

## *Annoyance*



### **Chalice lighting** By [Erika A. Hewitt](#) (adapted)

With full hearts,  
we affirm our relationships with one another;  
we recognize our agency and our connective power;  
and we accept our responsibility to be bold and courageous.  
We light this chalice,  
symbol of all that we are, all that we have done together,  
and all that we will be as our shared ministry encourages everyone.

### **Check in**

#### **Introduction**

I am often annoyed: by people, politics, the stock market, politics, traffic, the weather the way things are packaged and many more things. At times I am also annoying myself; sometimes deliberately and sometimes without meaning to be. Let's take a moment today to look at annoyance. What or who annoys us and what we do to annoy others. And let us explore how we cope with annoyance and if there is anything that we could do better to deal with the annoying in our lives.

#### **Read quotes(separate page)**

#### **Questions**

1. Are you annoyed by anything today? If so what?
2. Has anything or anyone annoyed you in the last week or so? What is it and how did you deal with it.
3. Is there anything that annoys you in general? What is the biggest annoyance in your life? How about the smallest?
4. Has anyone ever told you that you annoy them or have annoyed them in the past?
5. Are you aware of anything that you do that is annoying even if no one has told you so?
6. How do you deal with annoyances? Is there anything you could do differently?

#### **Likes and wishes**

#### **Next meeting**

#### **Extinguishing the chalice**

By [Eric Williams](#)

Blessed is the path on which you travel.  
Blessed is the body that carries you upon it.  
Blessed is your heart that has heard the call.  
Blessed is your mind that discerns the way.  
Blessed is the gift that you will receive by going.  
Truly blessed is the gift that you will become on the journey.  
May you go forth in peace.

1. You have to be quite heavily invested in someone to do them the honour of telling them you're annoyed with them.”  
– [Alain de Botton](#)
2. “To own something and not be aware of it could not only be annoying, but fatal too. That is why most people had all the time but did nothing with it. They died leaving behind no invention or product that they could be remembered for.”  
– [Sunday Adelaja](#), [How To Become Great Through Time Conversion: Are you wasting time, spending time or investing time?](#)
3. “The only way an annoyance can bring you down is if you let it.”  
– [Frank Sonnenberg](#), [BookSmart: Hundreds of real-world lessons for success and happiness](#)
4. “In the end, I suppose that's what a marriage comes down to: finding the one special person you want to annoy and be annoyed by for the rest of your life.”  
– [Gill Sims](#), [Why Mummy Swears](#)
5. “You can never be annoyed by anyone when you are just alone, insults comes from being too familiar even with the most respectful persons.”  
– [Michael Basse Johnson](#)
6. In so far as we interact with people each day from dawn to dusk, we shall surely be offended by people and we shall surely offend people”  
– [Ernest Agyemang Yeboah](#), [Religion, Philosophy and life](#)
7. “The things that bug you the most have the potential to open you the most.”  
– [Alan Cohen](#)
8. It's so great to find that one special person you want to annoy for the rest of your life. [Rita Rudner](#)
9. I like long walks, especially when they are taken by people who annoy me. [Noel Coward](#)
10. If you want to annoy your neighbors, tell the truth about them. [Pietro Aretino](#)
11. You are precisely as big as what you love and precisely as small as what you allow to annoy you. [Robert Anton Wilson](#)
12. People who annoy people are the luckiest people in the world. [Howie Mandel](#)
13. I got a lot of motivation from my character of people-watching. And if they do something that annoys me, I steal it and do it because I know it annoys other people. If it annoys me, it's going to annoy you.  
[Alexa Bliss](#)
14. Why do I want to annoy people? Because annoying people is funny.  
[Limmy](#)
15. We often pardon those that annoy us, but we cannot pardon those we annoy. [Francois de La Rochefoucauld](#)

***Do you find any of these quotes especially meaningful to you?***

