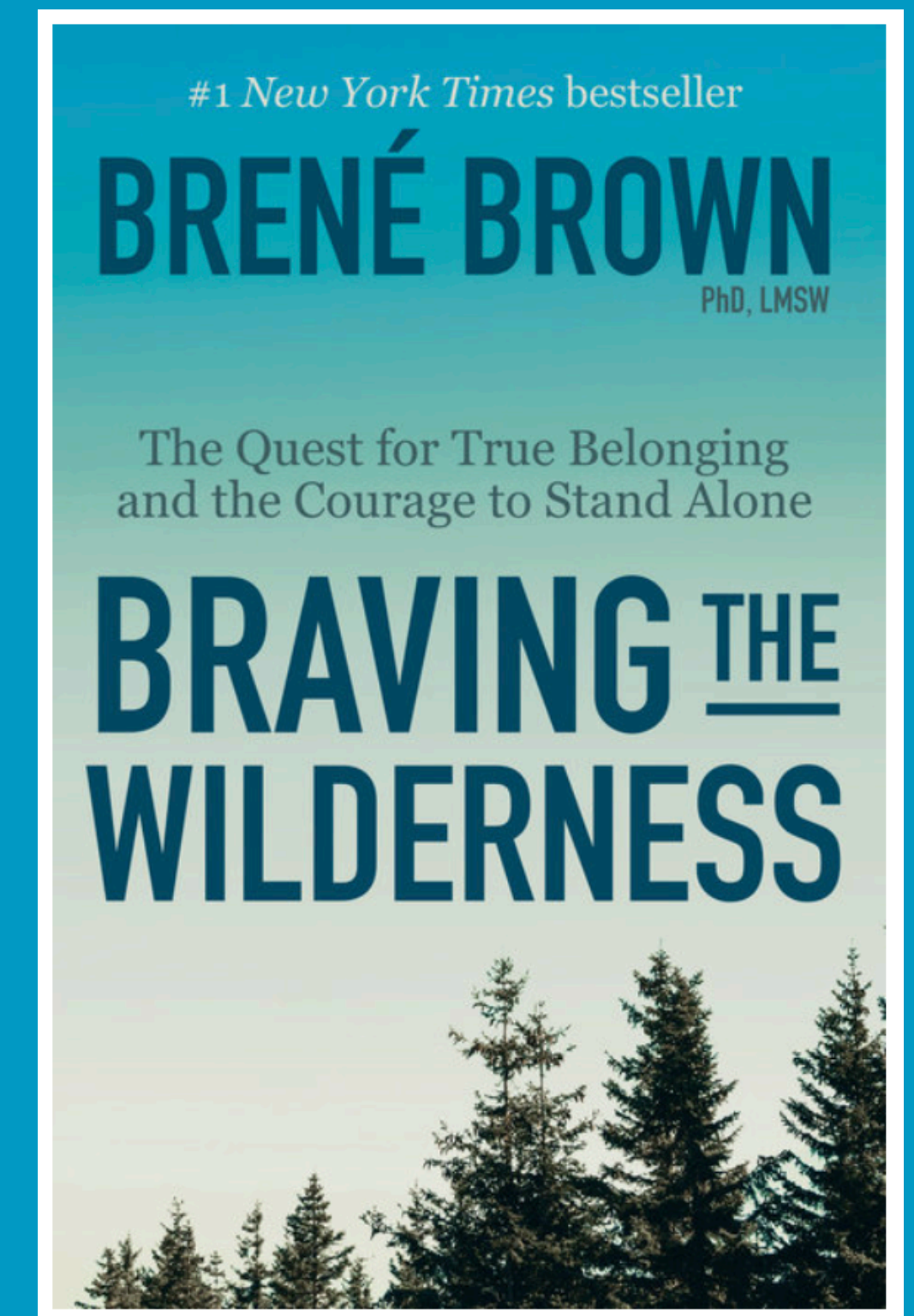


SDUC ACTS PRESENTS...

DR. BRENÉ BROWN 2017

BRAVING THE WILDERNESS

Monday Night Book Study: Winter Session 46:07



Before we begin ...

