

Bulletin for Change

Business

Chalice Lighting

We gather in the early darkness and new warmth of spring
Also finding warmth from each other;
Turning darkness into a time of light,
Sadness into a time of peace,
Nourishing hope where reason fails.
Grateful for small miracles,
We rejoice in the wonder of making light
Out of darkness, and the daring of hope.
Christine Robinson

Sharing of Joys and Concerns

Silence – holding ourselves and each other in silent support

Shared Readings

Remember that there is no stasis, that the balance always teeters. *Janet Lembke*

The only completely consistent people are dead. *Aldous Huxley*

Know what's weird? Day by day, nothing seems to change, but pretty soon . . . everything's different. *Calvin from Calvin and Hobbes*

Men do change, and change comes like a little wind that ruffles the curtains at dawn, and it comes like the stealthy perfume of wildflowers hidden in the grass. *John Steinbeck*

People change and forget to tell each other. *Lillian Hellman*

I have walked through many lives,
Some of them my own,
And I am not who I was,
Though some principle of being abides . . .

I am not done with my changes.
Stanley Kunitz

There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered. *Nelson Mandela*

We did not change as we grew older; we just became more clearly ourselves. *Lynn Hall*

If I can learn to love death, I can begin to find refuge in change. *Terry Tempest Williams*

Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis. *Martha Beck*

To change this rock into a jewel, you must change its true name. And to do that, my son, even to so small a scrap of the world, is to change the world. . . . But you must not change one thing, one pebble, one grain of sand, until you know what good and evil will follow on that act. The world is in balance, in Equilibrium. . . . It is dangerous, that power. . . . It must follow knowledge, and serve need. To light a candle is to cast a shadow . . . *Ursula K. Le Guin*

Deep Sharing/Deep Listening

Round 1

Today you labeled yourself differently from most days. How would your life be different if your first name had been different?

Round 2

Share more deeply feelings, stories, and attitudes on Change in response to the preparation materials.

Round 3

As time allows, share additional thoughts or reflect on what others have shared.

Closing Words

Nothing endures but change.
Heraclitus

Song

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 leader know if I will be absent or need to quit.
- 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 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, or giving advice.
- to share as deeply as I can when it is my turn.

Facilitator Notes for Change

Before the Session

Materials. Name tags and markers

When members begin to arrive, ask them to fill out a name tag with a first name they like which is not their own. Note that you will call each member by the new name during Shared Readings.

Business

Chalice Lighting

Ask a group member to read the chalice lighting.

We gather in the early darkness and new warmth of spring
Also finding warmth from each other;
Turning darkness into a time of light,
Sadness into a time of peace,
Nourishing hope where reason fails.
Grateful for small miracles,
We rejoice in the wonder of making light
Out of darkness, and the daring of hope.
Christine Robinson

Sharing of Joys and Concerns (each person about 2 minutes)

Silence – holding ourselves and each other in silent support (3 minutes)

Read these words, then ask group to think on them during the silence.

“Who are you?” said the caterpillar. . . . “I, I hardly know, Sir, just at present,” Alice said rather shyly. “At least I knew who I was when I got up this morning, but I think I must have changed several times since then.” *Lewis Carroll*

Shared Readings

Go around the group. Call on the readers by their “new” names when it is their turn to read.

Remember that there is no stasis, that the balance always teeters. *Janet Lembke*

The only completely consistent people are dead. *Aldous Huxley*

Know what's weird? Day by day, nothing seems to change, but pretty soon . . . everything's different. *Calvin from Calvin and Hobbes*

Men do change, and change comes like a little wind that ruffles the curtains at dawn, and it comes like the stealthy perfume of wildflowers hidden in the grass. *John Steinbeck*

People change and forget to tell each other. *Lillian Hellman*

I have walked through many lives,
Some of them my own,
And I am not who I was,
Though some principle of being abides . . .

