

Navigating Change

Opening Words and Chalice Lighting

“We gather in this time of uncertainty, full of unknowns, as angst closes in upon us. We light this chalice with a flame that draws us together. With this flame, we cut through the dankness of isolation and are warmed by the fires of our interconnection. For this moment, this radical moment, we find a certainty within the knowable bonds of love and community.” - *Amy Williams Clark*

Check-in/Sharing: This is the time to mention briefly any major issues or events on your mind that you would like to share.

Topic: Navigating Change

As the truism goes, “change is the only constant.” Our lives are constantly in flux, even during the most static times. Some changes are more dramatic, however, demanding our attention and often our actions. Sometimes we initiate change, and at other times it is imposed upon us. Some people embrace this reality, while others resist it.

Dealing with change is often hard and many changes include losses we may need space to grieve. Change and uncertainty may also trigger fears of additional loss - - loss of dreams, loss of plans, loss of comfortable routines, or loss of control.

We each have examples from our pasts when we have handled change and uncertainty, from starting school, to changing where we live or work, to changes in relationships. Reflecting on these past changes can help us navigate the uncertainty of future changes.

“When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back.” - *Paulo Coelho*

“Nothing is so painful to the human mind as a great and sudden change.”
- *Mary Wollstonecraft Shelley*

"People do not fear change, they fear loss" - *Cynthia Scott, Dennis Jaffe*

"People do not normally change their behavior simply from information ... It is far more common for people to change because of the support, encouragement, caring confrontation, and empathy of a relationship." - *Cynthia Scott, Dennis Jaffe*

"You can do this. You are doing this. And if you reach a breaking point, reach out to a friend. We can get through this together." - *Cecilia Kingman*

"It is not the strongest or the most intelligent who will survive but those who can best manage change." - *Charles Darwin*

"Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge." - *Eckhart Tolle*

Possible Questions for Discussion:

- What is your attitude generally towards change – do you embrace it or resist it?
- What makes change easier or more difficult for you to navigate?
- Have there been changes in your life for which you did not feel ready?
- How have you faced changes you looked forward to, dreaded, or both? How have you handled unexpected changes?
- What strategies have helped you get through waiting, uncertainty or change?
- Can you think of a change that you initially resisted but that turned out positively?
- What or whom can you count on to be a constant for you through life's changes?

(Group will take a few minutes to consider topic and questions and then share).

Wrapping Up: How did you like this topic and session?

Closing Words

"Just when I discovered the meaning of life, they changed it." - *George Carlin*