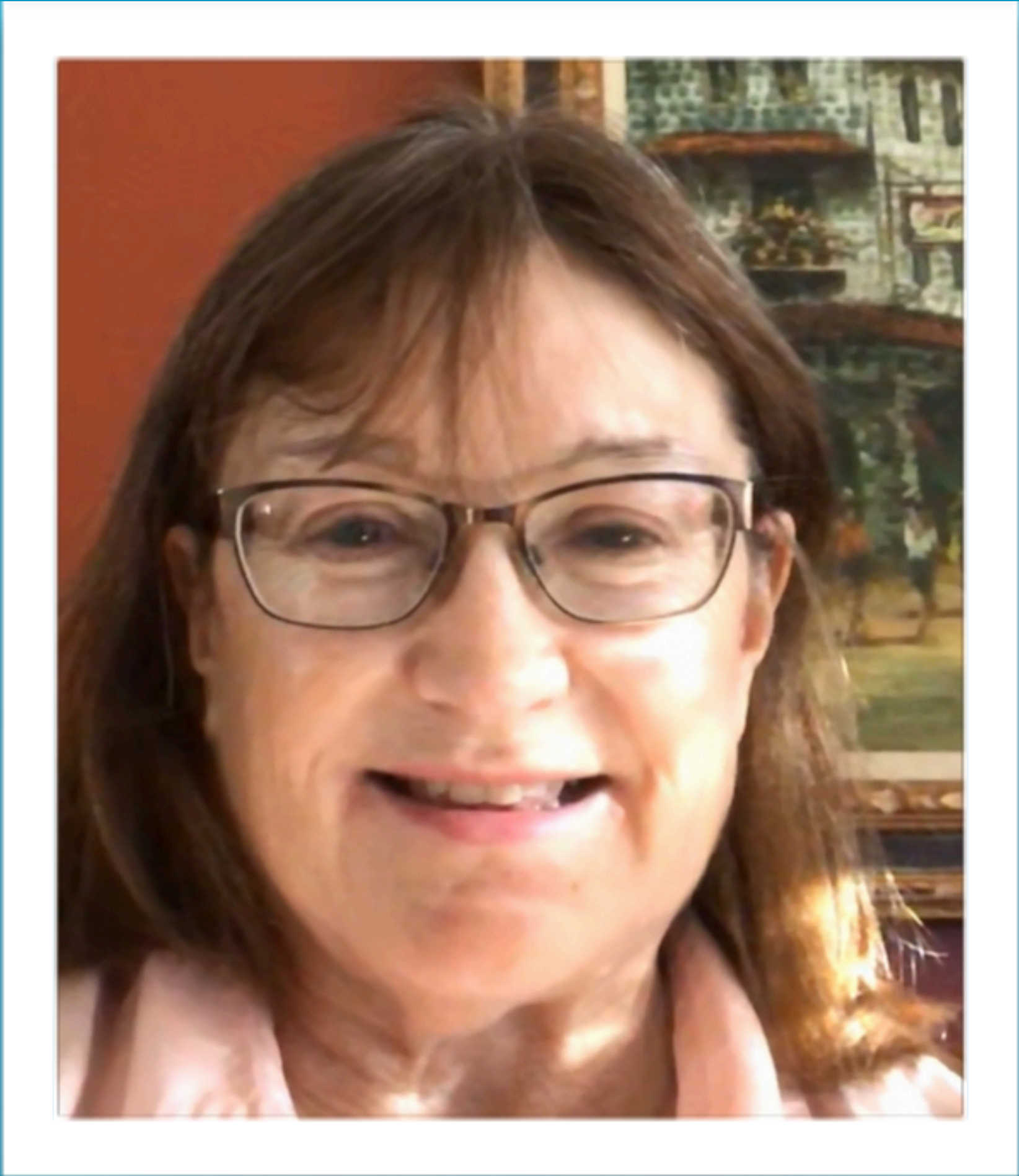


welcome

THE MONDAY NIGHT BOOK STUDY WINTER SESSION TEAM

OPENING WITH JOAN

Going forward ...



HOUSEKEEPING

	DATE	SESSION
7	MAR. 8	CH. 5: SPEAK TRUTH TO BULL **** . BE CIVIL.
8	MAR. 15	CH. 6: HOLD HANDS. SPEAK TO STRANGERS.
9	MAR. 22	CH. 7: STRONG BACK. SOFT FRONT. WILD HEART
10	MAR. 29	CONCLUSION: BRAVING THE WILDERNESS



- * How does BS play a part of my life? ... needing to comment on every single world issue?
- * Are there actual truths out there or is truth subjective?
- * If you're not with me, then you're my enemy...examples abound
- * When has my silence come at a high individual and collective cost?
- * How has generosity and/or civility helped me in my relationships?

