

UUCR Small Group Ministry Session Plan
May: Letting Go

May your time together deepen your connections – mind, heart and spirit! -Rev. Rebekah

CHALICE OR CANDLE LIGHTING

MOMENT OF SILENCE

OPENING WORDS (by Rev. Robin Tanner)

*Today we share in a blessing for losers, risk-takers, all failures far and wide....
Blessed are they who fall in the mud, who jump with gusto and rip the pants, who skin the elbows, and
bruise the ego, for they shall know the sweetness of risk.
Blessed are they who make giant mistakes, whose intentions are good but impact has injured,
who know the hot sense of regret and ask for mercy, for their hearts will know the gift of forgiveness.
Blessed are they who are painfully familiar with the red pen and the labels as "less than,"
for they know the wisdom in the imperfect.
Blessed are they who try again, who dust off, who wash up, who extend the wish for peace,
who return to sites of failure, who are dogged in their pursuit,
for they will discover the secret to dreams.
Blessed are they who refuse to listen to the naysayers, for their hearts will be houses for hope.
Blessed are they who see beyond the surface of another,
for they will be able to delight in the gift of compassion.
Blessed are they who stop running the race to help a fellow traveler, who pick up the fallen,
who stop for injured life, for they shall know the kindness of strangers.
Blessed are they who wildly, boldly abandon winning,
for they shall know the path of justice.*

CHECK-IN

READINGS

“It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things.” ~**Theodore Roosevelt**

“Let go. Why do you cling to pain? There is nothing you can do about the wrongs of yesterday. It is not yours to judge. Why hold on to the very thing which keeps you from hope and love?”
~**Leo Buscaglia**

“This is love: to fly toward a secret sky, to cause a hundred veils to fall each moment. First to let go of life. Finally, to take a step without feet.” ~**Rumi**

“Stop acting as if life is a rehearsal. Live this day as if it were your last. The past is over and gone. The future is not guaranteed.” ~**Wayne Dyer**

“Anything I cannot transform into something marvelous, I let go.” ~**Anais Nin**

“Your past does not equal your future.” ~**Anthony Robbins**

“You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.” ~**Jan Glidewell**

“To let go is to release the images and emotions, the grudges and fears, the clings and disappointments of the past that bind our spirit.” ~**Jack Kornfield**

MOMENT OF SILENT REFLECTION

QUESTIONS and REQUESTS (Please respond to any of the questions and readings you feel moved by. It is not necessary to respond to all of them.)

- ❖ Of these readings, which one(s) spoke to where you are feeling today?
- ❖ How do you understand the choice of letting go as a spiritual discipline or path?
- ❖ When have you boldly or serenely released something (e.g. an idea, assumption, etc.) or someone, what happened? How did this impact your faith and understanding of the world?
- ❖ What would you like our children and youth to know about letting? What would you have like to have heard as a child yourself?

SHARING (up to 6 to 8 minutes each without interruption, depending on the time available, with optional open discussion at the end after all have shared)

MOMENT OF SILENT GRATITUDE

LIKES (celebrations, gratitudes, appreciations for needs met) and WISHES (mournings, requests, acknowledgements of needs not met)

CHECK-OUT (a few words or phrases from each who wants to share)

CLOSING WORDS

*Let us begin again in Love,
Having let go, Set our intentions,
Named our curiosity, Committed our energies,
Honored our journeys of faith and heart,
And given ourselves over to lives of balance, purpose and meaning,
Let us begin again
In Love*

EXTINGUISH THE CHALICE OR CANDLE