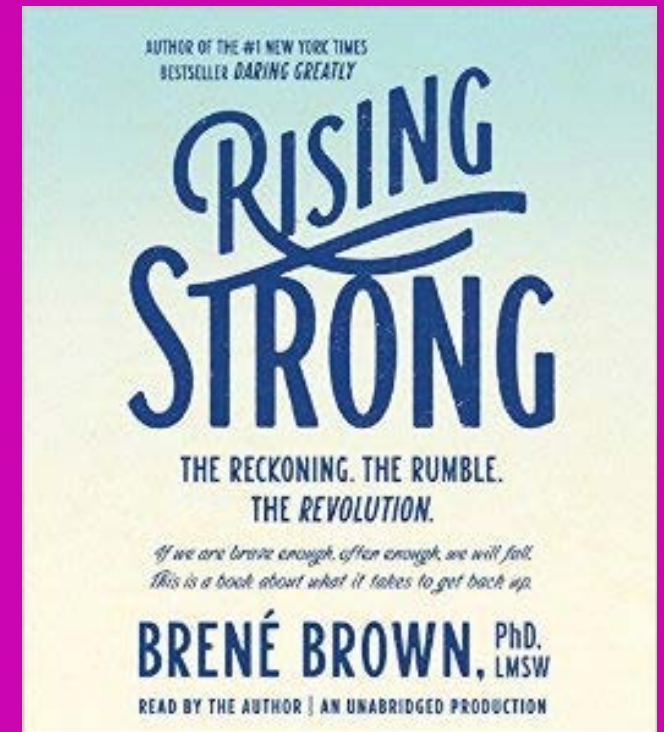
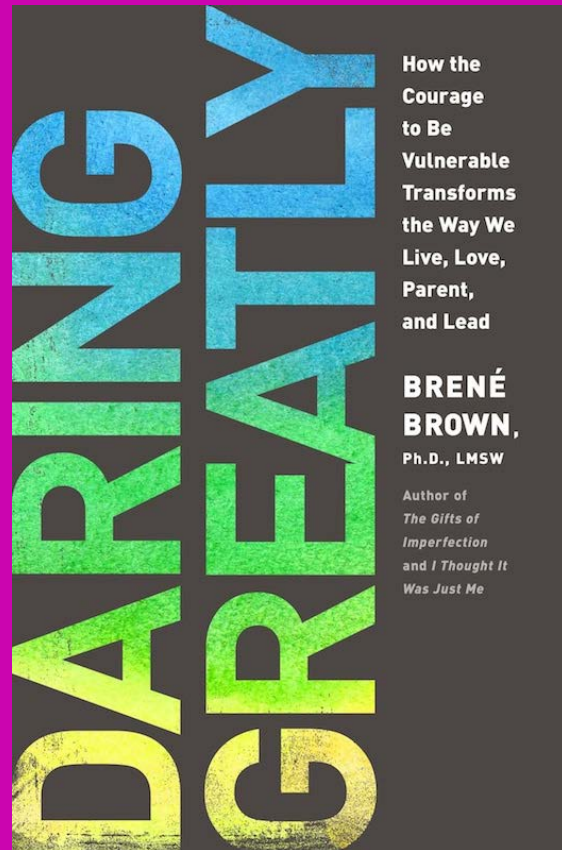


*The Power of Vulnerability:  
A Lenten Journey with Brene Brown*

*Steven L. Thomason  
Jennifer King Daugherty  
St. Mark's Cathedral  
Lent 2016*

“Vulnerability is the birthplace of creativity, innovation and change”



# Overview: Wholehearted Living



## *Plenary Conversation*

*-- Shame Gremlins*

*-- Fitting In vs. Authenticity*

Video Clip of “Foreboding Joy”  
0:00-7:34, 11:52-end

# Questions to Consider in Tandem

1. When are you most likely to experience “foreboding joy” in your life?
2. What are reasons you foreclose on your joy? Do you find yourself just waiting for the other shoe to drop?

Video Clip of “Practicing Gratitude”  
0:00-9:15

# Questions to Consider in Tandem

1. How do you practice gratitude in your everyday life? Any missed opportunities?
2. What gets in the way of practicing gratitude for you?



# *Plenary Conversation*

# Wholehearted Living

## Next week: Practicing Gratitude



# Resource Page

Brene Brown's books: *Daring Greatly* and *Rising Strong*

Video Series: <https://www.udemy.com/the-power-of-vulnerability/learn/#/lecture/1584568>