**Workshop Name**: How Are You? And what **does** that question mean?

**Website Description:** How often do you hear “Fine.” in response to this standard greeting? How often do you respond “I’m okay.” when you really want to say “AAAAAAAAaaaaaaahhhhh! Get me outta here!” How often do you experience it as a fly-by-night greeting when passing an acquaintance on the sidewalk and neither of you pauses to receive the answer? Come explore at a deeper level and put meaning back into “How are you?”

**Stake**/**Purpose**: People truly care about one another but fear, perceived time constraints, personalities get in the way of expressing true caring.

**Intended** **for**: Everyone

**Desired Impact:** Deep awareness of how we interact with the people we meet each day and a possibly uncomfortable realization that our default behavior may be saying “I really don’t care”.

**Outcome:** The casual hello will never be the same for any attendee. Each will experiment with new ways of greeting people, will pause before saying “How are you?”, will pause before answering the question when posed to them. They will infuse the people around them with a sense of being cared for.

**Supplies:** Handout (at the bottom of this document)

**Musical content:** None

**Resources (books, articles, etc.) for participants:**

**Content:**

* + - * Story of Ken Sager
      * Ways we greet people - DISCUSS
  + Hi (and walk on)
  + Hi. How are you?
  + Hi. Got a minute to catch up?
  + What’s new?
  + Isn’t the weather great?
  + Did you hear the latest \*bad\* news? Or gossip?
    - * DISCUSS:
  + What do we expect to hear? (good, fine, okay)
  + Why do we ask the question?
  + What do we want to hear?
  + What do we want to share when we are asked the question? Does it matter who we are with, how old they are, whether or not we like them?
    - * What other choices do we have?
  + When we see someone we haven’t seen in awhile and we have no time to spare, what options do we have? *get a phone number, make a date, send them a note…*
  + When we see someone we really don’t want to see (yes, it happens!), what do we do? *Avoid? Say hello but not How are you? … Engage in false conversation?*
    - * Our impact: What happens in our world because of our greetings
  + Thoughts held in mind – words have power – do you believe it?
  + Story of “I choose to be well like some wise woman I once knew”
  + DISCUSS: What message do you want your presence to send out?
    - * Getting to know one another through deeper dialogue (groups of two or three)

In small groups, spend a few minutes with each question. Perhaps ponder a minute in silence, then share, one person at a time. Listeners – feel free to ask questions to help the speaker go deeper. Get curious! Help your partner connect more deeply with themselves as they share what they’re learning with you.

* + - * + What delights you?
        + What are you excited about?
        + What are you worried about?
        + What things have filled you with joy recently?
        + What are you most grateful for?
        + What do you dream of doing that you haven’t found the courage for yet?
      * SUMMARY: What will be different for you because of tonight?

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