

Spring Message Series: Being a Friend

Challenge:

Make a new connection or strengthen an existing connection in your life.

Spiritual practice:

Think about the friendships/connections with people you have in your life right now. Take the time to deeply examine them and think about which ones “feed” you spiritually and which ones do not.

Discussion questions:

What can you do to maintain the meaningful connections in your life, make existing connections more meaningful, or create new meaningful connections? How might your life look if you did this? What priorities might need to change - in our own lives, and in our culture/world?

On a community level, what does it mean for Wellsprings to be a friend to those outside our doors?

Journal/reflection prompt:

The joy of meaningful connection

Other resources:

[“21 Ways to Make Meaningful Connections”](http://www.beliefnet.com) @www.beliefnet.com

[“Accept the Awkwardness: How To Make Friends \(And Keep Them\)”](http://npr.org) @npr.org

[You Are Not Alone in Your Loneliness](http://www.ted.com) @www.ted.com

[The Lies Our Culture Tells Us About What Matters – And a Better Way to Live](http://www.ted.com) @www.ted.com

[Friendship as a Spiritual Practice](#) by Kathleen Hanagan

[Friendship](#) by Lydia Denworth

[“Thank You for Being a Friend”](#) by Andrew Gold

[“Lean On Me”](#) by Bill Withers

[“You’ve Got a Friend in Me”](#) by Randy Newman

[“We’re Going To Be Friends”](#) by The White Stripes

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.” – Brené Brown

If you have questions, suggestion or feedback, please feel free to contact one of the members of the Spiritual Development Ministry:

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Resources from the Revs (ctrl-click to follow links):

Articles

["The Agony of Weekend Loneliness"](#) @www.theguardian.com

["The Era of Antisocial Social Media"](#) @hbr.org

["Five Rules for Hosting a Crappy Dinner Party"](#) @www.thekitchn.com

["Discovering the Dharma in 'Frog & Toad'"](#) @www.lionsroar.com

["Dutch Supermarket Introduces 'Chat Checkout'"](#) @www.brightvibes.com

["If the Nuclear Family Has Failed, What Comes Next?"](#) @www.theatlantic.com

["What To Do When You've Said the Wrong Thing"](#) @www.nytimes.com

["Science Says You'll Regret Being Too Busy for Friends"](#) @www.inc.com

["We Need to Move on From Self-Care to Something That Cannot be Captured by Capitalism"](#)
@www.theguardian.com

["Earth Sandwich': Two Men, Two Slices of Bread and 12,724km of Filling"](#) @www.theguardian.com

["Loving Your Inner Critic"](#) @www.lionsroar.com

["Richard Rohr Reorders the Universe"](#) @www.newyorker.com

["The Case For Cohousing: Where Responsibilities Are Shared And Life Is A Little Less Lonely"](#) @www.wbur.org

Books

[We Should Get Together](#) by Kat Vello

[Soul Friends](#) by Stephen Cope

[Living Into Community: Cultivating Practices that Sustain Us](#) by Christine Pohl

Poem

["A Friendship Blessing"](#) by John O'Donohue

Podcast

[How to Make Friends as an Adult](#) @www.kqed.com

Songs

["You've Got a Friend"](#) by Carole King

["Colors"](#) by Black Pumas

["Where You're At"](#) by Allen Stone

Apps

[Fabrig](#), a free smartphone app that helps track your social needs and reminds you to keep contact with friends

[The Nudge](#), a free smartphone app that reminds and suggests plans for outings and connection