

Unitarian Universalist Small Group Ministry Network Website  
**"Birthing A New Group"**  
A Covenant Group Curriculum, River of Grass Unitarian Universalist  
Congregation, Davie, FL

**Opening Meditation/Music/Silence/Chalice Lighting** (whichever one(s) you choose to do)

**Opening Words:**

To everything there is a season,  
a time for every purpose under the sun.  
A time to be born and a time to die;  
a time to plant and a time to pluck up that which is planted;  
a time to kill and a time to heal ...  
a time to weep and a time to laugh;  
a time to mourn and a time to dance ...  
a time to embrace and a time to refrain from embracing;  
a time to lose and a time to seek;  
a time to rend and a time to sew;  
a time to keep silent and a time to speak;  
a time to love and a time to hate;  
a time for war and a time for peace.  
- Ecclesiastes 3:1-8

"To live in this world you must be able to do three things:  
to love what is mortal; to hold it against your bones knowing your own life depends on it; and,  
when the time comes to let it go, to let it go."  
- Mary Oliver

**Check-in/Sharing**

**Topic/Reading:**

"(Sometimes) we have so little faith in the ebb and flow of life, of love, of relationships. We are afraid that love will never return. We insist on permanency, on duration, on continuity; when the only continuity possible, in life as in love, is growth, is fluidity - -in freedom, in the sense that dancers are free, barely touching as they pass, but partners in the same pattern.

The only real security is not in owning or possessing, not in demanding or expecting, not in hoping even. Security in relationship lies neither in looking back to what was in nostalgia, nor forward to what might be in dread or anticipation, but living in the present relationship and accepting it as it is now. For relationships, too, must be like islands, one must accept them for what they are here and now, within their limits - - islands, surrounded and interrupted by the sea, and continually visited and abandoned by the tides. One must accept the security of the winged life, of ebb and flow, of intermittency."  
- Ann Morrow Lindbergh

“All of life is either holding on or letting go—the secret of a good life is knowing which one is the right thing to do at the right time.”

- John Manrodt, adapted.

Questions for consideration:

What are you feeling as the form of your gathering changes? What are your thoughts about change and growth?

What would you like to share with the other members of your covenant group with whom you have spent this time?

What will you miss? What do you look forward to?

What will you carry forward with you from this place?

### **Likes and Wishes/Feedback**

### **Closing Words:**

“What we call the beginning is often the end  
And to make an end is to make a beginning.  
The end is where we start from. And every phrase  
And sentence that is right (where every word is at home,  
Taking its place to support the others,  
The word neither diffident nor ostentatious,  
An easy commerce of the old and the new,  
The common word exact without vulgarity,  
The formal word precise but not pedantic,  
The complete consort dancing together)  
Every phrase and every sentence is an end and a beginning...  
We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.”

- T.S. Eliot

Amen. May you live in blessing.