

## **HOLDING ON AND LETTING GO** (adapted from the session developed by the UU Church in Eugene, Oregon)

### OPENING WORDS & CHALICE LIGHTING:

We come together in an attitude of openness - not knowing quite what will happen, yet daring to receive a new idea, a new experience, sustenance for our minds and our hearts. We come with an attitude of praise, expressing our thankfulness for the good that has come into our lives. We come with an attitude of humility, knowing how much we need one another, how alone we can be in the world, how vulnerable if we face life solely by ourselves. We come in the spirit of love, seeking human warmth and fellowship in the hands and faces of those around us. We come in the spirit of joy, seeking reconfirmation and renewal of life, of love, and of hope.

~Adapted from Peter Lee Scott

**PURPOSE:** We come together to build connections and to talk about what deeply matters.

**CHECK IN:** What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing. What are you leaving behind to be here today?

### READING OF GROUP COVENANT

#### **FOCUS:** *Holding On and Letting Go*

Each person in the group speaks uninterrupted; if time remains, general response and conversation are welcome.

Things change. We change. Our lives never stand still. There is always something new. We are always making transitions, from one thing to another, one experience to another, one stage of life to another, one challenge to another. Some transitions are easy, some are hard. Some seem almost impossible. Some are exciting and joyful, some are painful and frightening. We change cities and homes. We change jobs and activities. We change commitments. We even change our minds.

~Adapted from Thomas Mickelson & Rev. Jory Agate

Hold on to what is good even if it is a handful of earth. Hold on to what you believe even if it is a tree which stands by itself. Hold on to what you must do even if it is a long way from here. Hold on to my hand even when I have gone away from you. ~Nancy Wood

It's not so much that we're afraid of change or so in love with the old ways, but it's that place in between that we fear...It's like being between trapezes. It's Linus when his blanket is in the dryer. There is nothing to hold on to. ~ Marilyn Ferguson

And then the day came when the risk to remain tight in the bud was more painful than the risk it took to blossom. ~ Anais Nin

Questions for Discussion - Please respond to whichever question or questions you feel moved to answer, remembering our commitment to sharing the time fairly.

1. Tell about a time of holding on to and letting go of *things*, and how you decided what to keep and what to discard or give away or sell. What or who was helpful in making those choices? How might you make the same or different choices now?
2. Share about an experience of holding on to or letting go of *relationships*, and how you feel now about those choices.
3. Talk about holding on to or letting go of *dreams, goals, or commitments*, and how that has impacted you.

**CONFIDENTIALITY CHECK AND CHECK OUT:** Is there anything that you shared here today that you would like held confidential? Otherwise, this is a reminder that we treat each other's sharing with kindness and respect.

**CLOSING WORDS:** To live in this world you must be able to do three things: to love what is mortal; to hold it against your bones knowing your own life depends on it; and, when the time comes to let it go, to let it go.

~Mary Oliver, #696 in *Singing the Living Tradition*