

Unitarian Universalist Small Group Ministry Network Website  
SMALL GROUP SESSION  
**TRANSITIONS**  
By the Rev. Glenn H. Turner

OPENING WORDS & CHALICE LIGHTING

This being human is a guest house.  
Every moment a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.  
- Rumi

CHECK-IN (40 - 50 minutes)

FOCUS: "Learnings from Transitions"

"Change is the constant, the signal for rebirth, the egg of the phoenix." - Christina Baldwin

Transitions are the cusp of change, a time of grasping and letting go, a time of sadness and of hope. Leaving home, leaving school, moving in with a partner, a new job, marriage, having children, moving away, a death of someone close, retirement - all times of transition in which we learn something about ourselves, about life. Our old patterns, momentarily swept away - were we cleared out for some new delight? How have we turned our transition reflections into guides from beyond?

How have your transitions changed your life?

CHECK-OUT: likes and wishes

CLOSING WORDS:

"The world is round and the place which may seem like the end may also be only the beginning."

- Ivy Baker Priest