Break out
suggestions



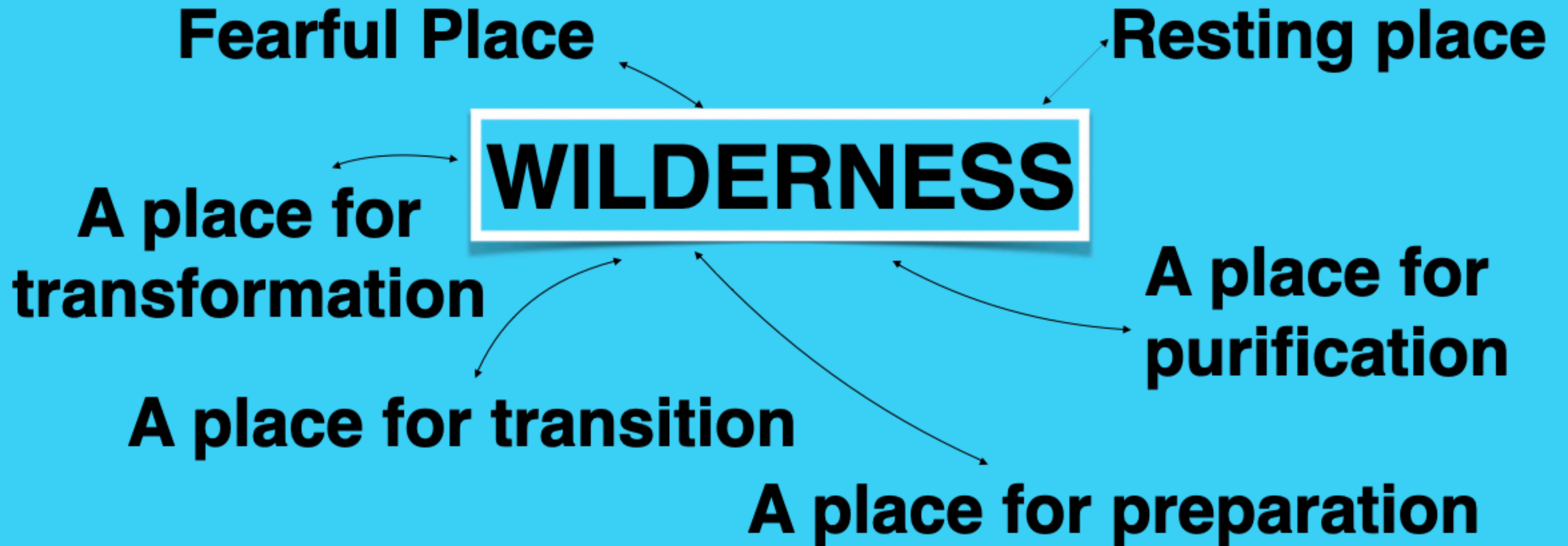
Forty Years and Forty Days

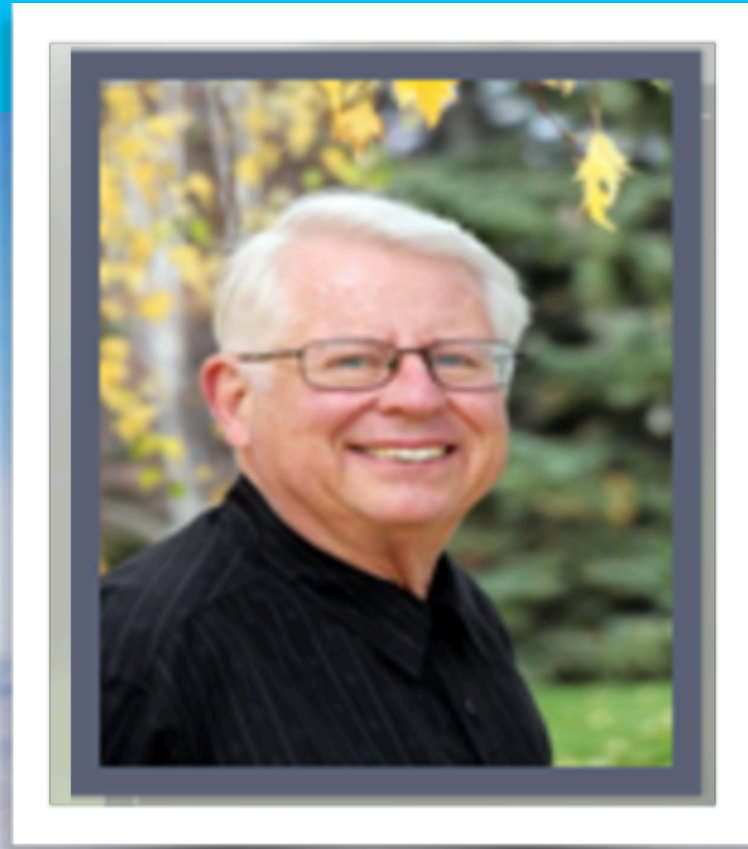
**The Children of Israel and Jesus’
experiences with ‘Wilderness.’**

