

Surrender
UU Community Church of Santa Monica
Heart to Heart Circles
August 2016

Welcome and Explanations

Chalice Lighting

In this world there are only two tragedies. One is not getting what one wants, and the other is getting it. The last is much the worse.

- Oscar Wilde

Sharing Silence 3 minutes

You may wish to bring your attention to your breath, or move a bit until you have found a comfortable seat. If silence is not a familiar experience to you, three minutes may seem long. If you are accustomed to silence, it may seem short.

On Our Hearts 15 minutes

This is a time to share wonderful news or a heavy heart - the major highs and lows of your life you'd like everyone to keep in their hearts or in their prayers for you.

Covenant and Ground Rules

Our covenant includes a description of how we want to be with each other, ground rules for our time together, and our expectations for members of the group. This covenant is adapted from *Heart to Heart: Fourteen Gatherings for Reflection and Sharing* by Christine Robinson and Alicia Hawkins.

I commit myself:

- to give attendance at meetings a real priority knowing that my presence is important to the group;
- to let the leader know if I will be absent or need to quit;
- to participate with my group in two service projects, one for our church community, and one for the wider community;
- 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 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, problem solving, or giving advice;
- and to share as deeply as I can when it is my turn.

Housekeeping

Readings

Surrender: 1) Cease resistance to an enemy or opponent and submit to their authority, 2) Give up or hand over (a person, right, or possession), typically on compulsion or demand, 3) (**surrender to**) Abandon oneself entirely to (a powerful emotion or influence); give in to
- The Oxford English Dictionary

The physicist's greatest tool is his wastebasket.

- Albert Einstein

The moment in between what you once were, and who you are now becoming, is where the dance of life really takes place.

- Barbara De Angelis

At fifteen life had taught me undeniably that **surrender**, in its place, was as honorable as resistance, especially if one had no choice.

- Maya Angelou

Let go of the ways you thought life would unfold, the holding of plans or dreams or expectations – Let it all go.

Save your strength to swim with the tide.

The choice to fight what is here before you now will only result in struggle, fear, and desperate attempts to flee from the very energy you long for.

Let go. Let it all go and flow with the grace that washes through your days whether you received it gently or with all your quills raised to defend against invaders.

Take this on faith; the mind may never find the explanations that it seeks, but you will move forward nonetheless.

Let go, and the wave's crest will carry you to unknown shores, beyond your wildest dreams or destinations.

Let it all go and find the place of rest and peace, and certain transformation.

- Danna Faulds

Questions for consideration

1. Surrendering can be described as accepting things the way they are, or giving up resisting the way you'd like them to be. Describe a time you surrendered to/about something. What did you gain? What was the easiest part? What was the most difficult?
2. Have you ever been unable to surrender to something? What was that experience like?
3. How do our Unitarian Universalist principles help you when you are struggling to surrender? How do you see surrender or surrendering as part of your spiritual practice?

Sharing 60 minutes

Reflecting on Our Time Together

Please share anything that would otherwise be unsaid as you leave our time together. Do you wish you had shared something more, less, different? How are you feeling as you leave? Feeling words are ok, such as sad, mad, glad, peaceful, powerful, joyful.

Closing Words

Let go or be dragged.

- Zen proverb