

# THE GLOAMING SOCIETY

a unique salon series celebrating the art of conversation

## Welcome

Thank you for being one of our nearly 100 members, and for sharing our passion for meaningful conversation. We hope you enjoy our monthly newsletter which summarizes our recent salons and informs you of our upcoming events – and we send you and your families our best wishes during this challenging time.

## Spirituality

On Tuesday, June 9, we will explore Spirituality. This salon, which will be held via Zoom, has already been filled but if you are interested in participating in a future salon, please contact us through our website or via email.

July 14: Failure

August 18: Kindness

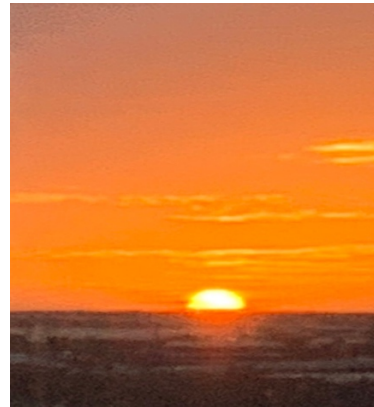
September 15: Language

October 20: Shame

November 17: Conformity

## Tell Your Friends

Do you know people who would be interested in participating in our salon series? Please have them contact us through the contact page on our website, or via email.



## Trust Exercise

“Who do you trust the most and why?” and “What indicators do you look for in others to determine whether you trust them?” were the icebreaker questions posed to the group to kick off our virtual salon on trust on May 12. From there, we explored our most trusted relationships with friends, spouses, partners, siblings, parents, and even God – and shared that consistency, humility, gratitude, empathy, and respect are traits we may look for in assessing trust in others. The concept of self-trust was debated along with the important, but delicate balance between listening to the advice of trusted others and trusting our own “gut” instincts. The relationship between trust and betrayal and trust and forgiveness was also discussed, as well as ways to build trust after it has been broken. Finally, we considered several issues raised by the reading materials, including the premise introduced by John Gottman that trust in relationships is often built in “sliding door moments.”

*“The best way to find out if you can trust somebody is to trust them.”*  
- Ernest Hemingway

[www.gloamingsociety.com](http://www.gloamingsociety.com)