

Living through Loss

Opening words and Chalice lighting:

For everything there is a season,
And a time for every matter under heaven:
A time to be born, and a time to die;
A time to plant, and a time to pluck up what is planted;
A time to kill, and a time to heal;
A time to break down, and a time to build up;
A time to weep, and a time to laugh;
A time to mourn, and a time to dance;
A time to throw away stones, and a time to gather stones together;
A time to embrace, And a time to refrain from embracing;
A time to seek, and a time to lose;
A time to keep, and a time to throw away;
A time to tear, and a time to sew;
A time to keep silence, and a time to speak;
A time to love, and a time to hate,
A time for war, and a time for peace.

Ecclesiastes 3:1-8

Welcome and check-in (A time to share what is on your mind in order to clear it and be in the present.)

Reading for discussion

I have journeyed to a place of great sorrow and there did I cry from the very depths of my soul. For days you thought I may never return, but I have come back to you: stronger, richer, with greater knowledge of myself. The crack in my heart will remain forever – it's purpose no longer to let grief out, but to let greater love in.

Myrriah Osbourne

Questions for discussion

Share an experience of loss that has been a significant part of your life journey.

Check-out (A time to share likes and wishes, such as “I like how we...” “I wish we would...”, or express how you felt about the group.)

Closing words and extinguishing the Chalice:

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.

Anne Bradstreet

Thanks to everyone for their participation and commitment to our group!