

Unitarian Universalist Small Group Ministry Network
Do It While You Can
First Parish Church of Stow and Acton, MA. December 2025

Opening Words and Chalice Lighting:

We light this flame
For the art of sacred unknowing.
Humbled by all that we cannot fathom in this time,
We come into the presence of what we do know,
Perhaps the only thing we can ever know:
That Love is now and forever
The only answer to everything
And everyone
In every moment. — *Amy Carol Webb*

Check-in/Sharing: Let's each take a couple minutes to check in with how we are feeling and anything we would like to share. Returning members are invited to register for 2026-7 on paper or <https://fpc-stow-acton.org/sgm>.

Topic: Do It While You Can

How many times have you said to yourself "I'll do that [tomorrow / next week / next month / next year]" — and then when that time comes, something has changed that prevents doing it? Perhaps you have had an experience where you chose to do something "now", even though you had thoughts about doing it later, at a "better" time". Then, looking back on it, you realized that if you hadn't done what you did, you might never have done it at all?

It sometimes seems that we go along in life expecting that the future will offer up largely the same opportunities as the present. We make our plans without considering that the future will certainly be different, sometimes wildly so, from what we are imagining it to be. The future may have very different opportunities from our expectations.

"Get busy with life's purpose, toss aside empty hopes, get active in your own rescue — if you care for yourself at all — and do it while you can." — *Marcus Aurelius*

"Go home and tell your family you love them. Tell them ten times, a hundred times. Do it while you can." — *Sylvain Neuvel*

"The right time is any time that one is still so lucky as to have." — *Henry James*

"Opportunities are like sunrises. If you wait too long, you miss them." —
William Arthur Ward

"In life there are countless firsts and even more lasts. The firsts are easy to recognize; ... but lasts? Lasts nearly always surprise us. It's only after they've disappeared that we realize we'll never again have that particular moment or person or experience." — *Frances de Pontes Peebles*

Possible Questions for Discussion:

- Are there people with whom your interactions feel incomplete or with whom you have lost contact?
- Were there any teachers or mentors who stopped being available to you, but you want more from them?
- Have you ever been influenced by another person to "do it while you can"? How did their admonition affect you?
- Some of us might be aware that there were times when we had not been aware of an opportunity to "do it while you can." Maybe life was comfortable and we had gotten into a "velvet rut". How have you become aware of any of your missed opportunities?
- As you think about this topic, are there people you would like to reach out to, places you would like to go or things you would like to do while you still can?
- Are there activities in which you used to regularly engage where something changed, and you are no longer able to engage? Can you remember the last time you did that activity? When did you realize it was the final time for that activity?

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

Closing Words

"Now, now, now's the time,
To put on the shoes I've saved for the right time.
Run with the wind and sail with the sunshine.
I'll pay no mind to the cruel and unkind
'Cause, now, now, now's the time." - *Marie Helen Abramyan*