

## **Unzip Your Lip**

Tuesday 2:40 – 4:00

Ruthie and Sid are the facilitators for this wonderful discussion group. No matter who is guiding the discussion, you can count on them to be understanding, thoughtful and engaged with the participants.

The idea behind Unzip Your Lip is that group members can express themselves in a safe place without feeling judged. As participants are frequently reminded, what is talked about in here is confidential. A comfort zone is created and when people are comfortable, everybody can share, even if their ideas are different.



In a recent class, Susan led the discussion and started with a quote she had found: "People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone." The group discusses who might have said it. Susan gives out hints until they arrive at the answer — Audrey Hepburn — and what it means.

A discussion ensues:

"It means to give others room for understanding, don't judge them by how they look or dress — all that is changeable, not permanent — even personalities change."

"For me it means giving people chances. Extend a hand to the homeless person on the street."

"Yes. I pray to God: 'please let me be tolerant to people.'"

One person relates how she lost a friendship over some dumb argument and regrets she didn't give her friend a second chance.

"That's all very nice but how to get yourself to give someone a second chance? That's a challenge."

"We can recognize what we feel and control what we say."

"Sometimes I just need time to go by."

"This is difficult. People think that when you are in your sixties and seventies... "

"I'm going to be 90 next month."

"Oh, that's wonderful. But people think at our age, we are wise. Are we?"

"We are still growing."

Thoughtful words from unzipped lips.