

Authentic Happiness & Human Flourishing

St. Mark's Cathedral

October 7, 2015

Awakening JOY



Preview of the Coming Weeks

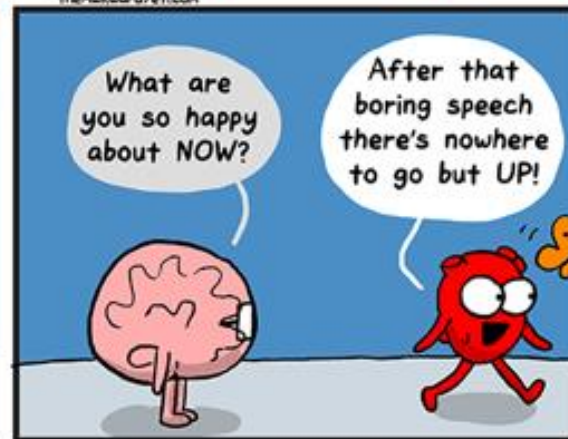
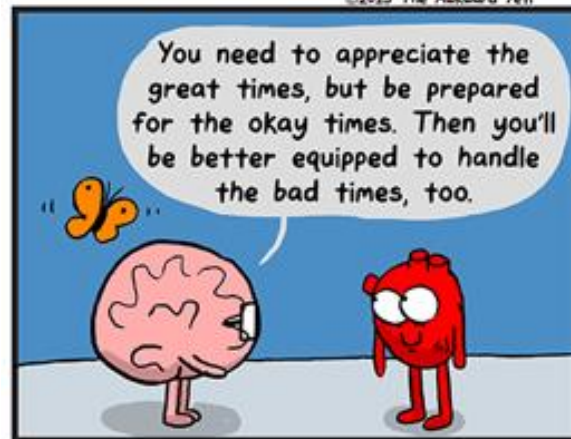
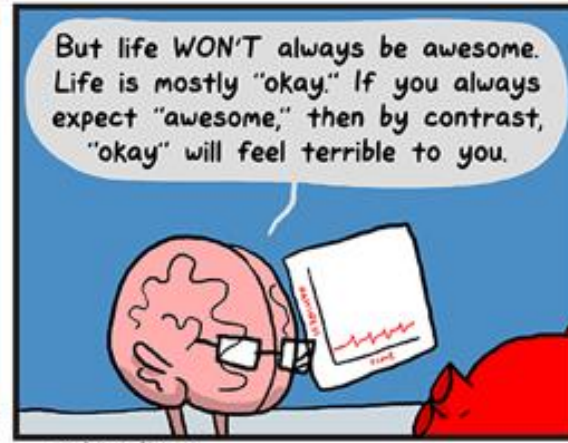
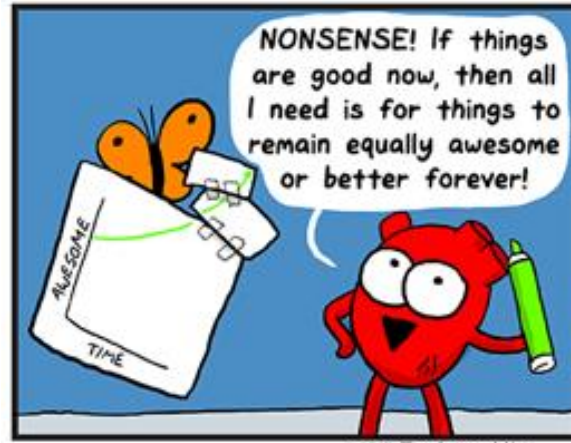
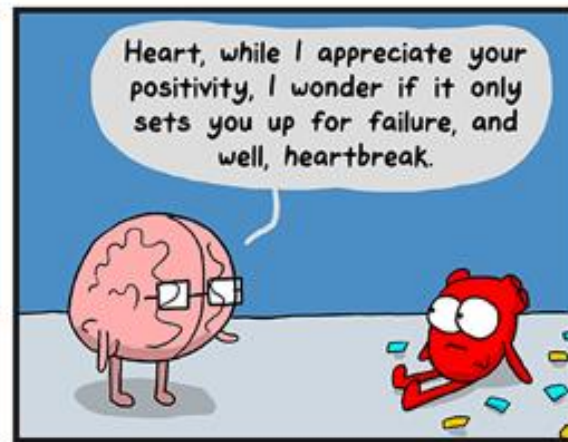
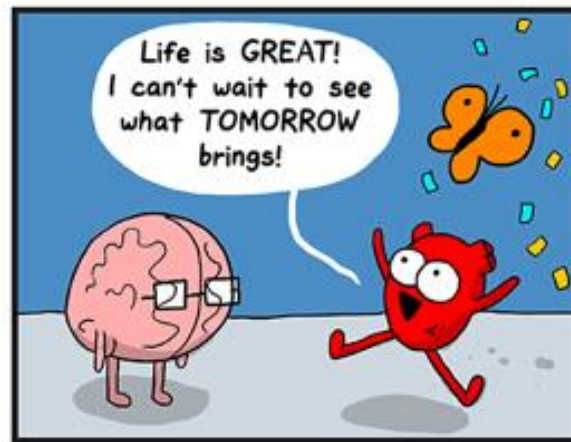
Oct. 14 & 21 Sanctuary and Thistle Farms

