

**Main Line Unitarian Church**  
**SGM 262: Rules for Living**

*Adapted from Kitsap Unitarian Universalist Fellowship, Bremerton, WA, Rev. Liz Stevens*

**Opening Words and Chalice Lighting:**

“Life is like music, it must be composed by ear, feeling and instinct, not by rule. Nevertheless one had better know the rules, for they sometimes guide in doubtful cases, though not often.”

*~Paracelsus, Swiss German philosopher, 1493-1541*

**Check-in:** What is one thing on your mind today?

**Focus Readings:**

Excerpts from the *Ten Considered Convictions*

1. The cosmos does not make junk. Creation is fundamentally good. Walk gently upon the earth as you would be a good guest in a neighbor’s house.
2. People are precious. Be gentle with your neighbor—none of us knows what it is like to be another. Walk a mile in their moccasins.
3. Doing good is not about keeping score. Affirm the importance of being good for nothing. Do good for its own sake.
4. Let the inner and the outer person be the same. Be honest with yourself.
5. Do unto others 20 percent better than you would have them do unto you—20 percent to correct for subjective error.

*~Rev. Richard Gilbert, UU minister, 1936-*

7 Cardinal Rules for Life

1. Make peace with your past so it won’t disturb your present.
2. What other people think of you is none of your business.
3. Time heals almost everything – give it time.
4. No one is in charge of your happiness – except you.
5. Don’t compare your life to others and don’t judge them. You have no idea what their journey is all about.
6. Stop thinking too much. It’s alright not to know the answers. They will come to you when you least expect it.
7. Smile. You can’t own all the problems in the world.

*~Stephen Covey, American businessman and author, 1932-2012*

**Focus Questions:**

1. Which of the convictions or rules from the readings speak the most to you?
2. Do you have rules for living that you follow? Share one or two.
3. What’s the source of the rules you follow in your life?
4. When have you broken the rules? Why? What were the consequences?
5. If sometimes it’s the right thing to do to break the rules, why have rules in the first place?

**Check-out:** What’s one insight you’ll carry with you from this session?

**Closing Reading:**

“What I tell my kids is, 'I'm preparing you for college and for life. So, having independence, knowing how to set your own boundaries, figuring out how to make that balance.'”

*~Michelle Obama, U.S.A. First Lady, 1964 -*