Facilitator moves

THE MAIN MOVE

"Is that always true?" Gently test absolute claims, like "you never get over it."

Then ask: **"What have you seen in others?"**

When the room needs help

- **Silence.** Let silence run. Ask, "What's your first reaction to Epictetus?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Tears.** Pause, thank them, and let the group sit with it.
- **Fixing.** "Let's listen rather than advise."
- **"Stoics don't feel."** "Stoic grief still feels; it doesn't add despair."
- **A recent loss.** Acknowledge it; offer the shared case.

PROTECT THE TIME

Give each question about eight minutes and start the practice by minute 65. If time is short, skip the reveal. Begin the close by minute 80 and finish at 90.

When asked for your view

Offer it briefly: "Here's my tentative view. What would make you doubt it?" Keep the question open.

Notes and follow-up

Key texts: Epictetus, *Enchiridion* 3 and 11; *Discourses* 3.24.

Grief and Loss

How do we love what we know we will lose?

Today considers grief through two short passages from Epictetus. The topic can be raw: anyone may pass, and the practice uses small losses.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Wanting Wisely

Before you begin

Silence your phone, set a quiet timer, and keep this guide open. Have the reading ready on a phone or printout, and a pen for your own notes. Name the topic plainly in the announcement.

Open (10 minutes)

Welcome. Challenge ideas, give reasons, and share the floor. Passing is always fine, and a made-up example works as well as a personal one. If the group met last month, invite one brief report on the practice.

Ask the whole group: **"What did you think when you saw today's topic?"** Keep it brief; anyone may pass.

Read (10 minutes)

READ ALOUD · EPICTETUS, ENCHIRIDION 3 AND 11

Read the passage aloud from the linked text or the QR code.

Remember that what you love is mortal. And of anything you lose, never say "I have lost it," but "I have returned it" (*Enchiridion* 11).

Enchiridion 3

Allow a quiet minute. Ask: **"Is that comforting or cold?"** Then move to the discussion.

Open · 10 min	Read · 10 min	Discuss · 45 min	Practice · 15 min	Close · 10 min
Welcome; anyone may pass	Aloud, together	Questions 1–5	Returned, not lost	One takeaway each

Discuss

1. Epictetus says to remember that what we love is mortal. Comforting or cold?

Probe: What would change if you remembered it daily?

2. What's the difference between "I lost it" and "I returned it"?

Probe: Which feels truer to you?

3. Can a Stoic grieve? What would healthy Stoic grief look like?

Probe: What would you say to a grieving friend?

4. How can we value someone fully while accepting they're on loan?

Probe: Does knowing it's temporary deepen it or diminish it?

5. If you're willing to share: what helped you most in a past loss?

Probe: What did others do that helped?

GOING DEEPER · IF THE ROOM IS READY

Epictetus advises reminding yourself, even as you kiss your child, that they are mortal. Is that wisdom, or too much?

Practice: returned, not lost

Start with this case, or use a volunteer's example if one is ready. You lose something small: a favorite pen, a chance you'd hoped for, a plan that fell through. You catch yourself thinking, "I've lost it."

Work through the steps aloud. Take two or three answers at each step.

1. **Notice.** What did I just tell myself about this loss?
2. **Reframe.** What would it mean to say, "It was returned"? Try the words aloud.
3. **Value.** What did I have while it was mine?

IF TIME ALLOWS · THE REVEAL

Someone says, "That works for a pen. It doesn't work for my father."

Probe: What should the group do with that? What might Epictetus say, gently?

Practice on small losses. Large ones take time, and care from others.

Close

Return to the opening: **"How do we love what we know we will lose?"** Take one or two answers. Invite each person to choose one occasion to try the practice; anyone may pass.

UNTIL NEXT TIME · RETURNED, NOT LOST

When you lose something small, try saying, "It was returned."

Thank members, confirm the next meeting, and finish on time. Announce the next meeting's topic and its opening question.

After the meeting: send a short recap through your group's usual channel with one or two observations and the practice.