

Unitarian Universalist Small Group Ministry Network
Reinventing Yourself
First Parish Church of Stow and Acton, MA January 2026

Opening Words and Chalice Lighting

“We light this chalice in the hope that all beings may be at peace, be filled with lovingkindness and be free of suffering.”

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. Register for SGM 2026 <https://www.fpc-stow-acton.org/sgm>. Brainstorm future topics.

Topic: Reinventing Yourself

“Reinvention is any type of change, from the material to the spiritual in which you become a whole or a different person-----Life offers continual opportunities for renewal. But even the most positive types of changes often represent upset or upheaval” —*The Complete Idiot's Guide To Reinventing Yourself*

The idea of reinventing yourself can be applied to many aspects of our lives. There are some who say we don't just have one self but many selves constantly evolving along the way. There are many examples of this in nature. The snake shedding its skin. The caterpillar in its cocoon ready to become a butterfly. A person might change, evolve or reinvent themselves in any of the following areas:

- In Relationships such as Friends or Family
- In Communion with Nature or Animals
- In Business/Career
- In being a Student or Teacher
- In Faith

These are just some of the transformations that you might share with the group today. Consider any areas or situations in which you embarked on making a change in direction, a new adventure.

‘It's never too late to learn what you might have been’ — *George Elliot*

“When I let go of what I am, I become what I might have been.” — *Lau Tzu*

“ Life isn't about finding yourself. It's about creating yourself” — George Bernard Shaw

“He who's not busy being born is busy dying” — *Bob Dylan*

Possible Questions for Discussion

- What was the first incidence as a child in which you challenged expectations?
- What experiences or people aided you in the process of evolving? Have you found any practices, beliefs, faith or spirituality that has helped you with the process of opening up to new ideas?
- What was the most difficult reinvention, change or evolution that you faced? What sparked that change?
- Can you describe any situations in which you followed a new path but in doing so had to leave something behind?
- Were your changes a matter of seeking or did some come as an epiphany?
- Are there any ways you have felt that you had to change to deal with external circumstances? Are there times you wished you had made a different choice in how you changed yourself? Are there ways you are glad you changed?
- What might be some changes of direction in your future?

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

Closing Words

‘Sometimes you have to die inside in order to rise from your own ashes and believe in yourself and love yourself to become a new person’ — *George Way*