

Season 3

Episode 1: A Tale of Two Cities

Original Air Date: October 4th 2006

Facilitation Date: October 11th 2006

Episode Information:

In the season premiere episode, Jack, Kate and Sawyer begin to discover what they are up against as prisoners of The Others.

New Characters:

- Juliet - One of “the Others” – On Island
- Adam - One of “the Others” – On Island
- Karl - Unknown – On Island

Key Show Facts:

- Jack, Kate, and Sawyer are held in separate quarters by the "Others" - now prisoners in their camp. Drugged and waking up they find blood has been drawn from them.
- The camp leaders, Ben aka Henry Gale, Tom aka Mr. Friendly and a new woman, Juliet try to make the castaways adjust to their new settings, as well as prepare them for what Ben describes as two weeks that will be very “unpleasant”.
- Flashbacks reveal more about Jack's past with his father and wife Sarah.

Time to speculate on the show – Sample Topics

- What are the others doing on the island?
- Why are they so interested in Jack, Sawyer, and Kate?
- What are they going to do with/to them?
- Who is Karl (the kid in the cage across from Sawyer)?
- What do we make of the Stephen King book Carrie (The novel the book club was studying)?

Scripture: [NIV - Jonah 2:8]

“Those who cling to worthless idols forfeit the grace that could be theirs.”

- What theme/point is being communicated in Jonah 2:8?
 - What are real world examples of false idols that keep us from grace?
 - What people are false idols in your life or life in general?
 - What things are false idols in your life?

Clip 1 – Letting Go – 10:50 – 12:54 – I just want to know his name.

What is letting go?

Letting go is simply making a decision to no longer allow something from the past to influence your life now or to reduce your inner sense of peace and well-being. All we really need is to identify the weights that prevent us from being able to exist in the moment.

Clip 2 – Letting Go II – 18:00 – 19:48 – Let it go Jack.

- In this clip we see Jack struggling with two things.
 - His failed marriage
 - His father's alcoholism
 - How do you think he is feeling?
 - What will learning the name of his ex-wife's boyfriend accomplish?
 - If Jack were your friend...
 - What would you say to him?
 - What are some suggestions you would give him?

Clip 3 – Letting Go III – 27:38 – 30:18 – What did you tell them about me Dad?

- Think about some things in your life that you have a difficult time releasing.

- What are they (If anyone is willing to share)
 - Why do we carry these things around with us?
 - Can we change them?
- Part of letting go is about making choices.
 - What are the choices Jack is making?
 - What might be better choices for Jack to make?

What are the ramifications of these choices Jack happens to be making?

- for Sarah?
- for Christian (Jack's Dad)
- for Jack?

Clip 4 – Letting Go IV – 36:10 – 41:42 – Is she happy?

- Why does Jack begin to cry at the end of the clip when Juliet tells him that Sarah is happy in her new relationship?
 - Is he glad that Sarah is happy?
 - Or is he sorry for himself that he wasn't able to be the man that made her happy? i.e. when Sarah tells Jack, "It doesn't matter who he is. It just matters who you're not."
- Remember that letting go is choosing to no longer attempt to change things we have no control over.
 - Has Jack finally let go of Sarah?
- Review the scripture.
 - How can it be applied to the subject of letting go?
 - What is it about pursuing false idols that prevents us from finding grace?

Devotional Activity:

Learning to Let Go –

Materials Needed:

A Bowl

Small Pebbles or Rocks (One for each person in the group)

Give each person in the room a small rock, bead, etc. Review that holding on to things causes tension, limiting our choices, and restricting our freedom. By allowing ourselves to release our pain and frustration we are freed to focus our energy on productive opportunities that will lead to greater happiness. Give the class a minute or two in silent meditation. Encourage them to think of something they are clinging to, let the rock symbolize this weight, and when they are ready encourage them to drop it in a glass in the middle of the room - Leaving it behind when they go.

Further Speculation:

- Is the island a kind of purgatory?
 - In the show there have been many references to the fact that who a person was - is unimportant. Who they are now is what really matters. Juliet says "Well, that was a long time ago, It doesn't matter who we were it only matters who we are. We know exactly who you are Jack Shepherd."
- What does this idea mean to you?
 - Do you agree or disagree?
 - Is it comforting?

Clip times refer to episodes presented without commercials (i.e. On a DVD or legally downloaded through iTunes - <http://phobos.apple.com/WebObjects/MZStore.woa/wa/viewTVSeason?i=196354978&id=200507719&s=143441>).

Most recent episode also available at <http://dynamic.abc.go.com/streaming/landing> - streaming only.

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