key images

**KEY IMAGES -
A PLACE OF STRUGGLE AND TRANSFORMATION**

**CHAPTER FIVE: SPEAK TRUTH TO
BS. BE CIVIL.**





✿ Brené's Choice of Words

✿ Thoughts??



Three Key Images for Chapter Five: Setting the Stage by My Examples

1. Initial ‘Eastern-based’ image of
Calgary and Calgarians

2. Wilderness experience over my Hero - Jean
Vanier

3. Words as Weapons — unrealized yet hurtful



1. Eastern image of Calgary

* Us vs. Them— taking sides

* The Courage required to question my biases.

* Uncritical Bias (unhealthy) vs. the Importance of taking sides — Elie Wiesel

* Brown's 'Venison' family dilemma / solution

2. SOLUTIONS TO MY WILDERNESS DILEMMA'S— WHAT TO DO ABOUT MY SPIRITUAL HERO, JEAN VANIER?

- ✱ Brown's suggestions for handling this dilemma
- ✱ The continuing struggle with mixed loyalties
- ✱ How to move forward with integrity?

3. WORDS AS WEAPONS

- _ unpacking Brown's "Gypped" comments (pp. 111-113ff)**

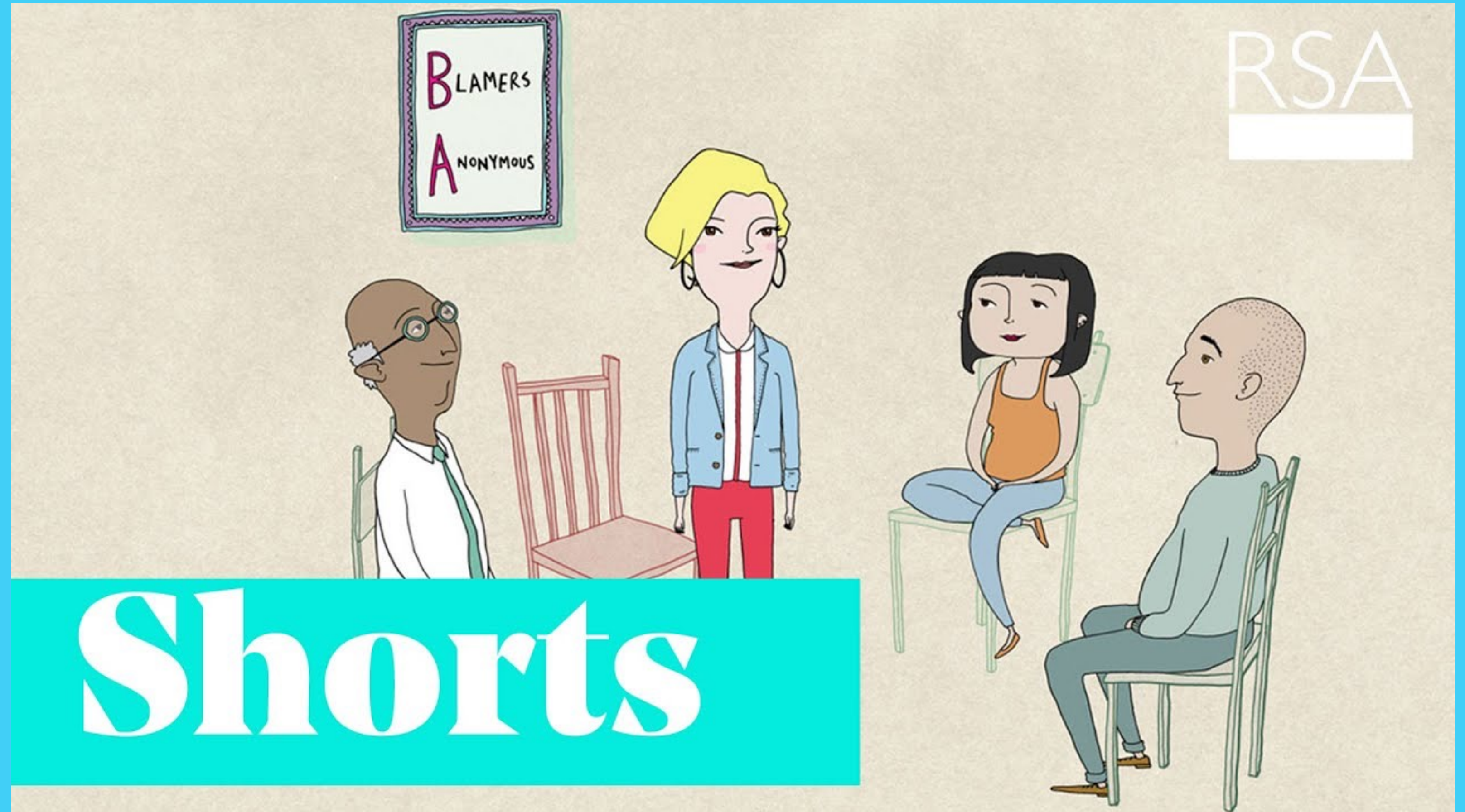
- _ being aware of hurtful words - often unintended but still real**

