Small Group Ministry

Group Session Plan

**Where We Live: 1. To Move or Not to Move**

This is the first of a series about where we live, especially as life situations change.

Focus of this session: The need to change, even if a move is not involved.

Needed: Paper and writing implements for each person for Residence Timeline in Activity 1.

**Opening Words**: Where We Have Lived (Suggestion: Share the readings.)

I was always moving. I was born prematurely and in the hospital while my family was moving to another city. We moved every two to five years when I was growing up. I never got attached to a location.

I’m living in the house I was born in. Yup. Born right here and here to stay! I wouldn’t know how to move! And why should I? We’ll make the changes I need here, when that time comes.

We moved in with my grandparents. Had to. It was too expensive to live in our own home, even when my parents had jobs. Nice having everyone around, but I never had a space of my own.

The house just didn’t fit anymore. Too much space to rattle around in. Too many memories. And no one to help with what needed to be done. It was a burden.

Moved to be closer to family, at least part of the family. Families are scattered all over these days. I really would like to be able to live with each of my children and their families for a few months at a time, to really get to know the grandkids. But that would be too many changes for everyone.

Change. Who knows what lies ahead? Who makes the decisions – directly or indirectly? Who knows if the choices I make now are the best ones?

**Check in/Sharing**: How are things with you today?

**Topic/Activity**

The meaning that we attribute to residence or place where we live influences the moves we make and how we make moves.

1. Residence Timeline. Draw a line the length of a paper. On one side of the line note the decades of your life. On the other side of the line, note where you resided in the various time lines. For each time you moved, note important things, such as with whom did you move? What was the reason for the move? What were your feelings or recollections about the move? Share your reflections on your moves.

OR

Share a move or change of living situation that has been critical in your life or for someone close to you. What impact did that have on you at the time or throughout your life?

1. What factors would influence a decision to stay where you are or to move? How would your choice affect your sense of self and your life activities?
2. Timing is a factor in making decisions. The response to the statement, “I’m not ready yet” might be “What are you waiting for?” How does timing play into your considerations?
3. What outcomes are you hoping for?
4. How dependent are you on others and in what way? How dependent are others on you? How does this influence your choices?

**Check out/Likes and Wishes:** How was the session for you?

**Closing Words**

Grant me the serenity to live into change as an adventure.

May I be realistic in my dreams, expectations, and plans.

May I keep connected with others close to me as I make connections in new ways.

While change brings letting go, my I retain my sense of self, of my accomplishments, of my aspirations.

May you walk with me through the change.

© Unitarian Universalist Community Church, Augusta, Maine, 2013/Helen Zidowecki