

**Sapere Aude Session Plan for July 13, 2011**

**“HAPPINESS”**

First Unitarian Universalist Society of Burlington, Vermont. Prepared by Adam Bortz

**Welcome and Chalice Lighting**

Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it. Source: Groucho Marx

**Brief Check-ins: Limited if more than 6 are present.**

**Opening Readings:**

No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change. Source: Barbara de Angelis

I cannot believe that the purpose of life is to be "happy." I think the purpose of life is to be useful, to be responsible, to be compassionate. It is, above all, to matter and to count, to stand for something, to have made some difference that you lived at all. Source: Leo C. Rosten

If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes. Source: Andrew Carnegie

Happiness is not a goal; it is a by-product. Source: Eleanor Roosevelt

**A Silent Moment....**

**Main Subject: Tell us what “happiness” means to you personally.**

- 1.1. What does “happiness” mean to you?**
- 1.2. What makes you happy?**
- 1.3. Is happiness all it is cracked up to be?**
- 1.4. How do you share your happiness with others?**
- 1.5. What could be done to make the rest of the world share your happiness, if you so desire?**

**Individual communing:** 6 minutes per individual, 3 minutes of group response.

**Closing:**

Duty to Man has replaced Duty to God. It is the central point of Humanism.

Source: Rosalind Murray

The highest and best thing that man can conceive is a human life nobly and a beautifully lived – therefore his loyalties and energies should be devoted to the arrangement of conditions which make this possible. The sole issue is how to make this world a place conducive to the living of a noble human life, and then to help people in every possible way to live such lives.

Source: *Varieties of American Religion* by John Dietrich