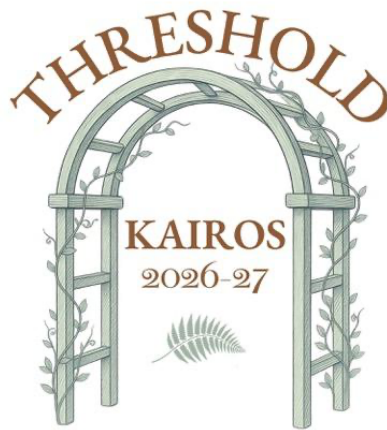




*Selah is a welcoming community that **pauses**,
encounters the Spirit through contemplative practices,
and **grows together** toward wholeness and loving others.*

October 9, 2026

A Good Goodbye

Facilitator: Kathy Stegman



To everything there is a season, and a time to every purpose under heaven.

Ecclesiastes 3:1

Reflections on the Impermanence of Things—Why Leaves Fall

Stopping Food Production. The tree is conserving energy for a season of less light and warmth. Trees stop making the green chlorophyll which reveals the previously hidden yellow and orange pigments.

What deep, hidden parts of you might be revealed in a season that is less “green?”

Recycling nutrients. Trees pull vital nutrients back into the branches for storage; they are shifting energy from growth to preservation and inner strength.

What inner strengthening would you like to see as a result of a recent or current change of season in your life?

Building the abscission layer. A special layer of cells grows at the base of the leaf stem. This layer slowly cuts off water and food.

When I look back and see where this has happened in my life, I refer to it as God loosening my grip. Can you see where this has happened in your life? Can you feel any grace in that?

Dropping off. The connection weakens until wind, or gravity, causes the leaf to fall safely without leaving an open wound.

Do you sense an invitation from God to bring any torn places/open wounds in your heart due to goodbyes?

“The beautiful journey of today can only begin when we learn to let go of yesterday.”

Steve Maraboli *Unapologetically You: Reflections on Life and the Human Experience*

Generous Listening Practice

Shaping Textures. These indicators reflect the communal space that offers an accompanying presence: Slowing and Pausing; Listening and Noticing; Paying attention to God’s activity; Cultivating kindness; Welcoming the becoming; Inviting vulnerability, transparency, and courage; Recognizing with humility the transcendent presence of the Divine; Companion, Christ, and Creator as part of everyday life; Consenting; Living out of freedom and grace; Staying present to what is true and real.

How. These ways of being and actions provide the kind of space indicated above: Allowing and welcoming Silence; Playing with Questions that invite conversation; Turning to Wonder and Curiosity; Suspending judgment; Responding through Awareness and Self-Reflection; Finding common Humanity; Speaking from own Story - for and from self (compared to “everyone believes”); Listening to Embodied awareness and body language; Offering Hospitality for self and others; Consenting to how and when you share; Providing Confidentiality that honors another’s story.

Be Aware. These tendencies impede an accompanying presence for courageous space: Filling pauses through fixing, sermonizing, or over-affirming; Critiquing without understanding; Hearing your voice more than others; Using humor as a distraction or barrier to connection; Making generalizations as a way to avoid vulnerability; Allowing triggers/buttons to hinder presence; Attaching your autobiography to another’s story.

Breakout Groups

Question: Is there something you would like to share from your reflections on Why Leaves Fall?

The “Selah Way” in Generous Listening Triads

In groups of 3 with one person as the time-keeper. Each person: 10 minutes (4-2-4)

4 mins to share; 1-2 mins of pause; 4 mins to reflect back: “I noticed, I wondered, I appreciated”



“O Love” by Arvada West Choir <https://youtu.be/kD4nblJpuVY?is=j0yueTNIn9qhE6tU>

O love that will not let me go, I rest my weary soul in thee.
I give thee back the life I owe, that from thine ocean depth,
its flow may richer, fuller be.
O joy that seekest me through pain, I cannot close my heart to thee.
I trace the rainbow thru’ the rain, and
feel the promise is not vain that morn shall tearless be.