

Unitarian Universalist Small Group Ministry
Network Website



*Chalice
Circles
Unitarian
Universalist
Church of
Palo Alto,
CA*

Saying Goodbye Well

Facilitators' session

Created by Rev. Amy Zucker

Morgenstern for UUCPA

May 2011

Opening/ Chalice Lighting May this house be truly a place of Meeting—meeting one with another in warmth and joy and openness; meeting one with another in courage and love and trust.

Gray hymnal #733
Eileen B. Karpeles

Opening our Hearts *Going around the circle, take one or two minutes to share one high point and one low point of your life since we last met.*

Readings "Before you can begin something new, you have to end what used to be. Before you can learn a new way of doing things, you have to unlearn the old way. Before you can become a different kind of person, you must let go of your old identity. So beginnings depend on endings. The problem is, people don't like endings." --William Bridges

Why can't we get all the people together in the world that we really like and then just stay together? I guess that wouldn't work. Someone would leave. Someone always leaves. Then we would have to say good-bye. I hate good-byes. I know what I need. I need more hellos. ~Charles M. Schulz

Sitting in Silence/ Reflection *We will begin and end with the sound of the bell. You may wish to meditate on the questions below.*

Sharing/Deep Listening Please share your thoughts on these questions or whatever they cause to arise in you. During this sharing, we will listen deeply without response or thought of response, as a gift to each other and ourselves.

- ♥ Can you think of a time you had to say goodbye to someone or something and think it was "a good goodbye"?
- ♥ Is there a goodbye in your past you'd like to have done differently?
- ♥ What makes a good goodbye for you?

Sharing Together Now that all have shared, you may wish to engage with each other's responses.

Tending the Groups Our concerns, pleasures, and wishes for our groups.

Singing Go now in peace
Go now in peace
May the spirit of love surround you
Everywhere, everywhere you may go.

Closing/ Extinguishing the Chalice May we know once again that we are not isolated beings but connected, in mystery and miracle, to the universe,
Gray hymnal #434
Anonymous to this community and to each other.