Change is situational. Transition, on the other hand, is psychological. It is not those events, but rather the inner reorientation or self-redefinition that you have to go through in order to incorporate any of those changes into your life. Without a transition, a change is just a rearrangement of the furniture. Unless transition happens, the change won’t work, because it doesn’t take.

William Bridges

Light precedes every transition. Whether at the end of a tunnel, through a crack in the door or the flash of an idea, it is always there, heralding a new beginning.

Teresa Tsalaky

Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.

Ann Landers

Life is pleasant. Death is peaceful. It's the transition that's troublesome.  

Isaac Asimov

The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.

Albert Einstein

“It is tempting to write the history of technology through products: the wheel; the microscope; the airplane; the Internet. But it is more illuminating to write the history of
technology through transitions: linear motion to circular motion; visual space to sub-visual space; motion on land to motion on air; physical connectivity to virtual connectivity.”
— Siddhartha Mukherjee, The Gene: An Intimate History

“It takes love to hold on when you want to let go. It takes love to let go when you want to hold on.”
— Kate McGahan

“How strange that the nature of life is change, yet the nature of human beings is to resist change. And how ironic that the difficult times we fear might ruin us are the very ones that can break us open and help us blossom into who we were meant to be.”
— Elizabeth Lesser, Broken Open: How Difficult Times Can Help Us Grow

“We must live in the radiance of tomorrow, as our ancestors have suggested in their tales. For what is yet to come tomorrow has possibilities, and we must think of it, the simplest glimpse of that possibility of goodness. That will be our strength. That has always been our strength.”

“While railing against the manufactured prerequisites of womanhood or manhood, we need to avoid manufacturing our own prerequisites. The non-operative journey and the objection to it illustrate just one area in which we need to open our thinking to other journeys while expecting that others respect our own.”
— Kate Bornstein, Gender Outlaws: The Next Generation

“A historic transition is occurring, barely noticed. Slowly, quietly, imperceptibly, religion is shriveling in America, as it has done in Europe, Canada, Australia, Japan and other advanced societies. Supernatural faith increasingly belongs to the Third World. The First World is entering the long-predicted Secular Age, when science and knowledge dominate. The change promises to be another shift of civilization, like past departures of the era of kings, the time of slavery, the Agricultural Age, the epoch of colonialism, and the like. Such cultural transformations are partly invisible to contemporary people, but become obvious in retrospect.”
— James A. Haught

History will have to record that the greatest tragedy of this period of social transition was not the strident clamor of the bad people, but the appalling silence of the good people.

Martin Luther King, Jr.
The interval between the decay of the old and the formation and establishment of the new constitutes a period of transition which must always necessarily be one of uncertainty, confusion, error, and wild and fierce fanaticism.  

John C. Calhoun

Life is one big transition.  

Willie Stargell

Gender transition isn't about gender. It's about literally making yourself a better person because you know that's a better you.  

Vivienne Ming

The recognition that things that are not sustainable will eventually come to an end does not give us much of a guide to whether the transition will be calm or exciting.  

Timothy Geithner

After 2012, there's been a shift in humanity, society and economics. We're witnessing a transition: everything is changing really fast - with that comes a wanting to see and believe, and faith and spirituality come into play. I think the world is now more spiritual than it ever was because people are searching for answers.  

Juan Pablo Di Pace

What I've learned about being trans in transition is just that sometimes good things don't happen when you try to rush things. Just as a young girl grows into a young woman, you know, we transition; we grow into our bodies the same way.  

Angelica Ross

Every successful organization has to make the transition from a world defined primarily by repetition to one primarily defined by change. This is the biggest transformation in the structure of how humans work together since the Agricultural Revolution.  

Bill Drayton

“We Needn’t Fear the Darkness”
We rail against the darkness, light our fires, dance and shout. And yet…

**We needn’t fear the darkness.**   
It has its own purpose.  
It is the time of rest and renewal,  
of nurture and healing,  
of new beginnings waiting to emerge.  
It brings the opportunity for sleep, for hibernation, for germination.  
It is a time of transition, of processing,  
of learning to let go.  
Darkness has a beauty all its own.  
We needn’t fear the darkness

We strike back against the silence, sing our songs, beat our drums,  
shout, and stomp our feet. And yet…

**We needn’t fear the silence.**   
It bestows its own unspoken blessings.  
It is only in the silences that we are able to hear once again  
that still small voice residing deep within.  
It is only in the profound quiet that the deepest of yearnings of our heart and the wisdom of our soul can make themselves fully known.  
Silence speaks a message all its own.  
We needn’t fear the silence.

The lessons learned in the dusk & the hush are not meant to remain in hiding.  
We do not stay at rest forever.  
From the dark and the shadow, from the silence and the solitude,  
We carry our insight into the light  
Nurtured and more fully aware  
of the inner most working of our being  
we carry this knowledge with us back into the growing radiance…
when we are ready…
but until then … we remain
… waiting to emerge.

Rev. Kathy Schmitz

When I gave birth to my daughter, I had already been laboring for days—not hours, but days. Later we learned we were waiting for her to turn so she was in the right position for productive labor. But at the time the excruciating contractions just kept coming and coming. Doctors call this part of labor transition.

Perhaps now our world is in a stage of transition. One of my classmates from divinity school, the Sikh activist Valarie Kaur asks: What if this [time] is not the darkness of the tomb but the darkness of the womb?
That day in the hospital room, when our daughter finally turned in my womb, all of a sudden it was time. The doctor told me, It’s time to push. And I looked at my husband, Ethan, terrified: Could I do it? I couldn’t.

But he told me I could. He stood beside me and held my hand. So, I breathed and I pushed. And I breathed and I pushed. Ethan rooted for me so loud they could hear him on the whole floor. We all—he and the doctor and the nurses and even my own baby—we all worked together to bring that new life into the world.

Transition. “What if this is not the darkness of the tomb, but the darkness of the womb?”

Excerpted from sermon by Rev. Emily Wright-Magoon, Quest for Meaning, Sept. 1, 2018

For a New Beginning

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,  
Wondered would you always live like this.

Then the delight, when your courage kindled,  
And out you stepped onto new ground,  
Your eyes young again with energy and dream,  
A path of plenitude opening before you.

Though your destination is not yet clear  
You can trust the promise of this opening;  
Unfurl yourself into the grace of beginning  
That is at one with your life's desire.

Awaken your spirit to adventure;  
Hold nothing back, learn to find ease in risk;  
Soon you will be home in a new rhythm,  
For your soul senses the world that awaits you.

~ John O'Donohue ~

The Purpose of This Community is to Help Its People Grow  
By Erik Walker Wikstrom

If you are who you were,  
and if the person next to you is who he or she was,  
if none of us has changed  
since the day we came in here—  
we have failed.

The purpose of this community—  
of any church, temple, zendo, mosque—  
is to help its people grow.

We do this through encounters with the unknown—in ourselves,  
in one another,  
in "The Other"—whoever that might be for us,  
however hard that might be—  
because these encounters have many gifts to offer.

So may you go forth from here this morning  
not who you were,  
but who you could be.
So may we all.

Question:
What is something you love about transitions?