In our next Values and Deliberate Living class this **MONDAY, AUGUST 31 at 8:00 p.m.** we will address **FRIENDSHIP**

Largely because of e-mail, texting, and Internet sites such as FACEBOOK, we communicate with more people than ever before. Yet a PARADOX OF OUR TIMES is that many people say that they are LONELIER than in the past, and that they have fewer Friends.

Let’s explore FRIENDSHIP. Here’s what the website [https://www.psychologytoday.com/us/blog/in-flux/201605/the-importance-friends](https://www.psychologytoday.com/us/blog/in-flux/201605/the-importance-friends) says about FRIENDSHIP:

Most of us have friends, or at least one friend—someone we spend time with, someone who knows us better than others do, someone we can count on when the need arises. It’s been said that a friend is a gift that we give ourselves. Yet, how much time do we really spend thinking about those people who matter more to us than all the other people we meet and interact with throughout our life, sometimes including family? There’s no doubt that a friend adds to the fullness of life. **Authenticity**, honesty, and trust are qualities we expect to find in a friend. There’s an understanding that the binding together of people in friendship helps each of us define and realize a meaningful life. A good friend shows up no matter what. A true friend supports and encourages us, tolerates our shortcomings, accepts us unconditionally, and cares for us no matter what.

A real friend walks in, even when they’d rather be somewhere else, when everyone else is walking out. With a true friend the walls come down and you can be who you are without **fear**. A good friend knows you well—sometimes better than you do yourself—and is not afraid to tell you things you don’t want to tell yourself. A friend is present for you no matter what.
time of the night or day it is. Friendship is a partnership: Two people come together on equal terms. They give their all. Friendship demands more than love. Friendship expects and endures the good, the bad, and the ugly. A best friend is someone who brings out the best in you.

True friends walk through life together. A real friend bears witness to whatever happens to you. With old friends there is a comforting familiarity. You can let down your guard and just be who you truly are without fear, shame, or guilt. A faithful friend is a treasure found.

*We are all travelers in the wilderness of this world, and the best we can find in our travels is an honest friend."

A true friend shares our joys and sorrows. The inevitable twists and turns of our lives down the long and winding road that represents our journey are made sweeter and more meaningful by the sharing and caring of a good friend. Rites of passage—marriage, births, deaths, or other important milestones—are marked and honored together.

*Friendship multiplies the good of life and divides the evil."

"Friendship doubles our joy and divides our grief."
"In the sweetness of friendship let there be laughter and the sharing of pleasures."
"Friendship makes prosperity more shining and lessens adversity by dividing and sharing it."

The sum is greater than the parts. In friendship our actions and reactions cause us to go beyond just being you and me. We are ultimately transformed into something far greater by the mere act of signing on to be in each other’s lives. We open new doors for each other; stepping over the threshold into new worlds, we broaden each other’s horizon.

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."

*The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed."
You raise me up. A friend rekindles our light when it has gone out, ignites our excitement, and inspires us to do better and more. A real friend may even inspire you in a way you never imagined you could be. They may wake you up to all of the possibilities that live within you and help you to realize your full potential.

*Sometimes our light goes out but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.*”

*There comes that mysterious meeting in life when someone acknowledges who we are and what we can be, igniting the circuits of our highest potential.*”

*A friend is someone who knows the song in your heart and can sing it to you when you have forgotten the words.*”

**A. THE VALUE OF FRIENDS**

*A faithful friend is the medicine of life.* (TALMUD: Ben Sir 6:18)

*A friendless man is like a right hand without the left.* (TALMUD::Mivchar Hapenini)

1. Tell us about one of your Good Friends. What makes this a Good Friendship? What do you gain from this Friendship? What does your Friend gain from the Friendship?

**B. HOW TO EARN A FRIEND**

*The only way to earn a Friend is to be a Friend.*  
*Wishing to be friends is quick work, but friendship is a slow-ripening fruit.*”

1. What do we need to do to EARN a NEW FRIEND?
2. How can we encourage friendships in our Spiritual communities and in our other communities?
3. Many people believe that Men typically have fewer Friends than Women. Is this true? If so, how do we fix this?
C. WHAT DUTIES DO WE HAVE TO A FRIEND

A Friend in need is a Friend indeed

1. What are you willing to do to help a friend?
2. Your Friend lost his job and he tells you he needs $500 to pay his rent. Do you lend him the money? Assume that you believe that your Friend is spending too much money on luxuries such as vacations and a new car. Do you lend her the money?
3. Your Friend asks you to pick him up at the airport so he can avoid paying $20 for a cab. Do you pick him up?
4. To help your friend get a mortgage, your Friend asks you to sign a statement that says that he is your employee, even though this is not true. Do you agree?
5. Your Romantic Partner tells you that he wants you to spend less time with your Friends so that you can spend more time with him. Do you agree?

END
In our next Values and Deliberate Living class on **THURSDAY, SEPTEMBER 3 at 8:00 p.m.** we will address

**ASSERTIVENESS**

"To be passive is to let others decide for you. To be aggressive is to decide for others. To be assertive is to decide for yourself. And to trust that there is enough, that you are enough." — Edith Eva Eger

“If you live your life to please everyone else, you will continue to feel frustrated and powerless. This is because what others want may not be good for you. You are not being mean when you say NO to unreasonable demands or when you express your ideas, feelings, and opinions, even if they differ from those of others. Beverly Engel, The Nice Girl Syndrome: Stop Being Manipulated and Abused -- And Start Standing Up for Yourself

The opposite of self-assertiveness is self-abnegation--abandoning or submerging your personal values, judgment, and interests. Some people tell themselves this is a virtue. It is a "virtue" that corrodes self-esteem.”

— Nathaniel Branden

“In order for us to practice self-control, we must have a goal. We must have something we are saying “yes” to, which necessarily comes with things that we must say “no” to. We use self-control to maneuver ourselves toward this “yes.” This goal must be entirely our own. The minute another person is choosing and managing our goals for us, we have left self-control behind.”

— Danny Silk, Keep Your Love On: Connection Communication And Boundaries