

Unitarian Universalist Small Group Ministry Network Website
“Holding On and Letting Go”
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:

“God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.”

- “Serenity Prayer”, often attributed to Reinhold Niebuhr

Check-in/Sharing

Topic/Reading:

“Over the years, my parishioners have taught me two lessons. When cast into the depths, to survive, we must first let go of things that will not save us. Then we must reach out for the things that can. As to the former, until we free ourselves from an attachment to false sources of security and let go of our illusions, we will remain in the abyss. With respect to the latter, the most important thing to remember is that lifelines have two ends. To grasp one end, however tightly, avails us nothing unless the other end is secured. Unless we reach out to and for others, seeking meaning not in our own suffering but in our shared experience of the human condition, our lifelines will not hold.”

- *Forrest Church*

Questions for consideration:

How do you decide what to hold on and what to let go of? When it is most difficult to distinguish between the two. Are there things, people and beliefs in your life that you once held on to, that you’ve had to let go of, and vice-versa? How do you balance holding on and letting go in your life?

Likes and Wishes/Feedback

Closing Words:

““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*

Amen. May you go in peace. May you live in blessing.