

Unitarian Universalist Small Group Ministry Network Website  
**A Perfect Day**  
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“This life is yours. Take the power to choose what you want to do and do it well. Take the power to walk in the forest and be a part of nature. Take the power to love what you want in life and love it honestly. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy.”

From To My Daughter on the Important Things in Life by Susan Polis Schutz

### **Chalice lighting**

*Let us take a moment to gather our thoughts, to settle our minds, to meditate to pray, to follow our breath. Let us pause...*

*As we continue, let us remember the importance of attentive listening without interruption. Listening is a way to show respect, regard and love.*

### **Check-in**

**Theme Presentation:** Give everyone a piece of paper and pen with instructions to list 10 things on your perfect day list.

### **Questions:**

1) What would the perfect day be for you? What would it look like, taste like, smell like? What would you do, with whom; where would you be or go?

Use your imagination. - You can change history or natural laws. You have the power to make it happen the way you could only dream of it being.

After allowing time for everyone to get down at least 6-8 items, have everyone share their list.

2) How much of your perfect day could you incorporate or make happen in your life right now?

### **Likes and wishes:**

### **Administrivia**

### **Closing words:**

“Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand and melting like a snowflake. Let us use it before it is too late.”

By Marie Beyon Ray (wrote Doctors of the Mind, a history of psychology)