



## Letting Go

Greenville UU Fellowship, Greenville, SC

Covenant Group Session Plan

Written by Jean Ploutz, May 2018 (Modified by Annette Garver, April 2022)

**Welcome, Chalice Lighting:** *Here we are, together in this space. By our love and by our covenant, we make this a sacred space. We light the chalice in honor of the light that lives in each of us, the light that shines among us, and the light we bring into the world.*

**Personal Check In:** Briefly share something from your life since we last met and how you are feeling now.

### Opening Words:

Can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest?" ~Luke 12:25-26

### Questions to prompt and guide discussion:

1. What does the phrase "letting go" mean to you. Is it letting go of fear, or control, or attachment.... or of another myriad of things?
2. What connection do you see between "letting go" and forgiveness, love, healing, faith and trust?
3. Have you experienced a time when "letting go" has helped you grow in wisdom or understanding in your life? Has it made a difference in your life?
4. What aids do you use in letting go – such as meditation, conversation within yourself, or any other aid?

**Sitting in Silence** (Reflect on questions just posed as you prepare to hear the readings.)

### Readings – see below

**Sharing** - This is a time to speak without interruption and for deep listening. Deep listening means no interrupting, no fixing, no saving, no advising, and no setting each other straight. Please share one or more responses to the session questions.

**(This is usually a good time to take a brief break)**

**Open Discussion** -This is a time to respond to something another person said about the topic or to relate additional thoughts that may have occurred as others shared their thoughts on this topic. Continue to practice deep listening.

### Closing reading:

In the process of letting go, you will lose many things from the past, but you will find yourself.  
~Deepak Chopra.

### Announcements/Plans

**Check out:** As we close today, how are you feeling now?

### Extinguish the Chalice

*We extinguish this flame but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.*

## Readings

Lie back daughter; let your head be tipped back in the cup of my hand. Gently I will hold you. Spread your arms wide, lie out on the stream and look high at the gulls. A dead-man's-float is face down. You will dive and swim soon enough where this tidewater ebbs to the sea. Daughter, believe me, when you tire on the long thrash to your island, lie up, and survive. As you float now, where I held you and let go, remember when fear cramps your heart what I told you; lie gently and wide to the light-year stars, lie back, and the sea will hold you. ~Philip Booth, from the poem "*First Lesson*"

These mountains that you are carrying, you were only supposed to climb. ~Najwa Zebian

One of the happiest moments in life is when you find the courage to let go of what you cannot change.  
~Anonymous

This is a very important practice. Live your daily life in a way that you never lose yourself. When you are carried away with your worries, fears, cravings, anger and desire, or with the need to please others, you run away from yourself and you lose yourself. The practice is always to go back to oneself. ~Thich Nhat Hanh

There is no controlling life. Try corralling a lightning bolt, containing a tornado.  
Dam a stream and it will create a new channel. Resist, and the tide will sweep you off your feet.  
Allow, and grace will carry you to higher ground. The only safety lies in letting it all in –  
the wild and the weak; fear, fantasies, failures and success. When loss rips off the doors of the heart,  
or sadness veils your vision with despair, practice becomes simply bearing the truth.  
In the choice to let go of your known way of being, the whole world is revealed to your new eyes.  
~"Allow," poem by Danna Faulds

Resentment is like taking poison and hoping your enemy will die. ~Martin Luther King Jr.

Holding on is believing that there's only a past; letting go is knowing that there's a future.  
~Daphne Rose Kingma

There are various reasons why letting go is so hard. One is that we romanticize holding on. We romanticize it in our literature, music, art, and films. There is something romantic about holding on to someone we love. We want to feel the love for that person forever.

Holding on is also a habit. Our behaviors are so deeply ingrained in us that we just hold onto things without even realizing it. In addition, we're afraid to look at ourselves because we may not like what we see.  
Letting go leads to freedom. When we learn to let go, we can be free of the sources of our pain and suffering that are holding us back. We often hang on to things that are no longer serving us, such as unhealthy relationships. Maybe at one time we were benefiting from a relationship, but often when people grow, they grow apart. That's when its time to move on.

~Excerpted from "How to Learn to Let Go of What You Can't Control," by Charles A. Francis