- _ responding with civility ... Discuss...**

EMPATHY
Dr. Brené
Brown 2019



BLAME
Dr. Brené
Brown 2019



BREAK OUT ROOM TIME:

True Belonging

True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness.

True belonging doesn't require you to change who you are; it requires you to be who you are.

Brené Brown

To know you can navigate the wilderness on your own — to know that you can stay true to your beliefs, trust yourself and survive it — that is true belonging.

stay true to your beliefs

a spiritual practice

being who you are

sharing your authentic self

trusting
yourself

standing
alone

TRUE BELONGING

being part of
something

believing in yourself

belonging to yourself

navigating your
wilderness

BREAK OUT ROOM TIME:

- * How does BS play a part of my life? ... needing to comment on every single world issue?
- * Are there actual truths out there or is truth subjective?

- * If you're not with me, then you're my enemy... examples abound
- * When has my silence come at a high individual and collective cost?
- * How has generosity and/or civility helped me in my relationships?

B.S.

**friend or
enemy**

B.S.

truth

civility

silence

**picking
sides**

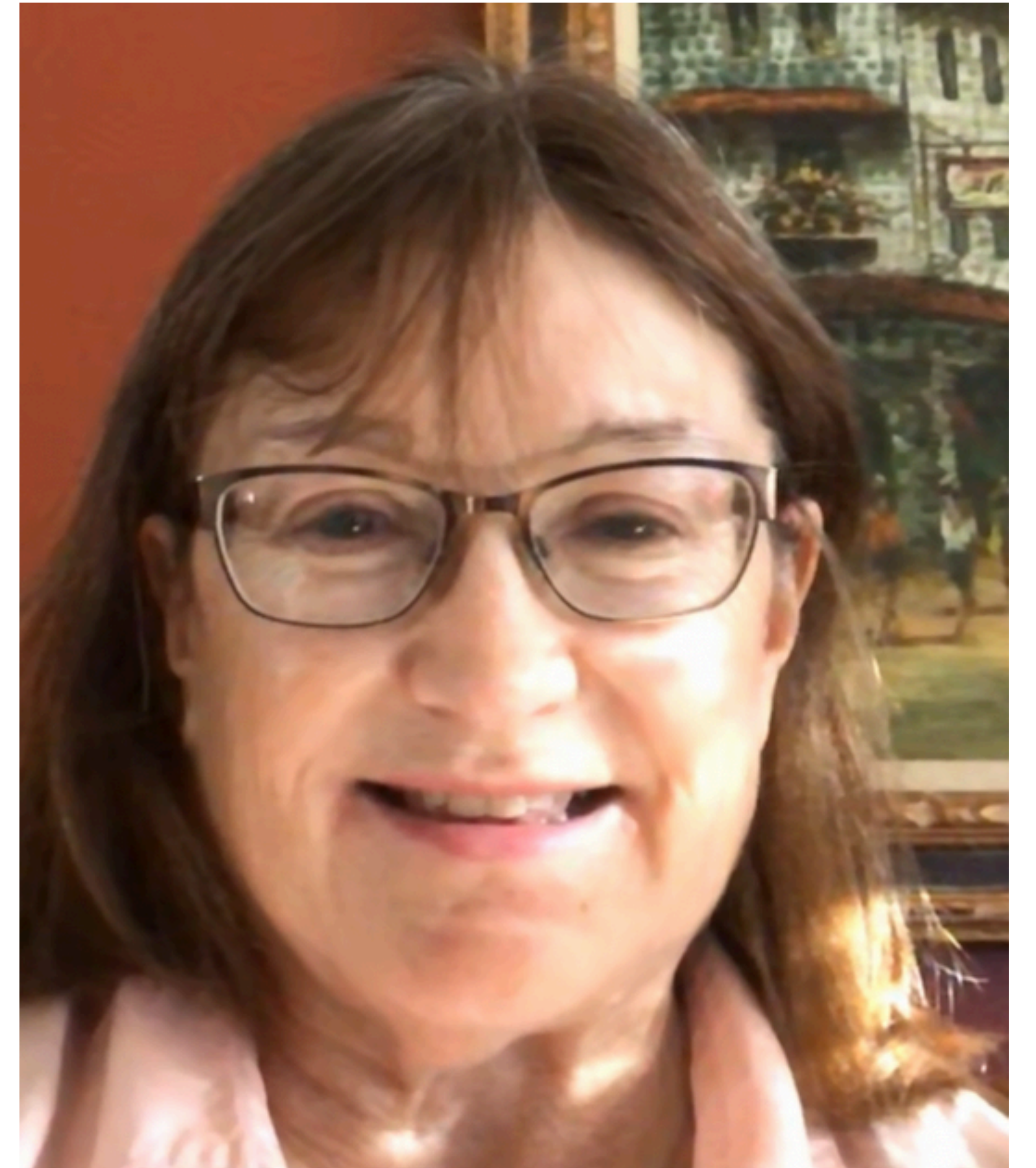
B.S.

