

Anger—February 2014

UUFVB Covenant Groups

Chalice Lighting

May we know once again that we are not isolated beings,
but connected, in mystery and miracle,
to the universe, to this community and to each other.

Check-in: How is your spirit right now?

Opening Reading

In thinking about anger, there can be two types. One type of anger can be positive. This would be mainly due to one's motivation. There can be some anger that is motivated by compassion or a sense of responsibility. Where anger is motivated by compassion, it can be used as an impetus or a catalyst for a positive action... All too often, however, even though that kind of anger can act as a protector and bring one energy, that energy is also blind, so it is uncertain whether it will become constructive or destructive in the end. (Dalai Lama, *The Art of Happiness*)

Topic Exploration

In the *Artist's Way*, Julia Cameron says "Anger is a tool. Anger can be tapped into and drawn upon. Used properly, anger is *use-full*. Sloth, apathy and despair are the enemy. Anger is not. Anger will tell us when we have been betrayed. Anger will tell us when we have betrayed ourselves. It will tell us that it is time to act in our own best interest. Anger is not meant to be acted out. It is meant to be fuel to take the actions we need to move where our anger points us. Anger can be an invitation."

Questions/Sharing

1. Think of a situation that makes you angry (or has made you angry) then tell how applying UU Principles would help you to deal with the anger.
2. When is it important to get angry? What should getting angry then cause you to do?
3. What is the difference between anger and rage?
4. What do you think of the phrase "...a time to kill, and a time to heal..." often quoted from Ecclesiastes, and "Everything Has Its Time?" Contrast with Jesus' Sermon on Mount phrase "If any one strikes you on the right cheek, turn the other also."
5. Has anger been useful to your life? Describe an experience.
6. How can you recognize and guard against using unjustified or emotional anger in a destructive or hurtful way?

Check- out and reflection on today's session

Closing Readings

It is easy to fly into a passion--anybody can do that--but to be angry with the right person to the right extent and at the right time with the right object and in the right way--that is not easy, and it is not everyone who can do it. (*Aristotle*)

Anger, used, does not destroy. Hatred does. (Audre Lorde, *Eye to Eye, Sister Outsider*)

Extinguish the Chalice

We extinguish this flame but not the light of truth,
the warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

Housekeeping