**Soul Tenders**

September 18, 2019

**What Troubles You?**

Recently the word “fraught” is popping up everywhere, certainly in news reports about the status of political and corporate life, but in other contexts as well. Originally “fraught” referred to a ship’s load of cargo. Now the word has come to mean of a situation or course of action loaded with or likely to result in something undesirable. To say it simply, TROUBLE.

So, at our gathering on September 18th, we will be invited to ponder how we experience the fraught mood of our era under the heading, “What troubles you”?

It is an invitation to do a sort of examine of ourselves regarding the various sort of situations or events that trouble us. In that regard, this quote from Robin Williams may be a helpful way of looking at what troubles us, and the possible (often denied) value of troubles: “[*You will have bad times, but they will always wake you up to the stuff you weren't paying attention to.*](https://www.azquotes.com/quote/413744?ref=trouble)*”*

**But it is also true that some of the troubles in the world are so overwhelming, we despair of knowing what, if anything we may be able to lower the level of misery.**

**Let’s gather at noon on September and talk and share what troubles us, and how we deal with it.**

Abaco (Bahamas)