

Summer Break

Cascade Unitarian Universalist Fellowship, E. Wenatchee, WA, Jeff Lau, May 2026

Opening Words and Chalice Lighting

We came, we saw, we conquered!

We came from our own worlds, our own lives, our own congregations. We brought our own ideas, our own questions, our own anxieties. We brought our desire to learn all that we could, to challenge assumptions, and to have our needs met.

We saw many pages of ideas, of concepts, of evolving documentation. We shared our stories, we voiced our concerns, we pondered the future. We shared ways of doing things, we looked at our own situations in a new light, we called upon each other for ideas.

We conquered our fears of trying something different, of expanding something already in place, of sharing a vision. We found freedom to dream, to explore, to try once or twice or once again. We found freedom in our ability to be part of the process, in our personal exploration, and in moving beyond where we were.

-Rev. Helen Zidowecki

Let us take a moment to gather our thoughts, to settle our minds, to meditate, to pray, to follow our breath. Let us pause...

As we continue, let us remember the importance of attentive listening without interruption. Listening is a way to show respect, regard, and love.

Check-in/Sharing

Topic: Summer Break

Lie down with your belly to the ground,
like an old dog in the sun. Smell
the greenness of the cloverleaf, feel the damp
earth through your clothes, let an ant
wander the uncharted territory
of your skin. Lie down
with your belly to the ground. Melt into
the earth's contours like a harmless snake.
All else is mere bravado.
Let your mind resolve itself
in a tangle of grass.
Lie down with your belly
to the ground, flat out, on ground level.
Prostrate yourself before the soil
you will someday enter.
Stop doing.
Stop judging, fearing, trying.
This is not dying, but the way to live
in a world of change and gravity.
Let go. Let your burdens drop.
Let your grief-charge bleed off
into the ground.

Lie down with your belly to the ground
and then rise up
with the earth still in you.

-Nancy Paddock - Lie Down

Questions for Discussion:

- What have summers meant to you in the past?
- What adventures have you planned for this summer?
- Is there anything you'd like to do this summer that you haven't planned yet?
- What has worked well for you during our time together in covenant group?
- What could make next year better for you in covenant group?
- Who would you like to express gratitude for or bless before we break for the summer?

Likes and Wishes

Administrivia

Closing Words

Afoot and light-hearted I take to the open road,
Healthy, free, the world before me,
The long brown path before me leading wherever I choose.

Henceforth I ask not good-fortune, I myself am good-fortune,
Henceforth I whimper no more, postpone no more, need nothing,
Done with indoor complaints, libraries, querulous criticisms,
Strong and content I travel the open road.

Walt Whitman - Song of the Open Road