

Chalice Lighting

We need one another when we mourn and would be comforted. We need one another when we are in despair, in temptation, and need to be called back to our best selves again. We need one another when we come to die, and would have gentle hands prepare us for the journey. All our lives we are in need, and others are in need of us.

-George E. Odell

Check-In: What's going on in your life? Is anything keeping you from being truly present?

Readings:

There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.

-Washington Irving

We all want to do something to mitigate the pain of loss or to turn grief into something positive, to find a silver lining in the clouds. But I believe there is real value in just standing there, being still, being sad.

-John Green

To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness.

-Erich Fromm

I have journeyed to a place of great sorrow and there did I cry from the very depths of my soul. For days you thought I might never return, but I have come back to you: stronger, richer, with greater knowledge of myself. The crack in my heart will remain forever—its purpose no longer to let grief out, but to let greater love in.

-Myrriah Osbourne

Questions:

1. What spoke to you (or didn't speak to you) from the readings?
2. If you did the spiritual practice, how did it go for you?
3. Share an experience of loss that has been a significant part of your life journey.
4. What have you learned from those experiences?
5. Who or what was helpful to you at those times? Was there any influence by a religious or spiritual perspective or community?
6. Tell about a time you helped someone who was experiencing loss.

Check-Out: One sentence on "likes and wishes" from the session.

Closing:

When you are sorrowful look again in your heart, and you will see that in truth you are weeping for that which has been your delight.

- Kahlil Gibran

Unitarian Universalist Fellowship of Newark
Spiritual Practice - **LOSS**
October 2014

In addition to the Chalice Circles is our monthly spiritual practice. Each month the practice will be different, and invite you to experience the monthly theme at a personal level.

For loss, I am asking that you spend some time to write and journal:

- Jot down a list of losses which you have experienced.
- Take some time to reflect on each loss you have written about:
 - What did you really lose?
 - Have you healed from this loss?
 - Do you want to heal from the loss?
 - What lessons have you learned for future losses?
- Write down your feelings as you reflect on each loss.
- If there is one or two that bring up more feelings, spend more time on those.

As you are doing this, “Remember that writing is as cathartic as it is creative. Often when we have lost something, we blame ourselves. Getting more in touch with your feelings about the major, and minor, losses in your life can help you heal and forgive yourself. This can be an important first step on the road back to wholeness.” -Lama Surya Das

For further guidance on the spiritual practice, visit <http://tinyurl.com/loss2014>

As your feelings about loss rise up, please reach out to your community: friends, family, your Chalice Circle, your church community, your minister. As we start to explore theological themes in depth, it is imperative that we stay in community for the support and challenge it provides.