



Role-Based Personal Mission

By Mike Brady

Defining Your Life's Mission

Since its inception the Fellowship of Reason has encouraged each member to construct a definitive statement of his life's mission.

It is quite a commitment to have one statement that defines your life's primary goal. If you have been struggling to build a mission statement that captures the essence of who you are, perhaps what is needed is a new way of thinking of personal mission.

The Goal-Based Approach

From very early in life we are trained to be goal driven. From first grade through college we are encouraged to study hard in order to make good grades so that we may pass on to the next level to confront more difficult goals.

Once in the workplace we strive to get our pay raises and promotions. Each year your employer gives you a review telling you how well you met your goals during the previous 365 days. Afterwards you are given yet another set of goals for the following year.

This cycle of goals, evaluation, and then on to the next set of goals is never ending. It is a routine that is part of our culture.

As a result of this training, when many of us think of having a life mission we tend to think about it using the same paradigm. We choose a super-goal that becomes the overriding theme of our lives

There can be problems with employing this "goal driven" approach to personal mission:

- Your most difficult goal gets most of your attention, thereby leading you to ignore other important things in life that may not be defined explicitly as goals. Think of the workaholic who ignores his family in order to meet his career goals.

- Your feeling of self worth can suffer if you do not make significant progress towards your grand goals. Imagine how devastated all of those Miss America contestants must feel knowing that they are unable to achieve world

peace and eliminate world hunger!

- It is easy to put off large long-term goals: "I only have 30 minutes before it is time for me to go to bed. That's not enough time to eliminate world hunger, so I'll just watch some World's Scariest Police Chases."

- Goals often do not involve other people on a personal level and do not include nurturing important human relationships. Life goals of starting a business or hiking the Appalachian Trail might not bring you any closer to your spouse, children, or friends.



Mike Brady

The Alternative

What is the alternative to having goals as the primary drivers of your life?

When you ask a kid what he wants to be when he grows up, he'll probably say something like policeman, fireman, or astronaut. When you ask an adult to reflect on the happiest times of his life, he may tell you something like, "back when I was a student", or "when I was raising my children", or "when I was in a band".

Young people do not look eagerly towards a future of having a long To-Do list. The happiest times for adults are not when they were burdened with too many unaccomplished goals. Instead, the young person dreams about roles that he wants to play. The adult reminisces about roles that he once played.

(Continued on Page 2)

Individual Highlights

| | |
|------------------------------|---|
| Officer Election | 3 |
| Letters to the Editor | 4 |
| Birthdays | 5 |
| Become a Member | 5 |
| Ethics Class | 6 |
| Activities Elsewhere | 6 |
| December-January Calendar | 7 |
| Events | 9 |

Toastmasters: \$148 Member Benefit

Special Offer to FOR Members Only

The Fellowship of Reason, Inc. will refund your Toastmaster® membership dues up to \$148 on the following conditions:

- (1) You must be a member of the Fellowship of Reason, Inc. and remain a member until all conditions are completed;
- (2) You must join a Toastmaster® club after this offer and achieve Competent Toastmaster status;
- (3) You must give an Oratory at Forum; and,
- (4) You must keep and deliver to FOR, Inc. your receipts for dues.

If you comply with these conditions, FOR, Inc. will reimburse you for your actual Toastmaster® dues up to \$148.

Questions? Call Martin: 770-471-9800

About the name "The Eudaimonist"

A eudaimonist (pronounced "yoo-DIE-mon-ist") is one who believes that the highest ethical goal is individual happiness and personal well-being. The term is derived from the ancient Greek word eudaimonia, which means, roughly, "well-being."

Role-Based Personal Mission (cont. from Page 1)

The alternative to having a goal-based personal mission is having a role-based mission in life.

Examples of roles that one might consider are: spouse, parent, friend, son, daughter, egoist, adventurer, professional, philosopher, or band member.

Instead of making a list of goals that you want to achieve in some distant future, you make a list of the roles that you wish to fulfill in your life and the important people with whom you interact in performing that role.

Armed with this list, each of your long term goals and each of the tasks that you include on your daily To-Do list should be derived from a role that you have defined for yourself.

The Benefits

What are the advantages to taking a role-centered approach to your life mission?

