

ALL SOULS UNITARIAN CHURCH

March Theme Letting Go

Opening Reading/ Chalice Lighting

“By letting it go it all gets done. The world is won by those who let it go. But when you try and try. The world is beyond the winning.”~Lao Tzu

Check-In How goes thy spirit? What do you need to leave behind in order to be fully present here and now? 2-3 sentences

Business

Have you thought about your service project?

Revisit the Covenant

Do you know everyone's name in your group? Do they?

Branches Survey concludes end of Feb.

Claim time for Deeper Listening Deeper listening is a time at the end of our meeting where you can be listened to uninterrupted for what is essentially an extended check in if you have more you need to say than the initial check in. You are encouraged to claim time ranging between 3-5 minutes.

Centering Take a moment to breathe, feel your feet on the floor and your body in the chair. After a few minutes of breathing, find your heartbeat (either by listening to your ear or placing your fingers on your pulse). See if you can hold the attention of your heartbeat and listen to the sounds in the room. (1-2 minutes) Our goal would be to bring this sense of calm and way of listening to the readings and to one another, keeping our attention toggling between self and what you are listening to.

Readings (Read through readings and questions twice, one time per facilitator, with reflection space in between followed by Quaker Style sharing. Try to stay in I statements and personal stories and not shift into third person and facts. Try to leave space between speakers.)

The Guest House

Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

Letting Go and the Other Half: by Hubert Pryor

In life, I'm for letting go any and all things that hinder and trap us in a variety of ways. In possessions, habits, fears, personal relations and on and on, we're often struggling to be free. They're parts of our lives, sometimes huge parts, that we want to get rid of, **BUT DO NOT DARE.**

We do not dare to help ourselves? That doesn't seem to make sense. But we can understand the difficulty in letting go when we confront the need to do so and find...well, find we have no alternative. The thing we want to unload is a prop in our lives. Take it away, let it go and what's left?

What we've done is create a vacuum. We've confronted a situation in our lives but worked at nothing to replace it. The prospect of that is enough to leave us stuck in our ways.

Letting go, then, can't help us unless we also do some letting in. So here we go--with true effect--doing things by halves with reassuring success.

One half of our process, letting go, goes smoothly and effectively empowered by the other half, letting in. If all that seems too altruistic, our daily life offers countless examples of how "letting in" complements the process of "letting go."

When we take a shower, what we're letting go down the drain is possible only because we're letting in the cleansing water pouring down on us. All our bodily functions, too, are a process of letting go and letting in.

Human history reminds us that we are always in a cyclical process. We are born, we live, we procreate, we pass on. And just in our daily lives, we need sleep, movement, inspiration, yes and love--a constant replenishment beyond mere material nourishment.

So happy letting go and letting in--not just today but daily from now on!

Questions

Is there a difference between surrender and letting go?

What does surrender mean to you?

Have you ever surrendered to anything in your life before? If so what?

What is the relationship between surrender/letting go and risk? Acceptance?

Letting in?

Can you think of a time when you found it difficult to let go or let in share your story.

What might you need to let go of temporarily, or permanently that is in your own way?

Deeper Listening If time is claimed by an individual, group listens to speaker uninterrupted for that designated time. It is best to have a timer of sorts so that facilitator can listen fully as well.

Check Out

One sentence about where you are now that we have been together for the past hour and a half. (How did you show up? Would you share more or less? Would you do anything differently? Focus your likes and dislikes on your own behavior)

Closing reading/Chalice Extinguishing

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We must be willing to let go of the life we have planned, so as to accept the life that is waiting for us. - Joseph Campbell