



Letting Go

Greenville UU Fellowship, Greenville, SC. Written by Jean Ploutz, May 2018

Welcome, Chalice Lighting: Our lives are made up of small moments sharing a meal with friends or family, wondering about a question that puzzles us, giving help to another, listening to a person and being listened to, talking with another about something that makes us sad, an embrace, a smile, a touch, offering a thought that might help, just a little, to make sense of it all. Our gathering here is just such a small moment. It is a small thing we do in gathering yet it is significant. May we affirm and celebrate the moments that we share here today.

Personal Check In: Briefly share something from your life since we last met and how you are feeling now.

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 a 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

Questions to prompt and guide discussion:

1. Reflect for a moment on what the phrase "letting go" means to you. Letting go of fear, control, attachment.... a myriad of things.
2. Consider the connection between letting go and forgiveness, love, healing, faith and trust.
3. Please share concrete examples of how letting go has helped you grow in wisdom or understanding in your life.

Sitting in Silence

As you sit in silence reflect for a moment on what the phrase "letting go" means to you.

Reading

Lie back daughter; let your head be tipped back in the cup of my hand. Gently 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 the poem "*First Lesson*"

Sharing - This is a time to speak without interruption and for deep listening. Deep listening means no interrupting, no fixing, no saving, no advising, and no setting each other straight. Please share one or more responses to the session questions.

(This is usually a good time to take a brief break)

Open Discussion -This is a time to respond to something another person said about the topic or to relate additional thoughts that may have occurred as others shared their thoughts on this topic. Continue to practice deep listening.

Closing readings:

One of the happiest moments in life is when you find the courage to let go of what you cannot change.

~Anonymous

In the process of letting go, you will lose many things from the past, but you will find yourself.

~Deepak Chopra.

These mountains that you are carrying, you were only supposed to climb.

~Najwa Zebian

Announcements/Plans

Check out: As we close today, how are you feeling now?

Extinguish the Chalice

As we extinguish this flame may we remember that each day offers more things than we can do. May we do what needs to be done, postpone what does not, and be at peace with what we can be and do. Therefore, may we learn to separate that which matters most from that which matters least of all.

Based on a session by from the Unitarian Universalist Small Group Ministry Network Website, by River of Grass Unitarian Universalist Congregation, Davie, FL.