

Unitarian Universalist Small Group Ministry Network Website
“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:

“Can any of you by worrying add a single hour to your span of life? If then you are not able to do so small thing as that, why do you worry about the rest?”

-Luke 12:25-26

“Sitting silently, doing nothing,
Spring comes, and the grass grows by itself.”

-Zen saying

Check-in/Sharing

Topic/Readings:

“Lie back, daughter, let your head
be tipped back in the cup of my hand.
Gently, and I will hold you. Spread
your arms wide, lie out on the stream
and look high at the gulls. A dead-
man’s-float is face down. You will dive
and swim soon enough where this tidewater
ebbs to the sea. Daughter, believe
me, when you tire on the long thrash
to your island, lie up, and survive.
As you float now, where I held you
and let go, remember when fear
cramps your heart what I told you:
lie gently and wide to the light-year
stars, lie back, and the sea will hold you.”

_Philip Booth, from “First Lesson”

Facilitator: Please read this poem aloud and ask the folks assembled to reflect for a moment on what the phrase “letting go” means to them. In the midst of your conversation, people may reflect on letting go of fear, control, attachment... a myriad of things. Do people have concrete examples of how letting go has helped them grow in wisdom or

understanding in their lives? Ask people to consider the connection between letting go and forgiveness, love, healing, faith and trust.

Likes and Wishes/Feedback

Closing Words:

“And now, as the fruit gathers
All the riches of summer
Into its compact world,
I feel richer than ever before,
And breathe a larger air.

I am not ready to die,
But I am learning to trust death
As I have trusted life.
I am moving
Toward a new freedom
Born of detachment,
And a sweeter grace—
Learning to let go.”

-May Sarton, from “Gestalt at Sixty”

Amen. May you live in blessing.