Small Group Ministry

Group Session Plan

**Humor Through Our Ages**

**Opening Words**

An elderly gentleman had serious hearing problems. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100% . The gentleman went back in a month to the doctor and the doctor said, “Your hearing is good. Your family must be really pleased that you can hear again.” The gentleman replied, “Oh, I haven't told my family yet. I just sit and listen to the conversations. I've changed my will three times!”

A police car pulls up in front of grandma Bessie's house, and grandpa Morris gets out. The polite policeman explained that this elderly gentleman said that he was lost in the park and couldn't find his way home. "Oh Morris", said grandma, "You've been going to that park for over 30 years! How could you get lost?" Leaning close to grandma, so that the policeman couldn't hear, Morris whispered, "I wasn't lost. I was just too tired to walk home."

**Check In:** How are things with you today?

**Topic/Activity**

Children laugh with a newness of discovery.

Our youth thrill to UU jokes, but, at a junior youth conference, they coined the phrase “compassionate humor” as including "stories of endearment", memories of laughs that have been shared - truly shared, stories that remind us that humor is part of a community and a relationship.

Humor has been viewed as a way of looking at a situation from a different point of view, diffusing a crisis and providing an opportunity for increased insight and objectivity. Have you ever pretended that you were a fly on a wall or standing on a balcony above yourself and watching what you are doing?

Humor has been described as willingness to accept life and ourselves with a shrug and a smile, lightheartedness, and gives a sense of mastery over a situation.

1. What role does humor have in your life?
2. Where do you find humor? Has your source of humor changed over the years?
3. What has made you smile or laugh in the last 24 hours?

**Check-out/Likes and Wishes** How was the session for you?

**Closing words**: The Senility Prayer

God, grant me the Senility to forget the people I never liked anyway,

The good fortune to run into the ones I do,

And the eyesight and hearing to tell the difference.

Unitarian Universalist Community Church, Augusta, ME, Later Life Series, May 2011

Rev. Helen Zidowecki*, Small Group Ministry With All Ages*, UU Small Group Ministry Network, June 2011