

Small Group Ministry Session Fourteen: Living through Loss

OPENING WORDS

"Then I was standing on the highest mountain of them all, And round beneath me was the whole hoop of the world.

And while I stood there I saw more than I can tell

And I understood more than I saw.

For I was seeing in the sacred manner the shape of all things of the spirit

And the shapes as they must live together like one being.

And I saw that the sacred hoop of my people

was one of many hoops that make one circle, wide as daylight and starlight,

And in the center grew one mighty flowering tree

To shelter all the children of one mother and one father.

And I saw that it was holy."

- Black Elk, Singing the Living Tradition #614

CHECK IN

- Current state of physical or spiritual health
- Joys or concerns about loved ones
- Concerns/excitement about what is happening in our lives

REVIEW COVENANT

BREAK

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 might never return, but I have come back to you stronger, richer, with greater knowledge of myself. The crack in my heart will remain forever-its purpose no longer to let grief out, but to let greater love in."

- Myrriah Osbourne.

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

CHECK OUT

What did you like about this meeting? What do you wish had been different?

CLOSING WORDS

"Hold on to what is good, even if it is a handful of earth. Hold on to what you believe even if it is a tree which stands by itself.

Hold on to what you must do even if it is a long way from here.

Hold on to my hand even when I have gone away from you."

- Nancy Wood