

A St Mary's Parish Soul Sisters Initiative

Come & join us as we watch two of Brené Brown's TED talks: The Power of Vulnerability & Listening to Shame. There will be opportunities to reflect and for those who wish to, to share their thoughts.



“Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.”

- Brené Brown,
author and public speaker



[The Power of Vulnerability](#)

[Listening to Shame](#)

Date: 10 September, 2018

Time: 7.00pm—9.00pm

Venue: Gathering Space of St Mary's church

Wine & cheese & good company

Donald Trump embraces refugees!

Imagine that! Imagine what the world would be like if we didn't feel the need to build walls in order to keep ourselves safe. Neither party would be threatened; trust would be established and the world would be at peace.

In a world where we have learnt to hide our weaknesses, we tend towards war, animosity, isolation, judgment, blame, self-righteousness and separateness. Patrick O'Sullivan, SJ, writes:

When power meets power there is a power struggle

When power meets vulnerability there is oppression

When vulnerability meets vulnerability, there is intimacy.

Yet, we are so afraid to let our real selves be known, by ourselves and others. In our isolation, shame takes hold in damaging ways, as we try to hide our real selves. However, listening to shame, in healthy ways, enables us to recognise its damaging effects and in healthy freedom, we can find ways to grow with hope.

On Vulnerability

How do we learn to embrace our vulnerabilities and imperfections so that we can engage in our lives from a place of authenticity and worthiness? How do we cultivate the courage, compassion, and connection that we need to recognize that we are enough – that we are worthy of love, belonging, and joy?

UPCOMING EVENTS

OCTOBER 10, 2018 A CONVERSATION: SHERENE HASSAN & JACINTA BRIGHT SHARE WHAT IT IS LIKE BEING A WOMAN IN LEADERSHIP IN OUR RESPECTIVE FAITH COMMUNITIES.

SHERENE IS THE DIRECTOR OF THE ISLAMIC MUSEUM OF VICTORIA, A FORMER MEMBER OF THE ISLAMIC COUNCIL OF VICTORIA AND A GOOD FRIEND OF THE PEOPLE AT ST MARY'S GREENSBOROUGH.

Listening to Shame

- ◇ Talk to someone you love
- ◇ Reach out to someone you trust
- ◇ Tell your story

Secrets intensify shame. Shame does not survive being spoken. It needs three things to grow exponentially: Secrecy, silence and judgment.