Small Group Ministry

Group Session Plan

**Retirement**

**Opening Words:** I Brought My Spirit to the Sea by Max Kapp, *Singing the Living Tradition* #4

(Sing or use as a poem. The original tune was “Drink to Me Only With Thine Eyes”)

I brought my spirit to the sea; I stood upon the shore.

I gazed upon infinity, I heard the waters roar.

And then there came a sense of peace, some whisper calmed my soul.

Some ancient ministry of stars had made my spirit whole.

I brought my spirit to the trees that loomed against the sky.

I touched each wand'ring careless breeze to know if God was nigh.

And then I felt an inner flame that fiercely burned my tears.

Upright, I rose from bended knee to meet the asking years.

**Check-in/Sharing**

**Topic:** Retirement is a time of change or transition whether we retire ourselves or whether a family member retires. This time of transition requires us to look at our resources, spiritual and otherwise, as a time to assess. The "asking years" can be any phase of life, but do have a meaning for one of the most challenging life passages.

1. In contemplating retirement, or in having retired, what did/does the concept of "retirement" mean? Physically, economically, spiritually?
2. Life transitions are a time of letting go, holding on, and acquiring. What have you let go? What have you held on to? Acquired?
3. What surprises have there been? Benefits you did not foresee, expectations that were not realized?

**Likes and Wishes:** How has the session been for you?

**Closing Words** From #6 “Just as Long as I Have Breath” Alicia S. Carpenter

(Option: Sing the hymn)

If they ask what I did well, tell them I said, "Yes," to life.

If they ask what I did well, tell them I said, "Yes," to truth.

If they ask what I did best, tell them I said, "Yes," to love.

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