

Unitarian Universalist Small Group Ministry Network Website  
Session Plan

**Your Purposes in Life**

The Unitarian Church, Taos, NM, Janine Borree, January 2020

Welcome. Our topic is our purposes in life, our individual purposes—that is, what develops our unique self and possibly fulfills the plan given us at birth. This topic builds on 3 of Unitarian principles—a free and responsible search for meaning of life, encouraging each other in this search and recognizing the inherent worth of the each individual.

**Check in.** Does anyone have something that they want to share—something that is stopping you from being fully present.

Next Sunday service topic will be \_\_\_\_\_. And the next Circle will be looking at \_\_\_\_\_.

**Lighting the candle.**

May all that is unforgiven in you

Be released.

May your fears yield

Their deepest tranquilities.

May all that is un-lived in you

Blossom into a future

Graced with love.

John O'Donohue

Mark Twain had this to say about our purpose/s in life: "The two most important days in your life are: the day you were born and the day you find out why." So.... it's important to look at the why of our coming into this world. Our purpose in life is not always clear, cheery or constant. We'll take time to share what we think our purpose is today, what it was in the past and what we wish it to be.

**First prompt**

What activity has brought you sense of fulfillment? Is there something in your life that points to an unfolding purpose? How are your core values reflected in what you see as your purposes?

**Second Prompt**

The Child is the father of man----- a thought from Wordsworth, picked up by the Beach Boys. What I would like to call your attention to is: has the thread of

purpose in your life changed over time? Did you dream of being an explorer, and then became a curious life-long learner? Or do you now see that your childhood hopes and dreams were left behind, and you moved on to a completely different purpose? Whether you remained steadfast or changed——looking back over time, what are your feelings about this?

**Third Prompt.**

If things haven't worked out for you in quite the way you imagined, how could you change this in the present? How could you create your life, today, to have a sense of purpose?

**Extinguish the candle.**

Your soul knows the geography of your destiny. Your soul alone has the map of your future; therefore you can trust this indirect, oblique side of yourself. If you do, it will take you where you need to go, but more important it will teach you a kindness of rhythm in your journey.”

— John O'Donohue, *Anam Cara: A Book of Celtic Wisdom*