



SMALL GROUP MINISTRY

FIRST UNITARIAN CHURCH
OF SAN JOSE

What is Happiness?

The foolish man seeks happiness in the distance, the wise grows it under his feet. – *James Oppenheim*

I am more and more convinced that our happiness or unhappiness depends more on the way we meet the events of life than on the nature of those events themselves. – *Alexander Humboldt*

Happiness often sneaks in through a door you didn't know you left open. – *John Barrymore*

Most folks are about as happy as they make up their minds to be.
- *Abraham Lincoln*

Preliminaries Announce upcoming church events; get volunteers to light chalice, pass bowl of readings.

Opening / Chalice Lighting
 - Sri Chinmoy, *My Heart's Peace Offering*
 True happiness
 Is not a mental hallucination.
 True happiness
 Is not a complacent feeling.
 True happiness
 Is the spontaneous feeling of joy
 That comes from knowing
 You are doing the right thing
 And leading a divine life.

Check-in *Take a minute or two to share briefly the high and low points in your life since we last met.*

Readings From the Bowl Going around the circle, read the quotations drawn from the bowl.

Sitting in Silence

Sharing/ Deep Listening *Now is the time to share your thoughts on the preparation questions.*

Discussion *This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.*

Singing

If you're happy and you know it, clap your hands!
(clap, clap)
 If you're happy and you know it, clap your hands!
(clap, clap)
 If you're happy and you know it, then your face will surely
 show it
 If you're happy and you know it, clap your hands.
(clap clap)

Repeat with these variations:
 If you're happy and you know it, stomp your feet
(stomp stomp)

If you're happy and you know it, shout "Hurray!"
(hoo-ray!)

If you're happy and you know it, do all three *(clap-clap, stomp-stomp, hoo-ray!)*

Extinguishing the Chalice
 - Barbara Cheatham, 1997
 UUMA Worship Materials
 Collection; altered

Join hands or link arms and say together:

And now we take our leave.
 Before we gather here again —
 may each of us bring happiness into another's life;
 may we each be surprised by the gifts that surround us;
 may each of us be enlivened by constant curiosity.
 And may we remain together in spirit
 til the hour we meet again.

