

Unitarian Universalist Society of Fairhaven, MA
Small Group Ministry Session
Making a Living? Making a Life
By Bette Low, February 4, 2009

Light Chalice

Opening Words:

"I've come to believe that each of us has a personal calling that's as unique as a fingerprint-and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you "

Oprah Winfrey(1954) *O Magazine*, Sept.2002

Check-in

Focus/Topic: Making a Living? Making a Life!

Our work often defines us. Yet, over the course of our lives we often wear many hats, work at many jobs in many states, in many capacities. Think about the choices you have made around work over your life. Have you ever had a choice made between making a living and living a spiritual life, a family life or a "grounded" life? In this session we will talk about our work and where it has taken us.

- 1) Think back to your first job. What was it? How did you get it? (Do you remember what you did with you first paycheck?)
- 2) Have your attitudes about working changed over time? How have they changed, and why?
- 3) What was your strangest job? Or most memorable ?
- 4) Life in the fast lane- Have you ever felt your work was consuming your life? Think about how you view your work and what it takes in your field to 'get ahead.'" Has anyone ever called you a 'workaholic'?"
- 5) Have you ever had to choose between your family and your job? What choice did you make? Would you make the same choice now?
- 6) Often our work is our spiritual calling, our mission. Have you ever had a job where you felt like were changing the world? What happened to that job (or do you have it now?)
- 7)(optional) What do you want to be when you" grow up"? Do you remember what you said when grownups asked you what you wanted to be as a kid? What was it?

Likes & Wishes

Closing Words: quotes about work on slips of paper which are in a bowl on the table each person takes a quote and reads it aloud- you read the final one and end with" Thank you and now, let's get back to work"

Quotes for Closing Activity

Don't rule out working with your hands. It does not preclude using your head.
Andy Rooney (1919 -)

There ain't no free lunches in this country. And don't go spending your whole life commiserating that you got raw deals. You've got to say, 'I think that if I keep working at this and want it bad enough I can have it.'

Lee Iacocca (1924 -)

You have to find a way of working that makes it dead easy to take full advantage of your inspired moments. They never hit at a convenient time, nor do they last long.

Hugh Macleod, How To Be Creative: 24, 08-22-04

Inspiration does exist, but it must find you working.

Pablo Picasso (1881 - 1973)

I am a friend of the working man, and I would rather be his friend, than be one.

Clarence Darrow (1857-1938)

What's really important in life? Sitting on a beach? Looking at television eight hours a day? I think we have to appreciate that we're alive for only a limited period of time, and we'll spend most of our lives working. That being the case, I believe one of the most important priorities is to do whatever we do as well as we can. We should take pride in that.

Victor Kiam

Dreams never hurt anybody if you keep working right behind the dreams to make as much of them become real as you can.

Frank W. Woolworth

It is the working man who is the happy man. It is the idle man who is the miserable man.

Benjamin Franklin (1706 - 1790)

By working faithfully eight hours a day, you may eventually get to be a boss and work twelve hours a day.

Robert Frost (1874 - 1963)