

QUEST

Sunday, May 4 at 9:15 in Dobkin Hall
Childcare Provided

What Makes Life Meaningful Through the Calm & Chaos?



with Heidi Kaufman

In Michael Stenger's TED talk we learn about the importance of meaning in life from the perspective of fulfillment but also health and longevity; there may be life and death implications when our life lacks purpose and meaning. Given the upheaval and chaos happening in the world right now, is it possible to cultivate a sense of meaning in the midst of it all and if so, what does that look and feel like?

Join us this Sunday as we share our thoughts and experiences with finding purpose and meaning during our lifetime, the chaotic and discordant moments as well as the calmer and harmonious ones. Please see the TED talk and article about Viktor Frankl to prepare for the discussion.

[What Makes Life Meaningful: Michael Steger at TEDxCSU](#)

[Viktor Frankl: Holocaust Survivor Who Taught Us How to Find Meaning](#)

Questions to Consider

What has given you a sense of purpose and meaning in your life?

Has that changed over time and if so in what way?

What have been the important elements of a meaningful life for you?

What do you think of Victor Frankl's perspective on finding meaning even in circumstances filled with suffering?

Have you been able to derive meaning even when things are in turmoil?

Do you think one could derive a sense of purpose and meaning despite or because of the chaos in the world around us?

Michael's Stenger's final words were to not just live a meaning in life but to also try to give a meaningful life? What do you think about that and what might that look like?