B.S.

For Next Week

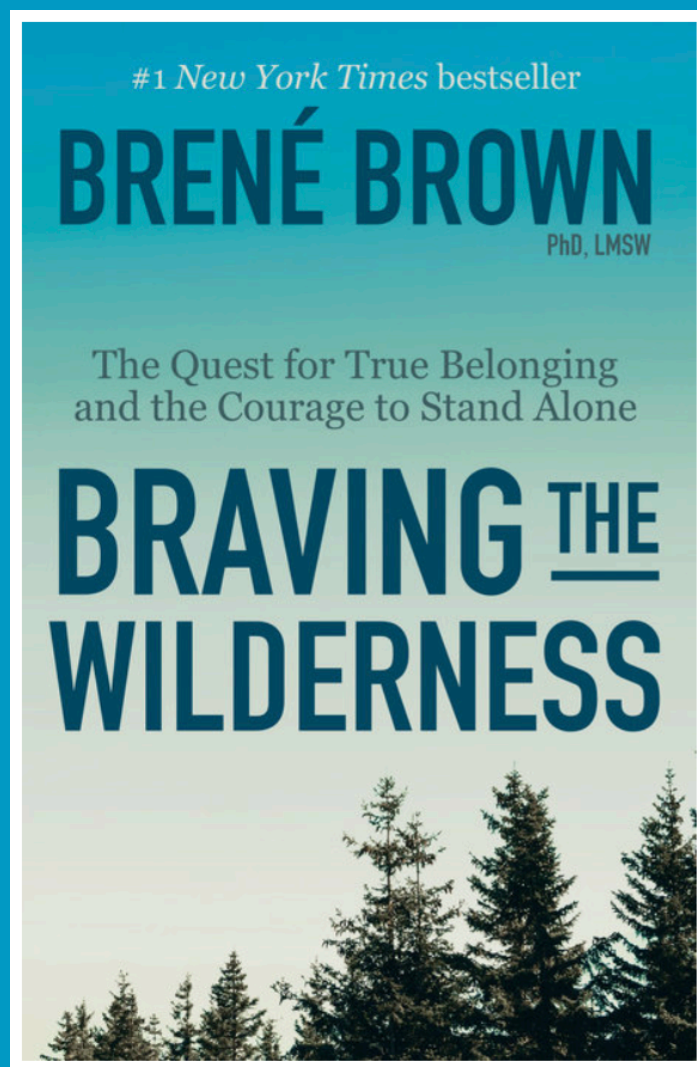
CHAPTER Six— Hold Hands. With Strangers

Opening and Closing for next week:





CLOSING WITH JOAN



THE END OF SESSION #7 — SESSION #8 TO FOLLOW

