

Unitarian Universalist Small Group Ministry Network Website
Session Plan
"LETTING GO"
Unitarian Universalist Church, Auburn, ME, Rev. Glenn Turner

OPENING WORDS & CHALICE LIGHTING

She Let Go

She let go. Without a thought or a word, she let go.
She let go of fear. She let go of the judgments.
She let go of the confluence of opinions swarming around her head.
She let go of the committee of indecision within her.
She let go of all the 'right' reasons. Wholly and completely,
without hesitation or worry, she just let go.
She didn't ask anyone for advice. She didn't read a
book on how to let go... She didn't search the scriptures.
She just let go.
She let go of all of the memories that held her back.
She let go of all of the anxiety that kept her from moving forward.
She let go of the planning and all of the calculations about how to do it just right.
She didn't promise to let go.
She didn't journal about it.
She didn't write the projected date in her day-timer.
She made no public announcement and put no ad in the paper.
She didn't check the weather report or read her daily horoscope.
She just let go.
She didn't analyse whether she should let go.
She didn't call her friends to discuss the matter.
She didn't do a five-step Spiritual Mind Treatment.
She didn't call the prayer line.
She didn't utter one word. She just let go.
No one was around when it happened.
There was no applause or congratulations.
No one thanked her or praised her.
No one noticed a thing.
Like a leaf falling from a tree, she just let go.
There was no effort. There was no struggle.
It wasn't good and it wasn't bad.
It was what it was, and it is just that.
In the space of letting go, she let it all be.
A small smile came over her face.
A light breeze blew through her.
And the sun and the moon shone forevermore.

The author of this poem is Rev. Safire Rose.

SILENT REFLECTION

CHECK-IN: (40-50 minutes)

What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing.

Each person in the group speaks uninterrupted for five minutes each. If there is time remaining, additional sharing and responses are welcome.

FOCUS: “LETTING GO”

“Letting go.”

So many ways to think about letting go:

a) some suggest simplifying, looking at all you have and discarding all that is unnecessary, whatever does not bring you a smile, or a sense of pleasure

b) accepting where you are in your aging process, no longer trying to hold on to what your body tells you it just isn't up to anymore

c) letting go of where you aren't and embracing where you are

d) simply (even though it's not so simple) being present, mindful, aware of and in the moment

e) exercising forgiveness, letting go of past hurts, resentments

We might wonder about the “go” in “letting go.” What are we holding on to, or chasing, when we don't let go? What's that magical state of being that sits between “holding on to something” or “chasing after something?”

What about the thought of “letting go” engages you?

LIKES AND WISHES

CLOSING WORDS:

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*