



## Conversation Starter & Questions of the Month

### Episode 38: The Angels & The Furies

For each Growing Edge Podcast episode, we offer a conversation starter that you can download from our website. You can use this with a small group or for your own meditation or journaling.

Here are some questions and conversation starters for Episode 38, exploring “The Angels and the Furies” by May Sarton. See the poem in this Newsletter or on The Growing Edge site.

1. Do you have a story about a time when you were possessed by “the furies” and had a hard time getting in touch with “the angels”? What happened at that time—and what happened next? Were you able to regain the balance. If so, what helped?
2. What were you taught earlier in life about how to deal with your anger? As you think about the kind of anger you may hold today, are you dealing with it in the way you were taught? Or do you see anger differently than those who taught you did?
3. What do you make of the lines “Trying to keep a balance,/To be perfectly human/(Not perfect, never perfect,/Never an end to growth and peril”? Is there a story from your life about the “peril” involved in taking the risk to grow?
4. Parker talked about the way repressed anger will eventually erupt in one way or another, sometimes in actions that harm others, sometimes in actions that harm us. Does that square with your life experience?
5. Carrie talked about a shift of perspective when something in the natural world stopped her and gave her a moment of pause. Has that ever happened to you?
6. Parker told a story when his anger toward another person morphed into something more life-giving because of a moment of clarity or grace. Have you ever had a similar experience?

7. Carrie said, "We are being called to be better people than we ever thought we would need to be." Does that ring true for you? If so, what does it mean for you?

8. What helps you be more present and responsive to your own better angels?

## **Some Approaches to this Month's Questions**

You may want to explore the podcast and Questions of the Month privately, via journaling and silent reflection. But please consider gathering online for an exploration with one or more family members or friends. If that idea appeals to you, look into using Zoom, Facetime, Skype or some other video platform or talk with each other while practicing safe social distancing. Of course, we are grateful that with the availability of Covid-19 vaccines it is sometimes possible to gather safely and have these conversations in person.

2. How do we also incline our heads and notice where the graces of our lives appear and support our own better angels? What helps you be more present to what supports your own better angels.

3. Repressed anger will erupt in one way or another. What helps you to channel your anger in life giving and not death dealing ways?

4. Do you have a story of when you shifted your perspective, when you had a change of heart about a person because of a moment of grace or clarity?

5. Carrie spoke about a shift of perspective, when something in the natural world stopped her and gave her a moment of pause and a grace shifted her internal process. Has that ever happened to you? Can you tell a story of when a moment of grace shifted your perspective.

6. Parker talked about keeping our eyes and hearts open. When we are angry our perspective is narrowed. What helps you keep your eyes and heart open?

7. Carrie spoke, "We are being called to be better people than we ever thought we would need to be." What does it mean to live into what is spiritually being asked of us?

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