

end·ing (n)

an end or final part of something, especially a period of time, an activity, or a book or movie..

Synonyms: end, finish, close, closing, conclusion, resolution, summing-up, windup, denouement, finale.

Taking It Home:

Activity: Looking forward...

Your assignment: Remember to collect stories over your summer, and then be sure to look for our new small groups at Jefferson Unitarian Church for Fall 2015. You can tell your stories and practice saying 'Hello!' knowing that a new leave-taking will be inevitable and knowing that it worth it!

Books:

Necessary Endings: The Employees, Businesses, and Relationships that All of Us Have to Give Up in Order to Move Forward by Henry Cloud

Movies:

A Little Bit of Heaven

The Truman Show

Steel Magnolias

The Sisterhood of the Traveling Pants

E.T. the Extra-Terrestrial

Online: "*The story of a girl*" by Rick Smolan. This is long for a TED talk but the leavings, heartbreaks, and magical beginnings throughout the story are mesmerizing. http://www.ted.com/talks/rick_smolan_tells_the_story_of_a_girl

These materials are part of the small group ministry program at Jefferson Unitarian Church. For more information on using them, or to set up your small group, please contact Rev. Eric Banner.

ericbanner@jeffersonunitarian.org

(303)279-5282 ext. 28

<http://www.jeffersonunitarian.org/SmallGroups>



Jefferson Unitarian Church

2015 Small Group Session: Endings

**Opening/
Chalice
Lighting:**

Hymn #414: As we leave this friendly place, love give light to ev'ry face; may the kindness which we learn light our hearts till we return.

Check In:

Each person to share what they bring with them to the last meeting of this small group - What makes it easy or difficult to say goodbye in this or other situations in your life? What is helpful or supportive in letting go when you must: a belief; a faith; a practice; a perspective; past experience; the example of someone you admire; something or someone to look forward to; other?

Reading:

There's a trick to the 'graceful exit.' It begins with the vision to recognize when a job, a life stage, or a relationship is over — and let it go. It means leaving what's over without denying its validity or its past importance to our lives. It involves a sense of future, a belief that every exit line is an entry, that we are moving up, rather than out.
~ Ellen Goodman

**Resting
in the
Silence:**

Take 2 minutes to just sit. If your group is up to it, go longer, as long as you let people know how long the silence will be.

**Questions
and Quotes
From The
Common
Bowl:**

Share the quotes for today's session in the way that is customary in your small group. You can pass the sheet, you can select them randomly from a bowl after having cut them into individual pieces. Or whatever works well for your small group.

**Sharing/
Deep
Listening:**

Allow each person up to five minutes to share what has come up for them about today's topic.

**A Second
Share:**

If time allows, you may have a brief second share from those who have found they have more to say.

**Closing
Reading:**

“You can kiss your family and friends good-bye and put miles between you, but at the same time you carry them with you in your heart, your mind, your stomach, because you do not just live in a world but a world lives in you.”
~ Frederick Buechner

**Extinguish
the Chalice:**

Join hands and say the following together:

We are changed, you and I. Just as before, countless times in cycles that never quite repeat. We are changed. But this time it is different. For we have shared the sacred gift of knowing one another, of trusting one another. And so I say to you: go forth boldly; you are not alone; you carry with you a part of all of us. And so I say to you: go forth, in peace. ~ Andrew C. Backus (Adapted)

And then, extinguish your chalice.

“I guess that's what saying good-bye is always like--like jumping off an edge. The worst part is making the choice to do it. Once you're in the air, there's nothing you can do but let go.” ~ Lauren Oliver, *Before I Fall*

“What is that feeling when you're driving away from people and they recede on the plain till you see their specks dispersing? - it's the too-huge world vaulting us, and it's good-bye. But we lean forward to the next crazy venture beneath the skies.” ~ Jack Kerouac, *On the Road*

“Goodbyes are only for those who love with their eyes. Because for those who love with heart and soul there is no such thing as separation.” ~ Rumi

“Good bye may seem forever. Farewell is like the end, but in my heart is the memory and there you will always be.”
~ “Goodbye May Seem Forever,” *The Fox and the Hound*, Walt Disney Company

“Well, here at last, dear friends, on the shores of the Sea comes the end of our fellowship in Middle-earth. Go in peace! I will not say: do not weep; for not all tears are an evil.” ~ J.R.R. Tolkien, *The Return of the King*

“Even as I hold you, I am letting you go.” ~ Alice Walker

“I suppose in the end, the whole of life becomes an act of letting go, but what always hurts the most is not taking a moment to say goodbye.”
~ Yann Martel, *Life of Pi*

“It's the emptiest and yet the fullest of all human messages: 'Good-bye.’”
~ Kurt Vonnegut, *Bluebeard*

“There are no good-byes, where ever you'll be, you'll be in my heart.”
~ Mahatma Gandhi

“No more memories, no more silent tears. No more gazing across the wasted years. Help me say goodbye.” ~ Andrew Lloyd Webber

“Don't be dismayed at good-byes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends.” ~ Richard Bach, *Illusions: The Adventures of a Reluctant Messiah*

“When someone leaves, it's because someone else is about to arrive.”
~ Paulo Coelho, *The Zahir*

The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

~ Robert Frost