- You can satisfy your life mission every day. You may still have long term goals, but if you are fulfilling the roles that you have chosen for yourself, then you are being successful right now!
- It is easier to stay focused and fill your days with what is important. With a role-based mission, the question, "What role am I playing now?" is always in the back of your mind.
- This approach is a relationship centered one. By listing the key people involved in your roles, you nurture important relationships. People are not just stepping stones or obstacles along the path of accomplishing goals; instead they are part of your life mission.
- Finally, you are then able to construct a personal mission statement. Your personal

mission statement is simply a summary of all of the roles that you've chosen for yourself!

Satisfy
your life mission
every day.

Disclaimer

The opinions expressed in the columns appearing in this newsletter are those of the author and not necessarily the views of the organization. The Fellowship of Reason, Inc speaks only through its Articles of Incorporation, the Bylaws, and the actions taken by the Board of Trustees as a board and recorded in the minutes of the corporation.

Fellowship of Reason, Inc.**Mission Statement**

The Fellowship of Reason® is an open, benevolent, and vital rational moral community in which we celebrate our lives, our freedoms, and our philosophy of reason. We study ethics.

Fellowship of Reason, Inc. is a Georgia nonprofit corporation and a tax-exempt 501(c)(3) corporation

Fellowship of Reason

P.O. Box 5564
Atlanta, Georgia 31107
(770) 471-9800

E-mail
info@fellowshipofreason.com

Subscription Information

12 monthly issues of this newsletter is \$15 per year.

You Want this. Trust us.

The mug you have to have.

FOR coffee. FOR tea.

FOR a friend.

\$6 each or 2 for \$10, Contact us at any FOR function (see page 9)

Questions? info@fellowshipofreason.com.



2005-2006 Officers Elected

The trustees of the Fellowship of Reason met to elect 2005-2006 officers on November 27.

The new officers are:

President: **Beth Holley**

Vice President: **David Ziebell**

Secretary: **Nick Wiltgen**

Treasurer: **Theresa Barber**

The functions of the officers include running the day-to-day affairs of the Fellowship of Reason, including selecting directors as provided for in the bylaws.

Directors will be selected to assist the officers in specific matters such as membership,

marketing, education, FORum, and so on. There are plenty of opportunities to become involved in leadership within the Fellowship of Reason.

Members who are interested in becoming a director in the Fellowship of Reason should contact an officer as soon as possible.

Letters to the Editor

Write us at:
Fellowship of Reason
P.O. Box 5564
Atlanta, Georgia 31107

Or, E-mail us at info@fellowshipofreason.com.

All letters must be signed to be considered for publication.



Meaning of Membership

Regular membership:
\$35 per year

Contributing membership:
\$70 per Year

Lifetime membership:
\$700

Contact Information

To talk to somebody about Fellowship of Reason call:

Chris at 678-585-0406
Vera at 404-577-7968
Martin at 770-471-9800
Dan at 770-831-3010

In order to enjoy the benefits of the Fellowship of Reason, you need not be a member. All of our activities are free and open to the public. A number of non-members regularly participate with us and are most heartily welcome.

Why then become a member of the Fellowship of Reason?

The Fellowship of Reason exists by virtue of the generosity of its members and friends. People you know contribute money, property, services, and time in order that the value we all enjoy continues to exist. The services by performers at FORum, by executive committee members, by hosts and hostesses, and by planners of events are vital to the existence of FOR. Those volunteer services are, in fact, FOR.

Membership is, simply, a clear statement that you wish the Fellowship of Reason to continue to exist. Membership is not the only way to make this statement. Some non-members are generous contributors of money, property, and services. In fact, we all benefit by the mere attendance of non-members at FOR events.

If you want FOR to continue to exist, won't you clearly say so by becoming a member today?



What is life
but organized energy?
- Arthur C. Clarke

Birthdays

November Birthdays

| | |
|-------------|-------|
| November 2 | Mary |
| November 3 | John |
| November 12 | Randy |
| November 13 | Sky |

December Birthdays

| | |
|-------------|----------|
| December 5 | Carolyn |
| December 18 | Deryck |
| December 21 | Bill G |
| December 22 | Frank |
| December 25 | Marianna |
| December 27 | Leanna |
| December 29 | Andrew |
| December 30 | Mike |

We Study Ethics

Sunday at Noon, FOR's ongoing adult education class will continue our current program: "After the End of Faith." Our purpose is the development of a modern eudaimonist ethics; to systematically state what is our common ethical ground in the Fellowship of Reason.

