



{Hail Mary}

Sitting in the hospital with Mac, Shauna feels “profoundly, deeply alone.”

- Have you ever felt like that? How did you recover from those feelings?

{Magical White Bean Soup}

What is your “nursery food”? The food that is linked to memory, bringing us back to sweeter times on hard days...

“Inevitably, when we gather people together, we bring our values and restriction to the table with us.” (pg. 163)

- How do you balance honoring your guests’ preferences and restrictions and not “knocking [yourself] out for picky eaters.” (pg. 114)

{Present Over Perfect}

How do you keep the “over-everything” attitude from consuming your holidays? (pg, 166)

Where in your life do you need to choose simplicity?

“We have, each one of us, been entrusted with one life, made up of days, and hours and minutes. We’re spending them according to our values, whether or not we admit it.” (pg. 169)

- Does your time accurately reflect your values?

{The Bass Player's Birthday}

“The heart of hospitality is protecting that fragile bubble of vulnerability and truth and love.” (pg.176)

- What do you do to protect your family's vulnerability, truth, and love?
Your community?

What are your birthday traditions?

Have you ever given or received the type of blessing that Shauna and her friends gave the bass player?

{Russian Dolls}

Which Russian Dolls do you not want to forget?

{On Scrambled Eggs and Doing Hard Things}

What is your relationship with discipline?

{Happy New Year}

Have you ever thrown a party that didn't go as planned? How did you react?

{Swimming In Silence}

What's your relationship with technology?

Have you ever given it up? What did you learn?

When was the last time you were truly silent?