

Gathering for Letting Go

Words of the Day

I am ready to let go of ...

Chalice Lighting

Read around the circle, with each person reading one line.

Let go / Of all that binds you / Of all that burdens you

Of what you carry / Of all that shames you

Of fear / Of trespasses and transgressions / Of woundedness

Let go of guilt / Let go of anger / Let go of small mindedness and pettiness

Of ways of being that no longer work for you / Of compulsions that consume your living

Let go of what you cannot change / Let go of regret / Of that which haunts you

Let go of pain / Let go of ways in which you missed the mark

Let go

Rev. Lois Van Leer

The Basket

Sharing of Joys and Concerns

Silence, holding ourselves and each other in silent support

Shared Readings

In the act of letting go of our lives, we return more fully to them ... Is not falling, as much as climbing, our birthright? ... We have all suffered, and will suffer, our own falls. The fall from youthful ideals, the waning of physical strength, the failure of a cherished hope, the loss of our near and dear, the fall into injury or sickness, and late or soon, the fall to our certain ends. We have no choice but to fall, and little say as to the time or the means. *Philip Simmons*

We must be willing to get rid of the life we've planned so as to have the life that is waiting for us. The old skin has to be shed before the new one can come. *Joseph Campbell*

Forgiving was not about accepting their words and deeds. Forgiving was about letting go and moving on with my life. In doing so, I had finally set myself free. *Isabel Lopez*

People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar. *Thich Nhat Hanh*

The willingness to surrender self-centeredness and self-righteousness form part of the character of compassion. *Christina Feldman*

Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward. *C. S. Lewis*

Letting go. Everyone talks about it like it's the easiest thing. Unfurl your fingers one by one until your hand is open. But my hand has been clenched into a fist for three years now; it's frozen shut. *Gayle Forman*

We must always change, renew, regenerate ourselves; otherwise we harden. *Johann von Goethe*

Sometimes I think there are only two instructions we need to follow to develop and deepen our spiritual life: slow down and let go. *Oriah Mountain Dreamer*

There is something to be said for letting go
For risking the uncertain,
For putting oneself in strong life currents
With a rich mixture of faith and fear.
Rev. Richard Gilbert

Deep Sharing/Deep Listening

Round 1: Share your reflections on letting go and the preparation materials.

Round 2: Share additional thoughts or reflect on what others have shared.

Closing Circle

Extinguishing the Chalice

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again.

Song/Chime

Announcements

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the "I-message."