

Unitarian Universalist Small Group Ministry Network Website  
Small Group Ministry Program  
**Joy Milestones**  
Unitarian Universalist Church in Eugene, OR

CHALICE OR CANDLE LIGHTING OR SOUND A CHIME (2 to 3 minutes for this and silence and opening words)  
MOMENT OF SILENCE

OPENING WORDS

We come together today to remind one another to rest for a moment on the forming edge of our lives, to resist the headlong tumble into the next moment, until we claim for ourselves awareness and gratitude, taking the time to look into one another's faces and see there communion: the reflection of our own eyes.

-Kathleen McTigue

CHECK-IN (up to 20 to 30 minutes total with up to 2 to 3 minutes per person)

TOPIC AND SHARING (up to 70 minutes for readings, questions, a few minutes for reflection and making notes if desired, individual sharing, optional open discussion at the end if the group agrees, with an optional 5 minute break about midway in the session)

READINGS

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

-Thích Nhất Hạnh

Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections.

-Anonymous

Happiness is not having what you want. It is wanting what you have.

-Unknown

They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.

-Tom Bodett

Happiness lies in the joy of achievement, in the thrill of creative effort.

-Vincent Van Gogh

Genuine happiness consists in those spiritual qualities of love, compassion, patience, tolerance and forgiveness and so on. For it is these which provide both for our happiness and others' happiness.

-The Dalai Lama

There are random moments - tossing a salad, coming up the driveway to the house, ironing the seams flat on a quilt square, standing at the kitchen window and looking out at the delphiniums, hearing a burst of laughter from one of my children's rooms - when I feel a wavelike rush of joy. This is my true religion: arbitrary moments of nearly painful happiness for a life I feel privileged to lead.

-Elizabeth Berg

One of the happiest moments ever is when you find the courage to let go of what you can't change.

-Unknown

QUESTIONS (Please respond to whichever question or questions you feel moved to answer. It is not necessary to respond to all of the questions. You may also respond to any of the readings that you find to be particularly meaningful.)

1. Tell about some of the peak moments of joy in your life.
2. What have you learned from those experiences?
3. What have been some challenges you have had seeking joy in your life?
4. What do you enjoy in your life now, or might in the future?

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

ADMINISTRATIVE MATTERS (up to 5-10 minutes). Alternatively, this agenda item can be done after the check-in, if the group decides to do that.

- Confirm next meeting date, time, location, and topic.
- Consider discussing the service project.
- Other

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)/CHECK-OUT (a few words or phrases from each who wants to share, up to 5 minutes total)

CLOSING WORDS (2 minutes for words, and closing)

Let us bless and keep one another. Let kindness rule in our hearts and compassion in our lives, until we meet again.

-John C. Morgan

EXTINGUISH THE CHALICE OR CANDLE OR SOUND A CHIME (and additional optional closing ritual if agreed to)

(Preparation for the facilitator. Please bring the SGM Facilitator Training Manual, paper and writing implements, the session plan, and your calendar/date book.)

Session plan prepared by the Small Group Ministry steering committee (Lyn Fischrup; Bonnie Koenig; Al Landy; Dick Loescher, chair) 2/7/14