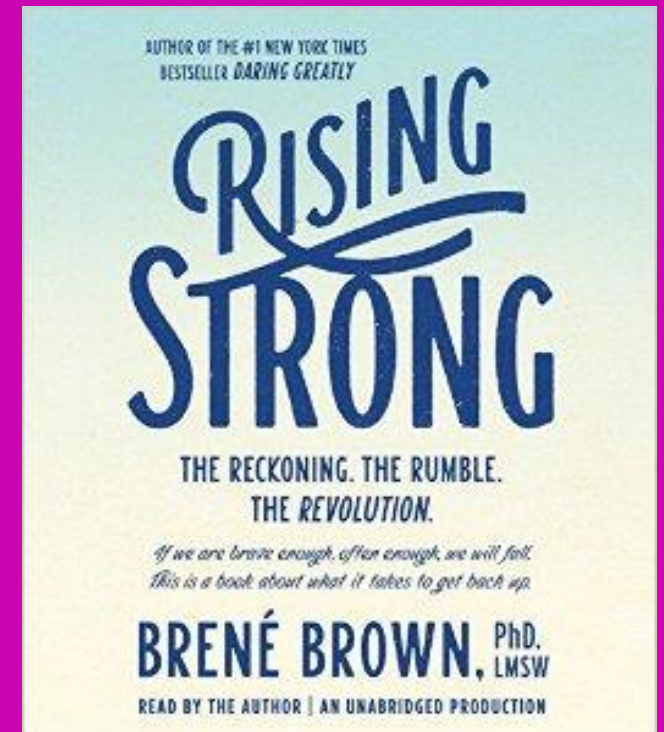
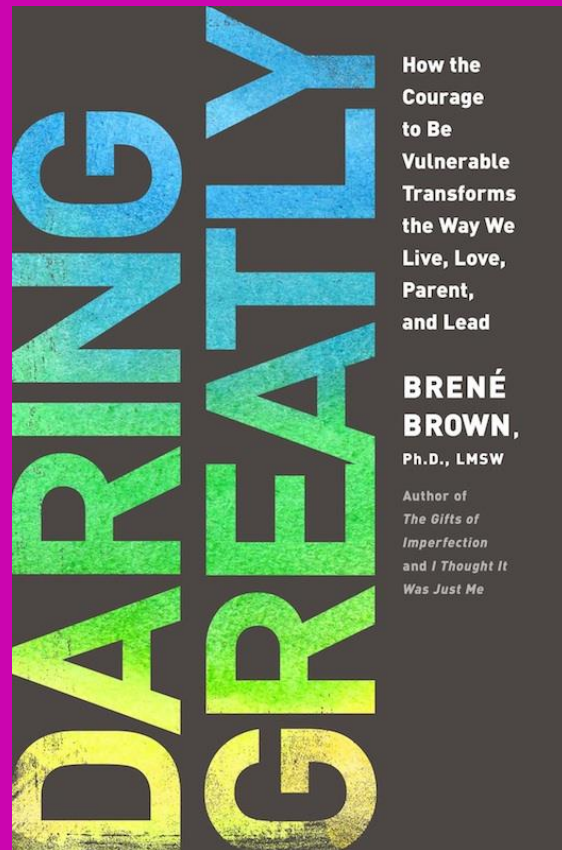


*The Power of Vulnerability:
A Lenten Journey with Brene Brown*

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

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



Overview: Wholehearted Living





Questions to Consider in Tandem

1. Why are vulnerability and shame such difficult things to deal with?
2. How does “the culture” convince us to believe the myth of scarcity?
3. Can you think of times when you’ve tried to use the “how to” method in life—that if you just get the right info, the right moves, the right _____, everything will go swimmingly? How’d that work for you?

Plenary Conversation

Guideposts for Wholehearted Living

1. Cultivate Authenticity: Letting Go of What People Think
2. Cultivate Self-Compassion: Letting Go of Perfectionism
3. Cultivate a Resilient Spirit: Letting Go of Numbing and Powerlessness
4. Cultivate Gratitude and Joy: Letting Go of Scarcity and Fear of the Dark
5. Cultivate Intuition and Trusting Faith: Letting Go of the Need for Certainty

Guideposts for Wholehearted Living

6. Cultivate Creativity: Letting Go of Comparison
7. Cultivate Play and Rest: Letting Go of Exhaustion as a Status Symbol and Productivity as Self-Worth
8. Cultivate Calm and Stillness: Letting Go of Anxiety as a Lifestyle
9. Cultivate Meaningful Work: Letting Go of Self-Doubt and “Supposed To”
10. Cultivate Laughter, Song and Dance: Letting Go of Being Cool and “Always in Control”

Wholehearted Living

Next week: Belonging and Shame

