

Unitarian Universalist Small Group Ministry Network Website  
Chalice Circle Session - **SURRENDER**  
Unitarian Universalist Fellowship of Newark, DE, Rev. Andrew Weber, February 2015

**Chalice Lighting**

In pursuit of knowledge,  
every day something is added.  
In the practice of the Tao,  
every day something is dropped.  
Less and less do you need to force things,  
until finally you arrive at non-action.  
When nothing is done,  
nothing is left undone.  
True mastery can be gained  
by letting things go their own way.  
It can't be gained by interfering.  
- Tao Te Ching, Chapter 48

**Check-In:** What's going on in your life? What have you left behind in order to be fully present now?

**Readings:**

If you surrender completely to the moments as they pass, you live more richly those moments.  
- Anne Morrow Lindbergh

We must be willing to let go of the life we have planned, so as to accept the life that is waiting for us.  
- Joseph Campbell

A wise unselfishness is not a surrender of yourself to the wishes of anyone, but only to the best discoverable course of action.  
- David Seabury

Every day brings a choice: to practice stress or to practice peace.  
- Joan Borysenko

**Questions:**

1. What spoke to you (or didn't speak to you) from the readings?
2. How is the spiritual practice going for you?
3. What feelings does the word "surrender" evoke in you?
4. What have you surrendered to in your life? What changed when you let go and surrendered?
5. Have you had a time when it was difficult to let go or surrender?
6. What might you need to surrender to?

**Check-Out:** One sentence on "likes and wishes" from the session.

**Closing:**

God grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.

Unitarian Universalist Fellowship of Newark  
Spiritual Practice - **SURRENDER**  
February 2015

What does the term “surrender” mean to you? There is a lot of negative connotation with this term, especially in our culture of self-sufficiency and our faith of personal value. My thinking about surrender first brought up ideas of passivity, submission and resignation - all of which struck very negative chords with me. But this is not what our congregation is talking about when we explore this month’s ministry theme. Surrender is letting go of that which we are not able to change, and being open to the life that is waiting for us.

Letting go and surrendering are methods of freeing ourselves to live truly who we are and be dedicated to that which is of utmost value to us. The positive aspects of surrender are embodied in the well known “Serenity Prayer” written by Reinhold Niebuhr. The spiritual practice for February is to read the beginning of this prayer every day this month. Spiritual practices aren’t meant to be easy; they are intended to create growth and opportunities for transformation. This may be easy for you, or very difficult. For logistical ease, I have included the prayer which you are encouraged to print, cut out and keep somewhere obvious:

God\* grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.

\*If you find it helpful, leave off the word "God" or substitute a term for what you give ultimate worth to  
(Love, Spirit of Life, Nature, All, Tao...)

For the entire text of the prayer and further reflections on the content and how it is useful for everyday living, I encourage you to visit <http://tinyurl.com/surrender2015>.