

# Choice

## Opening words and Chalice lighting:

You are in control of your life. Don't ever forget that. You are what you are because of the conscious and unconscious choices you have made.

*Barbara Hall*

**Welcome and check-in** (A time to share what is on your mind in order to clear it and be in the present.)

## Reading for discussion

To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there.

*Kofi Annan*

Our philosophy is not best expressed in words, it is expressed in the choices one makes, and the choices we make are ultimately our responsibility.

*Eleanor Roosevelt*

Man is a being with free will, therefore each man is potentially good or evil, and it's up to him and only him (through his reasoning mind) to decide which he wants to be.

*Ayn Rand*

## Questions for discussion

How "free" are we to make our own choices? What are some of the conditions that may limit that freedom? How can we know what our choices are?

**Check-out** (A time to share likes and wishes, such as "I like how we..." "I wish we would...", or express how you felt about the group.)

## Closing words and extinguishing the Chalice:

I discovered I always have choices and sometimes it's only a choice of attitude.

*Anonymous*

*Thanks to everyone for their participation and commitment to our group!*