



STARR KING
UNITARIAN UNIVERSALIST CHURCH



Unitarian Universalist Small Group Ministry Network Website
Having Fun
Hayward, CA, Wednesday Evening Group, Kathryn LaMar, 05 July 2017

CHALICE LIGHTING: I Tried to Teach My Child with Books; Author Unknown (1 min)
He Gave Me Only Puzzled Looks.
I Tried to Teach My Child with Words;
They Passed Him by Often Unheard.
Despairingly, I Turned Aside;
"How Shall I Teach this Child," I cried?
Into My Hand He Put the Key,
"Come," He Said, "Play with Me."

OPENING WORDS: (2 min)
"It is a great mitzvah (sacred deed) to be in joy always . . . When there is defect in one's quality of joy, it leads to illness . . . and it is through rejoicing that all illnesses are cured . . . The principle of the matter is that you should muster all your powers to be always in a state of joy. For our nature is to incline toward being depressive and sullen due to afflictions that befall us and to the circumstances of the moment, and everyone is filled with troubles. Therefore, you need to move yourself with great effort towards becoming joyful always and to gladden yourself with whatever it is that you can find, and even by means that appear silly." Likutei [Rabbi Nachman of Breslav](#) HaMoHaRaN Tanina, Chapter 24.

CHECK-IN: (30 min)
Please let us know how you are in this moment. Perhaps you can share something you put aside in order to be fully present here, or, if you are comfortable, share a significant joy or sorrow, ending, or new beginning in your life recently.

DISCUSSION / FEEDBACK: (5 min)

INTRODUCTION TO "HAVING FUN" (5 min)

To have fun: to experience enjoyment. (Definition from The Free Dictionary). The online Merriam-Webster dictionary has 4 definitions of the word "fun":

1. What provides amusement or enjoyment; *specifically*, playful, often boisterous, action or speech *full of fun*
2. A mood for finding or making amusement *all in fun*
3. *a* [Amusement](#), [enjoyment](#), *sickness takes all the fun out of life, play games for fun.*
b [Derisive](#) jest: [sport](#), [ridicule](#), *a figure of fun, They made fun of the way he talked.*
4. Violent or excited activity or argument, *Insults were exchanged and then the fun began.*

For our purposes, we are concerned primarily with the enjoyable (to all involved) aspects of fun.

READINGS:

(10 min)

I am going to keep having fun every day I have left, because there is no other way of life. You just have to decide whether you are a Tigger or an Eeyore.

Randy Pausch

As long as I'm having fun, I'm not quitting.

Sue Johanson

If you're not having fun - I don't care what you're doing - don't do it. Move on. Find something else, life's too short.

Jerry Doyle

When you start recognising that you're having fun, life can be delightful.

Jane Birkin

I'm having fun opening up. Sort of struggling to get the audience into it. It's good. It makes you fight. Not fight like antagonistic. But fight for what you believe.

Joan Jett

It doesn't matter what the scoreboard says. I'm always having fun, talking to other guys. They even come to first base and ask me about hitting. I try to help them out as much as I can in the 30 seconds before the pitcher throws the next pitch. That's me. I don't think I will ever change that.

Albert Pujols

I think I'm teaching my teammates that they can still be successful while having fun and enjoying the moment rather than being a stone cold brick.

Simone Biles

Winning is only half of it. Having fun is the other half. -

Bum Phillips

I was never very good at picking cotton, and then I only made fifty cents or \$1 a day. People would work for \$1 a day during the Depression. So we would get \$2 for playing music and just having fun. I think that as a result of that it was not just the money, but we enjoyed doing it.

Johnny Gimble

Fortunately I own a vintage brain, and I am alive and well in the 21st century, still making records, still working at an intense pace and most of all, still having fun doing it.

Tony Visconti

Play is the highest expression of human development in childhood for it alone is the free expression of what is in a child's soul

Friedrich Froebel

The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the object it loves.

Carl Jung

BREAK

(10 min)

SHARING ON TOPIC: HAVING FUN

(30 min)

Please share whatever you would like the group to know about how you make room in your life for fun.

QUESTIONS/SUGGESTIONS FOR SHARING

1. Are there any favorite activities you have that are particularly enjoyable to you?
2. Do you have special activities that you enjoy with other people, as opposed to those you do by yourself? How do they differ?
3. How do you react when others "order" you to have fun, or when your employer plans "fun" activities you do not particularly enjoy?

DISCUSSION / FEEDBACK

(3 min)

CHOOSING TOPICS FOR FUTURE DISCUSSIONS

(15 min)

Please see the appended list of topics we can choose for our future discussions. Please add any that you would particularly like to include.

SESSION FEEDBACK

(2 min)

How did things go for you tonight? Suggestions for covenant or agendas?

CLOSING SONG:

(3 min)

Boom Boom, Ain't It Great to Be Crazy!

Boom, boom, ain't it great to be crazy, Boom, boom, ain't it great to be nuts
Giddy and foolish all day long, Boom, boom, ain't it great to be crazy?

A horse and a flea and three blind mice Sat on a curbstone shooting dice
The horse he slipped and fell on the flea "Whoops," said the flea, "there's a horse on me!"

Chorus

Way down South where bananas grow An ant stepped on an elephant's toe
The elephant cried with tears in his eyes "Why don't you pick on someone your own size?"

Chorus

Eli, Eli, he sells socks A dollar a pair, a nickel a box
The longer you wear them the shorter they get Throw 'em in the water and they don't get wet.
Chorus

Way up North where there's ice and snow There lived a penguin and his name was Joe
He got so tired of black and white He wore pink pants to the dance last night!

Chorus

There was an old doctor and his name was Peck Fell down the well and broke his neck
Served him right, he was doing wrong Should have tended to the sick, and let the well alone.

Boom, boom, ain't it great to be crazy Boom, boom, ain't it great to be nuts
Giddy and foolish all day long Boom, boom, ain't it great to be crazy (2X)?

CLOSING WORDS

(1 min)

The thing that hasn't changed, and I don't think will ever change, is that the operative word in music is "play." You have to have a playfulness about it. As the world shifts, it's starting to understand more and more that to have a playfulness about any and everything is actually the way of having a better life, or being more creative, or being more productive. The rules are: The more playful we get, the more we can get rid of the rules.

Hans Zimmer

EXTINGUISH THE CHALICE OR CANDLE / SOUND A CHIME