

West Ohio United Women in Faith Book Club
The Moment of Lift by Melinda Gates
May 1, 2022

Question 1: Melinda explains that she has shared these women's (and men's) stories as a way to inspire us to lift each other up. In your experience, how does lift happen? Are there individuals in your life whom you feel you've helped to lift, in a big or small way? Who has helped lift you?

Question 2: Melinda writes: "As soon as we began to spend more time understanding how people live their lives, we saw that so many of the barriers to advancement...can be traced to the limits put on the lives of women" (50). Can you think of a barrier that women face in your community that keeps women or their children from education, income, or economic opportunities?

Question 3: Each chapter of the book focuses on a central issue of gender inequality, and yet taken as a whole they form a matrix of issues that support the idea that "there are no isolated problems" (16). Did you feel strongly that one issue or another was a "root" cause for which the others proliferated, or that you identified with one or two more than others? Which issue in the book is most relevant to your own life?

Question 4: In describing her own journey with her Catholic faith, Melinda explains the importance of acting according to one's conscience—that "faith in action to me means going to the margins of society, seeking out those who are isolated, and bringing them back in" (73). Does this resonate with your experience with religion or spirituality?

Question 5: After finishing the book, has your understanding of what it means to empower women changed, in terms of concept and execution? What are some of the ways Melinda suggested we—women and men—can all move out of this state of fear and into one of love and acceptance?

Question 6: Melinda writes that "the most transforming force of education for women and girls is changing the self-image of the girl who goes to school." Did you have a teacher who helped change your self-image? How did he or she do it? What effect did it have on you?