

Small Group Ministry

Rev. Kate Wilkinson

1. Is Happiness a Choice?

I. Chalice Lighting & Opening Words

"To Build A Swing"

You carry
All the ingredients
To turn your life into a nightmare-
Don't mix them!
You have all the genius
To build a swing in your backyard
for God.
That sounds
Like a hell of a lot more fun.
Let's start laughing, drawing blueprints,
Gathering our talented friends.
I will help you
With my divine lyre and drum.
Hafiz will sing a thousand words
You can take into your hands,
Like golden saws,
Silver hammers,
Polished teakwood,
Strong silk rope.
You carry all the ingredients
To turn existence into joy,
Mix them, mix them!

~Hafiz

II. Check-In

III. Topic

Do we really carry all the ingredients for joy? How much control do we have over our moods and emotions? How much is out of our control? Are there moments in your life

when you have been able to choose happiness in a time of unhappiness? What are some things that help you to make that transition, and what are the barriers? If you could choose to be happy, would you always?

IV. Likes and Wishes

V. Closing Words

"Hold on to what is good, even if it is a handful of earth."

~Nancy Wood

2. Mentors

I. Chalice Lighting & Opening Words

A lot of people have gone further than they thought they could because someone else thought they could.

~ Unknown

II. Check-In

III. Topic & Questions

A witty definition of mentor is: Someone whose hindsight can become your foresight. Mentors can be formal or informal, parents, teachers or even strangers. They are people we have learned something from that somehow shapes our lives.

Have you benefitted from a mentor in your life?

What did he or she teach you?

Did they teach it by telling or by doing?

Have you acted as a mentor to anyone?

IV. Likes and Wishes

V. Closing Words

"In the beginning of life, when we were infants, we need others to survive, right? And at the end of life, when you get like me, you need others to survive, right? But here's the secret: in between, we need others as well."

From *Tuesdays With Morrie*, by Mitch Albom