

Unitarian Universalist Small Group Ministry Network
Making Space for Opportunity
First Parish Church of Stow and Acton, MA June 2026

Opening Words and Chalice Lighting

"I breathe in the warmth of this light, its glow filling the spaces where fear and doubt reside.

I breathe out the tension I carry. I release what no longer serves me. [...]

I breathe in the hope of transformation, knowing we are here to build and to heal.
I breathe out despair, trusting that change is born in small acts of love.

As we light this chalice, may each breath remind us of the sacred rhythm of life, the pulse of creation, and the power we hold to shape the world around us." —
Craig Rowland

Check-in/Sharing: Let's take a couple of minutes to check in with how you are feeling and what thoughts you bring with you approaching this session. Explain summer plans.

Topic: Making Space for Opportunity

When we think about making space, we might think of decluttering our physical space. It can be hard to let go of objects that hold meaning, memories, potential future use, or parts of our identity. On the other hand, simplifying might free up time, reduce stress, and give us breathing space.

Reducing commitments might make room for new choices and open paths for spontaneity or creativity, but being busy can feel productive and be rewarding. We might struggle to balance priorities and obligations with stillness: appreciating where we are, and taking time to process, dream, or take care of ourselves.

We might find ourselves leaping into new adventures and then discover that we have lost space for something old and must now choose between them.

It takes courage both to let go of our past and to try new experiences, whether that entails learning something new, moving, changing jobs, entering a new relationship, or joining a group. Let's explore what making space for opportunities means to us.

"All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another." — *Anatole France*

"You can't start the next chapter of your life if you keep rereading the last one." —
Unknown

“Stillness, is not the absence of movement or sound. It’s not about focusing on nothingness; it’s about creating a physical and emotional clearing to allow ourselves to feel, think, dream and question.” — *Brené Brown*

“Life is a balance of holding on and letting go.” — *Rumi*

"There are very few joys in life greater than spontaneity. Spontaneity means to be in the moment; it means acting out of your awareness, not acting according to your old conditionings." — *Rajneesh*

“Change is never painful. Only resistance to change is painful.” — *Buddha*

Possible Questions for Discussion

- Have you ever had any unexpected opportunities, no matter how small? What helped you decide whether to say yes or no?
- Are there times you wish you had taken advantage of an opportunity? What kept you from doing it?
- What have you found hard to let go of? What has made it hard? What has helped you move forward?
- When have you taken on or let go of things you later regretted? When has a new possibility prompted a reckoning about what you want most? How have you figured out which things in your life anchor you and which chain you down?
- Have you talked yourself into decisions or had others talk you into them? How was that experience for you?
- Has anything helped you be spontaneous, try something new, or be more open to change? Is there anything small you have done that created new options?
- Can you think of any possibilities you would like to have? What might it take for you to make space for them in your future?

(Group will take a few minutes to consider topic and questions and then share).

Closing Words

“If a window of opportunity appears, don’t pull down the shade.” — *Tom Peters*