

*Experiencing Changes in our Lives*

**OPENING WORDS:** “*Change Alone is Unchanging*”

Whosoever wishes to know about the world must learn about it in its particular details.

*Knowledge is not intelligence.*

In searching for the truth, be ready for the unexpected,

*Change alone is unchanging.*

The same road goes both up and down.

*The beginning of a circle is also its end.*

Not I, but the world says it: all is one.

*And yet everything comes in season.*

-Heraklitos of Ephesos

**CHECK IN/SHARING**

- Current state of physical or spiritual health
- Joys or concerns about loved ones
- What is happening in your life

**DISCUSSION:** *Change*

We have all experienced changes in our lives, sometimes by our own choice, and at other times, thrust upon us by others. Sometimes we welcome change and sometimes we resist it. How do you balance your need for comfort, familiar traditions, and expected outcomes with a hunger for something new, for change?

- How do you react to change in your life?

-In your job

-In family life

-In our church

-In personal relationships

-In the way things are done in our community or in our country

- Do you fear and dread change? Love and crave it?
- What's good about change? What's bad about it? Is it risky?
- When is change necessary and desirable? When would it be better if things stayed the same?
- Can you think of examples when you resisted change, but grew from it when it happened?

## **CHECK OUT**

In a word or phrase, how are you feeling as our meeting comes to a close?

## **CLOSING WORDS:**

What we call a beginning is often the end,

And to make an end is to make a beginning.

The end is where we start from.

We shall not cease from exploration,

And the end of all our exploring

Will be to arrive where we started,

And know the place for the first time.

-T.S. Eliot