

Meeting held at the home of Dolores attended by fifteen- comprising of regular core members and a welcome to new members who joined the group.

“If you seek true happiness you must experience true sadness “

This was proposed by Janet who began this discussion by the statement that all of us here will have experienced sadness but happiness is hard to define. Inner peace can be achieved by reflecting and analysis thus being able to move forward from sadness to peace. We know habitually unhappy people that cannot be happy and therefore unable move on

Philosophers ;

Aristotle [384-322bc] to live happily in an inward power of the soul

Epicurus [341-270bc] friends, freedom and thought as the way to happiness

Marcuse [1894-1971] there are only some moments of happiness in life but the great permanent happiness does not exist.

Dolores read out a statement from her perspective on this followed by Christopher thoughts on this and the book Authentic Happiness – a deep rooted contentment written by Martin Selegman. Discussion ensued on Budha and the three stages of happiness; tolerance leads to happiness and that serenity could be more important than happiness, comes from within and to love yourself. We also discussed that depression could be the reason that happiness cannot be achieved.

Can we experience duplicate emotions at the same time?

Do we seek happiness and instant happiness ie new car.?

Use of therapy to talk about sadness to achieve positive thoughts?

After a tea break with homemade cakes we were invited to give our own thoughts and what we felt we had learnt from todays meeting.

Choice, control and acceptance –to turn negative to positive

It was agreed that music is important in our lives to experience contentment

The meeting ended with a statement “True happiness is belonging to the U3A”

Next meetings

21st November to be hosted by Joan Gold” what is it to live well”

19th December to be hosted by Corrinne.