

## Change

### Chalice Lighting

### Sharing of Joys and Sorrows

**Silence, holding ourselves and each other in silent support.**

### Shared Readings:

Change has considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. One's character and frame of mind determine how readily one brings about change and how one reacts to change that is imposed on one.

King Whitney Jr.

Oh, would that my mind could let fall its dead ideas,  
as the tree does its withered leaves!

Andre Gide

We would rather be ruined than changed.  
We would rather die in our dread than  
Climb the cross of the moment  
And see our illusions die.

Auden

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

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

...give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed and the wisdom to distinguish the one from the other.

Reinhold Niebuhr

### Deep Sharing/Deep Listening

Round I Share an area where you have welcomed change.  
Share an area where you have resisted or are resisting change.

Round II Each person will have a chance to share more deeply about feelings and experiences of change in response to the homework questions.

Round III A more general discussion

### Group Business

Pass out homework for the next session. Look over together.

### Closing Words

Say a word or phrase about how you are feeling

### Song "Go Now in Peace"

## Covenant Groups

### Change

#### The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group.
- to honor the group by letting the leader know if I will be absent and to come to the group one last time and say goodbye if I 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 not gossip about what is shared in the group, and not tell other people's stories.
- to listen to what others share with an open heart, and to share deeply in my turn.



## Leader's Notes for Change

**Chalice Lighting:** (2 min)

7:00-7:15

Ask a group member to read the chalice lighting reading found at the end of the leader's guide.

**Sharing of Joys and Concerns:** (10 min)

Ask group members to tell in one or two sentences...How you are today? Share any information you have about absent members.

**Silence:** (3 min)

Give your group the gift of three minutes of silence. Time it!

**Shared Readings:** (5 min)

7:15-7:20

Go around your group, letting persons in turn read one of the readings.

**Deep Sharing/Deep Listening:** Do your rounds of deep sharing/deep listening.

Round I (15 min)

7:20-7:35

Share an area where you have welcomed change. Share an area where you have resisted (or are resisting) change.

Round II (40 min)

7:35-8:15

Each person will have a chance to share more deeply feelings and experiences of change in response to the homework questions.

Round III

As time permits

A more general discussion

**Group Business:** (5 min)

8:20-8:30

Pass out Q and Q (homework) for next time. Preview it with the group by going over it.

Tell them: Read over the homework, then respond to the questions you are drawn to.

There is lots of material here, it is intended to give you fertile ground for thinking about this subject. You don't need to answer every question. You may want to respond to just one or two questions.

**Closing words:** (3 min)

Invite people to hold hands around the chalice and say one or two words about an insight they have had this evening or the way they are feeling as we close.

**Sing:** Go Now in Peace (2 min)

Chalice Lighting -

We gather in the early darkness and new chill of autumn,

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.

## CHANGE – Quotes and Questions

Read over this material. Respond to any questions you are drawn to.

### **Change you sought**

Reflect on your past experiences with changes you have sought – job change, move, marriage, etc.

What surprised you in this change? How did it meet your expectations, or fail to?

### **Change you couldn't help/you didn't ask for**

Think about some changes you survived – changes from our childhood, changes from aging, illness and losses. What was one of the most challenging?

How did you deal with feelings of powerlessness?

How did you get through that change? What did you do and what did others do that helped?

### **How we respond to change**

*Some people change when they see the light, others when they feel the heat.* Caroline Schoeder

Some people can sniff change in the air and make a confident shift. Others are threatened by change and wait until change backs them into a corner with no option left, but to change. We're all somewhere on the spectrum of change. Where are you on this spectrum?

Enthusiasm for change \_\_\_\_\_ Resistance to change