On Sunday, December 4, 2005 our discussion will center on knowledge. The outline is as follows:

Knowledge – Part 1

- Where to start
- Our "received wisdom"
- Some evidence we consider
- The modern eudaimonist view of knowledge

In the following weeks, discussion will center on the "so what" that comes with the modern eudaimonist view of knowledge. How is the eudaimonist view of knowledge different from, say, the objectivist view? What are the limits and power of knowledge, given our view of it?

Please plan to participate, and bring any references that you think are important to our common ground. For example, below are

references used behind the above outline. Any questions about or input to this program should be directed to David Ziebell at dziebell@bellsouth.net.

Postrel, Virginia. [The Future and Its Enemies](#). New York: The Free Press, 1998.

Teaching Company, The. [Great Minds of the Western Intellectual Tradition, 1st Edition](#). Chantilly: The Teaching Company, 199x?. (The last year or so of philosophy club! Especially important is the concluding summary.)

Brockman, John. "Philosophy In The Flesh: A Talk With George Lakoff." http://www.edge.org/3rd_culture/lakoff/lakoff_p1.html, 1999.

Nozick, Robert. [Invariances: The Structure of the Objective World](#). Cambridge: Harvard University Press, 2001.

Polanyi, Michael and Prosch, Harry. [Meaning](#). Chicago: University of Chicago Press, 1975.

Non-FOR activities of interest

- Invisible College, tuition-based philosophy lectures by Dr. Gregory R. Johnson (\$100 for 6 lectures), meets Wednesday's at 7:30 p.m. at John and Beth's house. Contact invisiblecollege@mindspring.com
- Atlanta Freethought Society, <http://www.atlantafreethought.org/>, meets on the second Sunday at 1 p.m. in Roswell
- The Humanists of Georgia, <http://www.geocities.com/gahumanists/>, meets on the fourth Sunday at 12:30 p.m. in Roswell
- Atlanta Gay Men's Chorus, Christmas Concert, Friday, December 9 8 p.m., Saturday, December 10 2 p.m. and 8 p.m. Order tickets online at <http://www.agmchorus.org/>
- C.G. Jung Society of Atlanta, <http://www.jungatlanta.com/>, meets at Trinity Presbyterian Church in Atlanta
- Southern Order of Storytellers, <http://www.southernorderofstorytellers.com>

December 2005

| December 2005 | | | | | | | January 2006 | | | | | | |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | | | | | | 29 | 30 | 31 | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---------------|---------------------------------------|---|--|
| | | | | December 1 8:00pm Pub Night | 2 | 3 |
| 4 12:00pm Adult Education 1:00pm FORum (NWUUC) | 5 Carolyn bd 12:00pm Deadline for FOR newsletter submissions | 6 | 7 | 8 | 9 8:00pm Atlanta Gay Men's Chorus (Christmas Concert) | 10 11:00am Nonfiction book club (Chris and Allison's house) 2:00pm Atlanta Gay Men's Chorus 8:00pm Atlanta Gay Men's Chorus |
| 11 8:00am Reason Runners | 12 | 13 7:30pm Fiction Book Club (Beth's house) | 14 | 15 | 16 | 17 7:30pm FOR Christmas Part (Martin/Linda's house) |
| 18 Deryck bd 8:00am Reason Runners | 19 | 20 | 21 Bill bd | 22 Frank J. bd 8:00pm Pub night | 23 | 24 |
| 25 Christmas Marianna bd | 26 Alexander Cowen bd | 27 Leanna bd | 28 | 29 Andrew bd | 30 Mike Brady bd | 31 7:00pm New Year's Eve Party |

January 2006

| January 2006 | | | | | | |
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| February 2006 | | | | | | |
|---------------|----|----|----|----|----|----|
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| 26 | 27 | 28 | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|----------------|------------------|--------|--|
| January 1, 2006 | 2 | 3 | 4 | 5 | 6 | 7 |
| New Year's Day 12:00pm Adult Education 1:00pm FORum (NWWUC) | 12:00pm Deadline for FOR newsletter submissions | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 8:00am Reason Runners | | 7:30pm Fiction Book Club (Beth's house) | | | | 11:00am Nonfiction book club (Chris and Allison's house) |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 8:00am Reason Runners | | 7:30pm Philosophy Club (Sally's house) | Vera Norman bd | | | 7:30pm Potluck |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 8:00am Reason Runners 10:00am FOR Business Meeting | | | | 8:00pm Pub night | | 6:30pm Movie night (John's studio) |
| 29 | 30 | 31 | | | | |
| 8:00am Reason Runners | Mark Sulkowski bd | Sally Hull bd | | | | |

Events

For detailed info on all upcoming events, visit
<http://www.fellowshipofreason.com/calendar.htm>

Reason Runners: Sunday 8 a.m.

