

Small Group Ministry
Group Session Plan
Letting Go

Opening Words: “Skipping a Stone on Water” by Charles Darling

Whether it's the hand that finds the stone
or a stone that chooses the hand
is hard to say. The result is the same:
A thing that snugly fits the finger's crook,
smooth, nearly silky, to touch,
with heft enough to cleave the air
but light enough to spank off water —
good for ten to twenty skips
or more before it seems to skim, then float,
then sink, leaving a circle widening.

What's hard, my father taught me,
is not so much the proper match
of stone and hand, nor the way
the arm must swing exactly parallel to shore,
what's hard is what's unteachable:
Reckoning that point at which you must release,
knowing something's bound to take
a proper course because you followed through
all the way, clear to the end —
it's learning the hard way how to let go.

Check-in/Sharing

Topic: Let It Go by Danna Faulds

Let go of the ways you thought life would unfold,
the holding of plans or dreams or expectations —
Let it all go.

Save your strength to swim with the tide.
The choice to fight what is here before you now
will only result in struggle, fear, and desperate
attempts to flee from the very energy you long for.

Let go. Let it all go and flow with the grace that
washes through your days whether you received it
gently or with all your quills raised to defend
against invaders.
Take this on faith; the mind may never find the
explanations that it seeks, but you will move
forward nonetheless.

Let go, and the wave's crest will carry you to
unknown shores, beyond your wildest dreams or
destinations.
Let it all go and find the place of rest and peace,
And certain transformation.

Questions:

1. Are you living in (and holding onto) a story about yourself that isn't letting you grow?
2. Are you looking at (and holding onto) stories about others that aren't letting them grow?
That are putting them in a box that they don't deserve? That are putting up an unnecessary wall between you and them?
3. What do you need to let go of? How would letting go change your life?

Check-out/Likes and Wishes: How was the session for you?

Closing Words: From "Gestalt at **Sixty**" by May Sarton

I am not ready to die,
But I am learning to trust
death
As I have trusted life.

I am moving
Toward a new freedom
Born of detachment,
And a sweeter grace—
Learning to let go.

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