

Unitarian Universalist Small Group Ministry Network Website  
Small Group Ministry Program  
**Moving On Milestones**  
Unitarian Universalist Church in Eugene, OR, May 2014

CHALICE OR CANDLE LIGHTING OR SOUND A CHIME (2 to 3 minutes for this and silence and opening words)

MOMENT OF SILENCE

OPENING WORDS

As we gather for our final meeting may we use this special time to listen carefully, share from our hearts, increase our understanding, and strengthen our connections.

CHECK-IN (up to 20 to 30 minutes total with up to 2 to 3 minutes per person)

COMPLETION OF THE SGM EVALUATION FORM FOR THE FACILITATORS AND THE PARTICIPANTS (Up to 20 minutes)

The evaluation forms may have been given or sent by paper mail or e-mail to group members ahead of time, or may be distributed at this session. Give the completed paper evaluation forms to the facilitator, who will take or send them to the SGM steering committee or the church office. Send the e-mail evaluation forms to [infoSGM@ueuegene.org](mailto:infoSGM@ueuegene.org).

TOPIC AND SHARING (up to 60 minutes for readings, questions, a few minutes for reflection and making notes if desired, individual sharing, optional open discussion at the end if the group agrees, with an optional 5 minute break about midway in the session)

READINGS

The last goodbye is the hardest one to say.

-Anonymous

To live in this world you must be able to do three things: to love what is mortal; to hold it against your bones knowing your own life depends on it; and, when the time comes to let it go, to let it go.

-Mary Oliver

Moving on doesn't mean you forget about things, it just means you have to accept what happened and continue living.

-Anonymous

Every exit is an entry somewhere.

-Tom Stoppard

The art of living lies in a fine mingling of letting go and holding on.

-Havelock Ellis

At some point, you'll have to realize that some people can stay in your heart, but not in your life.

-Ashley Hodgeson

Our only security is our ability to change.

-John Lilly

QUESTIONS (Please respond to whichever question or questions you feel moved to answer. It is not necessary to respond to all of the questions. You may also respond to any of the readings that you find to be particularly meaningful.)

1. Tell about some of the important moving on milestones in your life, and what you learned.
2. What did you hope to gain from and contribute to this SGM group experience, and to what extent have those hopes been realized?
3. What else do you want to share at this last scheduled meeting of this group?

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

ADMINISTRATIVE MATTERS (up to 5-10 minutes). Alternatively, this agenda item can be done after the check-in, if the group decides to do that.

-Any future gatherings of this group are entirely optional, and are not part of the SGM program.

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)/CHECK-OUT (a few words or phrases from each who wants to share, up to 5 minutes total)

CLOSING WORDS (2 minutes for words, and closing)

...we give thanks for the great gift of friendship. Thank you for the circumstances that brought us together and have bound us into the sacred bundle of life. Thank you also for the gifts of our friendship: for knowledge that comforts, for words that encourage, for insight that blesses, for all the experiences shared, for the sweet bliss of deeply knowing each other in so many ways; for history and a hope of the future, for conversation and laughter, for silence, for bearing each other's witness truly, for holding each other safe in our hearts with great love and tenderness.

-Daphne Rose Kingma

EXTINGUISH THE CHALICE OR CANDLE OR SOUND A CHIME (and additional optional closing ritual if agreed to)

(Preparation for the facilitator. Please bring the SGM Facilitator Training Manual, paper and writing implements, the session plan, and your calendar/date book.)

Session plan prepared by the Small Group Ministry steering committee (Lyn Fischrup; Bonnie Koenig; Al Landy; Dick Loescher, chair).

April 4, 2014