

Regret

Chalice Lighting

Sharing of Joys and Sorrows

Silence, holding ourselves and each other in silent support.

Shared Readings:

Many of us crucify ourselves between two thieves - regret for the past and fear of the future.

Fulton Oursler

If only. Those must be the two saddest words in the world.

Mercedes Lackey

Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable.

Sydney Smith

Forget regret, or life is yours to miss.

Jonathan Larson

Never regret. If it's good, it's wonderful. If it's bad, it's experience.

Victoria Holt

Deep Sharing/Deep Listening

Round I

Where does your attitude about regret fit on this continuum?

Valuable learning

Waste of energy

Round II

Share your experiences and thoughts about regret, responding to the homework questions if you feel so moved.

Round III

How has thinking about and discussing regret changed your attitude on the subject, if any?

Closing Ritual

Song "Go Now in Peace"

Group Business

Covenant Groups

Regret

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group.
- to honor the group by letting the leader know if I will be absent.
- to avoid cross talk, giving feedback or trying to fix anyone
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others.
- to not gossip about what is shared in the group, and not tell other people's stories.
- to listen to what others share with an open heart, and to share deeply in my turn.



Leader's Guide for Regret

Before the Session

The closing ritual for this session will require a slip of paper and a pen or pencil for each group member. Bring enough so everyone can have one of each. Also bring a small paper bag for collecting the slips.

Chalice Lighting: (2 min)

Nothing special for this session—ask someone to pick a reading from the facilitator manual when they come in.

Sharing of Joys and Concerns: (10 min)

Silence: (3 min)

Give your group the gift of three minutes of silence.

Shared Readings: (5 min)

Have each person read a quote from the order of service

Deep Sharing/Deep Listening:

Round I (5 min)

Each person answers the question in the order of service:
Where does your attitude about regret fit on this continuum?

Valuable learning ----- Waste of energy

Round II (40 min)

Share your experiences and thoughts about regret, responding to the homework questions if you feel so moved.

Round III (15 min)

How has thinking about and discussing regret changed your attitudes on the subject, if any?

Closing ritual: (10 min)

Give everyone a slip of paper and a pen or pencil. Put the paper bag in the center of your circle.

Tell them: "Write down a regret in two or three words on your piece of paper, and fold it so the writing isn't visible. Then decide what you want to do with that regret. You can drop it in the paper bag and leave it behind when you leave, you can take it with you and think about it later, you can tear it into pieces, or you might have some other idea what to do with it. In a minute we'll each share what we want to do with our regret."

When it looks like everybody is done, invite them to tell what they're going to do, or start the round yourself.

Sing: Go Now in Peace (2 min)

Group Business: (5 min)

Pass out Q and Q (homework) for next time.

Homework: Regret

Quotes

Regret for time wasted can become a power for good in the time that remains, if we will only stop the waste and the idle, useless regretting.

Arthur Brisbane

When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.

Alexander Graham Bell

Regret is insight that comes a day too late.

Anonymous

Regret is an odd emotion because it comes only upon reflection. Regret lacks immediacy, and so its power seldom influences events when it could do some good.

William O'Rourke

The follies which a man regrets most in his life, are those which he didn't commit when he had the opportunity.

Helen Rowland

Make the most of your regrets; never smother your sorrow, but tend and cherish it till it comes to have a separate and integral interest. To regret deeply is to live afresh.

Henry David Thoreau

My one regret in life is that I am not someone else.

Woody Allen

Questions to Ponder

1. Are there one or two events in your life that come to your mind when the subject of regret comes up?
2. Has regret been an important or central emotion in your life, or more peripheral?
3. Do you feel that regret has helped you avoid repeating mistakes? Or do you feel that it has been more of a drain than a benefit?
4. After thinking about this topic, do you think it would be wise for you to pay more attention to regret, or to give it less space?