

Smorgasbord

by Diane Haines, UU Fellowship of La Crosse, Wisconsin, May, 2016

Our covenant decided to have a smorgasbord of topics for our last meeting. Two weeks before the meeting, I asked members to send me topics they are interested in. I compiled them and placed them in a container.

Opening Words:

Life is a song - sing it.
Life is a game - play it.
Life is a challenge - meet it.
Life is a dream - realize it.
Life is a sacrifice - offer it.
Life is love - enjoy it.

Check in: Take a moment to share some thoughts with friends, connected by the bonds of this covenant group.

Topic:

Our conversation starters are in this container. As we go around the table, one person at a time will pick a topic. As a group, we'll discuss the topic, and after ten minutes, the next person will pick a topic.

Closing:

After a wonderful discussion, we agreed that the Smorgasbord was a success and we plan to do it annually.

The topics were:

- Burnout
- What does a good life mean to you?
- What activity from your younger years, that you have given up for whatever reason, would you like to do again?
- What would be your first impression if you met your mom, dad, brother, or sister for the first time?
- What role does attitude play in how a person faces difficulties in life? Can you give one positive or negative example that you have experienced or what you have observed in another person's life?
- Robert Frost wrote "Mending Wall". What do you think are the most troublesome walls in our community today? What should (or can) we do to knock them down?