

2021 November Chalice Circle



Unitarian Universalist Church of Columbia, Mo.

Grieving Together

“Friendship doubles our joy and divides our grief.”

—*Swedish Proverb*

“Grief, I’ve learned, is really just love. It’s all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.” — *Jamie Anderson*

“When you can't see the bright side, I will sit with you in the dark”

— *unknown*

Opening Words and Chalice Lighting

We gather in this community, sometimes in fear, sometimes in trust, sometimes in pain, sometimes in joy, but always in hope that we can support and strengthen one another in our common quest for healing and wholeness.

- Jay Atkinson

Song/Music - <https://youtu.be/ETabUj2jK5I>

I'll Stay With You - performed by Beth Hart

Reading 1 -- Our grief is a holy thing. It is that proof that another life touched ours in a profound way. It is the mark of love, the mark of connection, and the mark of a life well lived.

—Tracie Barrett-Welser

Check-in

Briefly describe where you are in your life now, and notice what needs to be left aside in order to be fully present in our Circle.

Reading 2:

So often we try to make other people feel better by minimizing their pain, by telling them that it will get better (which it will) or that there are worse things in the world (which there are). But that's not what I actually needed. What I needed was for someone to tell me that it hurt because it mattered.

– John Green

Sitting in Silence - *Take this time to center yourself and decide what you want to share with the group.*

Grief is not limited to life & death. What have you grieved for?

Are you carrying grief, new or old?

Has sharing your grief helped you move through it?

How have you supported someone else as they grieved?

We will sit in silence for 2-3 minutes.

Sharing/ Deep Listening - Please share your experiences and thoughts

Additional Thoughts -- After listening to others, do you have additional thoughts?

Reading3: A Lament

We cry out in grief
at the suffering we see—
people, all living things, the planet.
Preventable suffering,
yet it continues, on and on.

When we feel overwhelmed,
we know that to our right
and to our left are
the faces of caring,
faces of companionship.

When we feel overwhelmed,
we gather to find a path,
to find new ways forward.

Joining together, we find our refuge.
We find our strength.
We find our wisdom.
We find our way forward

- David Breedon

Checkout – Final thoughts/ appreciation, etc.

Song/Music - <https://www.youtube.com/watch?v=BcBaBcpJGac>

You'll Never Walk Alone performed by Celtic Thunder – from Rodgers and Hammerstein musical *Carousel*

Prayer for Grieving Together

You, Mercy Without End, are the sea of tenderness that holds us all, grieving alongside us in our moments of hurt. Hold me; gentle me; keep me afloat. When I see pain outside of myself, make me brave enough to move towards it, that I might lighten another person's burden — because the only way through is together.

-- Erika Hewitt

Closing Words/Extinguishing the Chalice – Never Fully Extinguished

In this hour of Holy Stillness

we gather to honor the lives and the people we love.

we remind ourselves that the flames of life and love are never fully extinguished.

we offer ourselves for sharing the weight of each other's grief.

we offer the strength of our love to help others survive their pain and grief.

we call forth from each of us the power we offer out of life, out of loss, out of Love.

-- Patricia Sheldon