I am not done with my changes.
Stanley Kunitz

There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered. *Nelson Mandela*

We did not change as we grew older; we just became more clearly ourselves. *Lynn Hall*

If I can learn to love death, I can begin to find refuge in change. *Terry Tempest Williams*

Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis. *Martha Beck*

To change this rock into a jewel, you must change its true name. And to do that, my son, even to so small a scrap of the world, is to change the world. . . . But you must not change one thing, one pebble, one grain of sand, until you know what good and evil will follow on that act. The world is in balance, in Equilibrium. . . . It is dangerous, that power. . . . It must follow knowledge, and serve need. To light a candle is to cast a shadow . . . *Ursula K. Le Guin*

Deep Sharing/Deep Listening

In these rounds of deep sharing and deep listening, pay close attention to the time allotted each person to ensure that all get to share at least once.

Round 1 (each person about 2 minutes)

Today you labeled yourself differently from most days. How would your life be different if your first name had been different?

Round 2 (each person about 5 minutes)

Share more deeply feelings, stories, and attitudes about Change in response to the preparation materials.

Round 3

As time allows, share additional thoughts or reflect on what others have shared.

Closing Words

Nothing endures but change.
Heraclitus

Song

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 leader know if I will be absent or need to quit.
- 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 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, or giving advice.
- to share as deeply as I can when it is my turn.

Preparation for Change

A Chinese story tells about an old farmer whose horse ran away. His neighbors heard the news and came by. “Bad luck,” they said sympathetically. “Maybe,” said the farmer.

The following day, the horse came back and brought along three wild horses. “Good fortune!” said the neighbors. “Maybe,” said the farmer.

The next day, his son tried to ride one of the wild horses, was thrown, and broke his leg. The neighbors gave their sympathy for the bad luck. “Maybe,” the farmer said.

The day after, military officials came to the village to draft young men for the army. Only the farmer’s son was spared, because of his broken leg. Again, the neighbors congratulated the farmer on how well it had all turned out.

“Maybe,” said the farmer.

Was this series of changes good or bad for the farmer? How do you decide?

Consider the following quotes. Identify which ones you believe to be most true. Mark them with a star. Consider why it resonates so deeply with your intellect. Does it also resonate with your heart?

I’m not going to tell you that you should enjoy change. But I am going to tell you that you’re going to have to deal with change, that there are enormous blessings in dealing well with change, and the more practice you get at it, the easier it will be. And I’m going to tell you something else. When you embrace change as the not-always-easy fundamental of life, you are aligning your energy with reality, and that in turn will not only make things flow more easily for you, but will give profound meaning to even the most painful changes you will encounter. *Christine Robinson*

Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights. *Pauline R. Kezer*

I came here to create a world
As strong, renewable, fertile,
As the world of nature all around me –
Learned to clear myself as I have cleared the pasture,
Learned to wait,
Learned that change is always in the making
(Inner and outer) if one can be patient,
Learned to trust myself.

May Sarton

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. *Margaret Mead*

This is a world of permanent white water in which we’re all roaring down a wild river, none of us feeling like we either understand or control what we’re in the middle of. *Peter Vaill*

It's not that some people have willpower and some don't. It's that some people are ready to change and others are not. *James Gordon*

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

To keep our faces toward change, and behave like free spirits in the presence of fate, is strength undefeatable. *Helen Keller*

We live in a moment of history where change is so speeded up that we begin to see the present only when it is already disappearing. *R. D. Laing*

Just as individuals resist the pain and dislocation that comes with changing their attitudes and habits of behavior, societies resist learning as well. *Ronald Heifetz*

It is never too late to become what you might have been. *George Eliot*

Change is the nature of the universe. *I Ching, "The Book of Change"*

Everyone thinks of changing the world, but no one thinks of changing himself. *Leo Tolstoy*

Questions to Ponder

1. Look at your own life and consider some changes that happened as a result of your own choice. How do you decide which changes are "good?" Have you changed your mind about any of these events over time? On the following graph, mark the position that represents your feeling of control over change in your life.

No control

Total control

-
2. How does this belief about change and control affect your life?
 3. Some changes we initiate, but others are thrust upon us. Think back to some significant changes you've dealt with. What were some strategies you used to get through the change?
 4. What are some things about yourself you would like to change?
 5. If you were going to change your first name, what name would you pick? If your name had been different, would your life have been different? This question will play a part in the group session.