

Holding On and Letting Go

(adapted from session developed by River of Grass Unitarian Universalist Congregation, Davie, FL

Opening Words and Chalice Lighting:

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

We gather this hour as people of faith with joys and sorrows, gifts and needs. We light this beacon of hope, sign of our quest for truth and meaning in celebration of the life we share together. ~Singing the Living Tradition # 448 Christine Robinson

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

Check-in:

Reading of Group Covenant:

Focus: Holding on and Letting Go.

Things change. We change. Our lives never stand still... 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...we change jobs and activities. We change commitments. We even change our minds.

~Thomas Mickelson & Rev. Jory Agate

“Over the years, my parishioners have taught me two lessons. When cast into the depths, to survive, we must first let go of things that will not save us. Then we must reach out for the things that can. As to the former, until we free ourselves from an attachment to false sources of security and let go of our illusions, we will remain in the abyss.

- *Forrest Church*

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

Questions for consideration:

- 1) What are you holding on to?
- 2) What does the prospect of letting go feel like?
- 3) What will you lose
- 4) What will you gain?
- 5) What for you are the spiritual dimensions of letting go?

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:

May we know once again that we are not isolated beings,
But connected, in mystery and miracle,
To the universe, to this community, and to each other.

~Singing the Living Tradition #434