

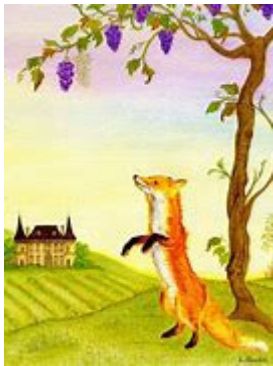
Unitarian Universalist Fellowship of Vero Beach
Covenant Groups
Regrets
May, 2022

Chalice Lighting

May we know once again that we are not isolated beings,
but connected, in mystery and miracle,
To the universe, to this community, and to each other.

Check-in: What is most on your mind today?

Opening Readings: *The Fox and the Grapes*: An Aesop fable



A fox one day spied a beautiful bunch of ripe grapes hanging from a vine trained along the branches of a tree. The grapes seemed ready to burst with juice, and the fox's mouth watered as he gazed longingly at them. The bunch hung from a high branch, and the fox had to jump for it. The first time he jumped, he missed it by a long way. So he walked off a short distance and took a running leap at it, only to fall short once more. Again and again he tried, but in vain. Now he sat down and looked at the grapes in disgust. "What a fool I am," he said. "Here I am wearing myself to get a bunch of sour grapes that are not worth all that effort. " And off he walked very scornfully.

Topic Exploration:

Facilitator: "Today I am going to ask you to identify a few of your regrets. I will pass out 6 pieces of paper. Think about 6 significant regrets in your life, and write them down or draw pictures of them, with feelings you felt at that time, one on each sheet. When you're done, fold the sheets in half and raise your hand."

When everyone is finished, the Facilitator directs them to tear up the sheets, shredding them into small pieces. S/He passes around a large bowl or basket into which the pieces are thrown and discarded. This activity should take no more than 10 minutes.

Questions/Sharing:

1. What are your thoughts and feelings after completing this activity?
2. Describe one regret you have had. How have you coped with it? What did you learn from that experience? How has that learning helped you?

3. In the fable, the fox displays an attitude of “sour grapes,” meaning to disparage something that one wants but cannot have by pretending that it was never desirable at all. Describe one such occasion in your own life and how you handled it. How well did that strategy work for you?
4. Has coping with a personal regret ever helped you deepen a friendship? In what way?
5. What is the healthiest way to handle a serious regret? *Why* do you believe that your approach might work better than others?
6. The first UU Principle asks us to affirm the inherent worth of every person. How can people uphold this Principle with someone they do not like without feeling regret?

Closing Reading:

“We all make mistakes, have struggles, and even regret things in our past. But you are not your mistakes, you are not your struggles, and you are here *now* with the power to shape your day and your future.” — **Steve Maraboli, *Unapologetically You: Reflections on Life and the Human Experience***

Check-out and reflections on today’s session: Please express any closing thoughts on the content or process of today’s session.

Extinguishing the Chalice

We extinguish this flame but not the light of truth,
The warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

Housekeeping