We meet every Sunday morning at 8 a.m., except FORum Sundays, at the southwestern entrance to Piedmont Park on 10th Street. Breakfast at Flying Biscuit follows at 9 a.m. Walkers and joggers welcome! Coordinator is Martin: 770-471-9800.

Philosophy Club: 1st/3rd Tuesdays 7:30 p.m.

On Hiatus Through December.

Philosophy tapes are played to a small private audience in the living room of a volunteer on the 1st and 3rd Tuesdays of each month. Free. Coordinator is Sally: 404-257-0454

Fiction Book Club: 2nd Tuesday 7:30 p.m.

Members and friends of FOR meet on the 2nd Tuesday of every month at John and Beth's house to discuss a marvelous book. Coordinator is Beth: 404-754-7519.

Non-Fiction Book Club: 2nd Saturday 11 a.m.

Members and friends of FOR meet 11 a.m. on the 2nd Saturday of every month at Chris and Allison's house to discuss a marvelous non-fiction. Coordinator is Allison: 678-585-0406 or Allibyrd@charter.net

Potluck: 3rd Saturday each month.

Members and friends of FOR meet monthly for a potluck supper. Bring something good to eat or drink to share. – The next potluck will be December 17 – Holiday Party – at Martin and Linda Cowen's house. 770-471-9800. **Please bring a wrapped gift valued at \$20 or less** to play a gift game. Every game player will go home with a gift.

Movie Night: 4th Saturday each month.

Members and friends of FOR enjoy a monthly movie night at John's studio using his extraordinary equipment. FOR's next movie night is Saturday, November 26, 2005. Arrive at 6:30 p.m. Doors will be locked for safety! Movie starts at 7:15 p.m. Free. Coordinator is John: 404-754-7519

Pub Night: Thursday 8 p.m.

Members and friends of FOR meet on the 4th Thursday of every month at Manuel's Tavern at 8 p.m. for adult beverages and adult conversation. Next Pub Night is Thursday, December 1, 2005 at 8 p.m. Coordinator is Scott: 404-964-6697

FOR Symphony:

Six Thursday nights in the 2005-2006

Atlanta Symphony Orchestra Concert Season

Next concert is Thursday, February 2, 2006. We meet at 7 p.m. to hear the pre-concert lecture. Coordinator is Martin: 770-471-9800.

Call for Submissions

FOR members are encouraged to contribute items for our monthly newsletter, The Eudaimonist. Suggested topics include: the use of reason in daily life; personal improvement; ethics and happiness; friendship; and celebrations of heroes, freedom, science, culture and the arts. Essays/articles 750-1,000 words; book/movie/TV reviews 250-500 words; letters 100-250 words. Submissions are subject to acceptance based on quality and relevance, and may be edited for spelling and grammar, or trimmed for space. Poetry, photographs and artwork are also welcome.

Direct all inquires to Martin Cowen, Newsletter Editor, mlcowen@yahoo.com or call 770-471-9800.

Join us at FORum:

1st Sunday at 1 p.m.

December 4, 2005

Oratory by
David Ziebell:
"Art Anticipates
Science –
Robert Frost's
The Silken Tent"

Join us at Adult Education

1st Sunday at Noon

Both events are held on the
campus of the Northwest
Unitarian Universalist
Congregation*

1025 Mt. Vernon Highway,
NW, Atlanta, GA 30327.

*The Fellowship of Reason
is a non-theistic organization
that is not affiliated with the
Northwest Unitarian
Universalist Congregation

Celebratory Announcements

Do yourself a favor and remember a good thing that happened to you this month:

Please, write it down: _____

Now do the membership of FOR, Inc. a favor by relating this fact during FORum next month!



FELLOWSHIP OF REASON

Fellowship of Reason

P.O. Box 5564
Atlanta, Georgia 31107

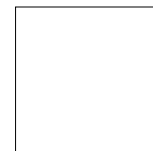
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