Oct. 28 Becca Stevens in the Nave

Nov. The New Jim Crow

Overview of Course

- Week 1 Authentic Happiness, Positive Emotions and Flow
- Week 2 Human Flourishing (a new theory)
- Week 3 A Different Model, Gratitude, Vulnerability
- Week 4 Putting It All Together



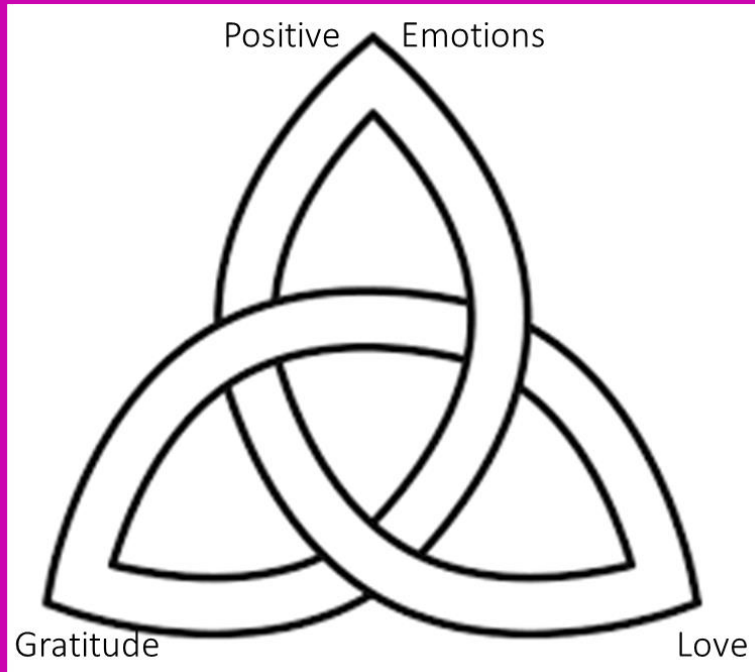
To flourish, one must have:

1. Positive emotion (joy, etc.)
2. Engagement (flow)—living in the present
3. Meaning, purpose—derive value, worthiness in life
4. Self-esteem
5. Optimism—positive emotions that are future oriented
6. Resilience
7. Positive Relationships

Practicing Gratitude

Brother David Steindl-Rast, Benedictine who has written extensively on “gratefulness”

“It is not joy that makes us grateful; it is gratitude that makes us joyful.”



Another Model: Wholehearted Living



Diversion

The Myth (Story) of Scarcity...

There is not enough!

More is better!

That is just the way it is!

- Fear-driven Life is Stifled
- Fear is human, but we are often ashamed of our fears
- The “incarnation” consecrates humanity and addresses our fear of being alone
- Pride (fear) tempts us to believe that vulnerability is weakness

****Confession (vulnerability) in community releases a healing power****

Who is God for us?



If separate, then can self-reject,
must earn God's approval
externally



Relational model
Not about jumping through hoops (how to)
It's about identity (imago dei)
It's about grace—awake and
surrender to it

Connection versus Fusion (shadow)



Making the Turn—Learning to Tell our Stories

- Primal anxiety—fear of rejection (shame)
- Shame gremlins dog us
- Paradox—we can only discover the way out by being vulnerable IN COMMUNITY
- In community, we work on removing social “masks”
 - need to be *known* and *loved*
 - We need relationships in which we can “confess” our humanity
 - Church failure—“cosmetic piety”—about “shoulds”

Tandem Sharing

Choose one of the questions below and share with your neighbor.

1. Practice Empathy: Share a moment when your heart stirred with love and empathy for someone (not a family member)
2. Practice Gratitude: For whom are you thankful and why?
3. Practice Resilience: What dream lives on in me?
4. Share a time when you found yourself “using possessions or prestige” to fill that “God-shaped hole” in your life, and how you would do it differently.

Next Steps....
and

Questions & Conversation