

## Preparation for S106 - Our Fathers

The importance of a father in the development of a healthy child has become more and more obvious in recent years. Whether a father is an active, intimately involved parent or a passive, distant--perhaps absent-- one, he inevitably leaves a profound imprint on his children. And if we become parents ourselves, we see the immense challenges the role of parent provides and usually acquire a better appreciation of our father's weaknesses and strengths in fulfilling that role. Such a recognition can, in turn, lead to more self-knowledge and self-acceptance so we invite you to explore the influence your father has had on your life and what you can learn from it.

Note: If you did not grow up with your birth father, you may want to answer the questions in reference to a father figure instead.

Consider your answers to the following questions and then choose 2 or 3 to share with the group.

1. What are some positive experiences you shared with your father, and how did you feel about them?
  
  
  
  
  
  
  
  
  
  
2. What qualities that you have, both positive and negative, do you think were influenced by your father? Who do you think is ultimately responsible for the qualities you possess?
  
  
  
  
  
  
  
  
  
  
3. Are there qualities in your father that you have tried to pass on to your children?
  
  
  
  
  
  
  
  
  
  
4. Did your relationship with your father change as you grew older? How?

5. Is there anything you now appreciate about your father that you may not have appreciated when you were growing up?

6. What would you like your father to know that you haven't told him? (You might choose to write this answer in the form of a letter you could send as a Father's Day gift, if your father is still living, or just to keep as a remembrance.)

7. Were there father figures during your childhood who had a significant impact on your growth and development? How?

8. Did your father influence the development of your Unitarian values in any way?

You are invited to bring a photograph or some object that represents your father to share with the group.