

## Leader's Guide: Destiny

This session focuses on the concept of *destiny*. Definitions: a preordained future; an inner realizable purpose of life. Synonyms: fate, fortune, kismet, lot in life.

### *Pre-Meeting Instructions*

Prepare the fortunes (found at the end of this guide) ahead of time by cutting the fortunes into strips and folding them in thirds. Put the folded fortunes into a cup or basket.

### *Chalice Lighting (2 min)*

Ask someone to read the chalice lighting reading found in the bulletin as you light the chalice.

As we welcome this flame

Let us bring to mind the words of the psalmist,

“Behold how good and how pleasant it is for brethren to dwell together in unity.”

—Psalms 133:1

### *Sharing of Joys and Sorrows (10 min)*

Ask group members to check in, telling in one or two sentences how they are doing this week. Share information about absent members.

### *Distribution of Fortunes (5 min)*

Introduce the idea of destiny by passing the fortunes around the circle, having each person take one from the basket or cup and then read it to the group.

### *Silence (3 min)*

Give your group the gift of three minutes of silence. Time it if you would like.

### *Shared Readings (5 min)*

Have each person in turn read from the shared readings found in the bulletin until all the readings are finished.

### *Deep Sharing and Deep Listening (65 min)*

Do three rounds of deep sharing and deep listening. Pay close attention to the time allotted each person to ensure that everyone gets a turn to share.

**Round 1 (10 min):** What do you believe is your destiny?

**Round 2 (40 min):** If you were to change your destiny, how would you go about it?

**Round 3 (15 min):** What resonated with you as others were sharing?

### *Closing Words (1 min)*

Read or ask someone to read the closing words.

The old Anglo Saxon goddess of fate's name was Wyrð. And for these ancestors, fate was seen to be continually happening (a happening?), not an endpoint. The Venerable Bede, a Christian monk, tells us these folk viewed “life and death as being like the experience of a sparrow who flies out of a freezing night into a warm hall full of feasting and merriment, and then out into the night again.” How wonderful; how weird!

### *Closing Song (1 min)*

“Thank You for Your Loving Hands”

### *Group Business (5 min)*

Pass out the homework for next time.

*Fortunes*

**You will continue to take chances and be glad you did.**

**The most utterly lost of all days is that  
on which you have not laughed.**

**Seek friendship and you will find it.**

**You're allowed to do nothing.**

**Listen to your heartbeat and dance.**

**Send a love letter this week.**

**Be fearless.**

**Don't think about it so much.**

**Go against the grain.**

**Whisper in the dark.**