Facilitator moves

THE MAIN MOVE

"Enough for what?" Ask what purpose sets the measure, then what the person most wants to express in choosing and using what meets it.

Then ask: **"Who sees it differently?"**

When the room needs help

- **Silence.** Wait ten seconds. Ask, "What does the current phone already make possible?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Owning least wins.** "What real need would justify adding something?"
- **Gratitude as obligation.** "What can you appreciate without requiring it to continue?"
- **Shopping advice.** "What aim would guide any of those options?"
- **Private circumstances.** Stay with the phone case; no one needs to disclose money or possessions.

PROTECT THE TIME

Discuss from minute 10 to 60, including the reading at question 2. Apply until minute 80. Shorten follow-ups or omit the reveal if needed; close at 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

Fuller explanations, sample responses, and the readings are in the November expanded guide and Meeting Primer. Key texts: Epictetus, *Enchiridion* 39 and 15; Seneca, *Letters* 16.7–9; Marcus Aurelius, *Meditations* 7.27. *On Stoic Living*, Weeks 44–47.

How Much Is Enough?

What would satisfy the need—and why do I still want more?

Today we examine what gives enough its measure and what we want more than the next addition.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Temperance · Discipline of Desire

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.

Open (10 minutes)

Welcome. Challenge ideas, give reasons, and share the floor. Passing is always fine. The shared case gives everyone a starting point; no experience with the weekly lessons is needed.

THE SHARED CASE · READ IT ALOUD

Your phone handles your calls, messages, and ordinary tasks. A friend shows you a newer model. Your carrier offers a "free" upgrade with an unlimited data plan for three years. Your phone now feels inadequate.

Ask the whole group: **"What does the newer phone seem to promise that the current one did not?"** Read the shared case aloud before asking the opening question. Hear two or three initial interpretations without settling them, then carry them into the discussion.

Discuss

1. What has changed about the phone, and what has comparison added?

Probe: What do you expect the newer model to provide beyond its practical uses?

READ ALOUD · EPICTETUS, ENCHIRIDION 39

Read the passage aloud from the linked text or the QR code. Epictetus uses a shoe fitted to a foot to show what happens when embellishment replaces a measure of need.

Enchiridion 39

Introduce this passage during question 2, where it helps examine the issue already under discussion. Read it aloud and return to that question; avoid adding a separate preliminary round.

2. What would be enough for the purpose this phone serves?

Probe: Which needs and terms should belong in the measure?

3. What happens to the measure if the offer passes to someone else?

Probe: What might you start treating as necessary for a good day?

4. What could simpler use and gratitude reveal about what you want?

Probe: What benefit is already present, and what would a genuine shortfall show?

5. What would show desire shifting toward choosing and using well?

Probe: Could you choose an upgrade while wanting wisdom more than novelty?

GOING DEEPER · IF THE ROOM IS READY

When could calling something "enough" become a way to dismiss a need that deserves care?

Application: test a measure of enough

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

1. **Notice.** What does having more seem to promise me? Separate the extra promise from a practical need.
2. **Measure.** Enough for what purpose, and on what terms? Include real needs, shared responsibilities, and what is already available.
3. **Re-aim.** What virtue do I want more than the next addition? Appreciate the benefit without requiring more or its continuation.

IF TIME ALLOWS · THE REVEAL

The current phone's battery has begun failing during trips you need to make alone.

Probe: What need has entered the measure? How could desire for wise use guide keeping, repairing, or replacing it?

The inquiry concerns sufficiency and desire for wise use, not product selection. Keeping, repairing, or replacing can each be defensible; possession counts and spending totals do not settle the valuation.

Close

Return to the opening: **"What would satisfy the need—and why do I still want more?"** Ask what became clearer or what remains unsettled. Hear brief answers and reasons for a changed view; passing is welcome.

UNTIL NEXT TIME

Notice a wish for more and ask what purpose would give it a measure.

Thank members, confirm the next meeting, and finish on time. Next month we turn to the Discipline of Action: **How can I carry out what each situation requires?**

After the meeting: send a short recap through your group's usual channel with one or two insights or open questions and the take-home invitation.