

Milestones Circle 2023 November 26

Sharing Our Lives Now

Opening Words and Chalice Lighting: Let there be joy in our coming together. Let there be truth heard in the words we speak and in the songs we sing.

Song (TBA)

Welcome & Introductions: The what, who, and why of the Milestones Circle. Older adulthood is a time to take stock of one's journey and to affirm that which is of most importance. It can be a rich time in the lives of adults- a time when we are often open to new learning and discovery, a time of deepening friendships and relationships, a time of theological reflection as we explore questions of meaning and purpose. The Milestones Circle is an open, drop-in small group for older adults to meet, share thoughts and concerns, and receive support and friendship in a UU setting.

Our Covenant Statement:

- We will use “I” statements when speaking and avoid interrupting others while they are speaking.
 - What we say in this Circle will be held in confidence so that we all will feel free to share our truth openly.
 - We will listen with compassion and empathy because we understand that all human beings are fallible and need the kindness offered in friendship.
 - We acknowledge the right to pass or not share, when that feels appropriate.
-

Check-in: State your name and briefly describe where you are in your life now.

Reading:

From your Minister

How do we move through precarious times? *Collectively*

As we face political instability at home and war abroad, as we experience both loss and joy at once in our congregation, and as we advocate for our community's well-being and our children's future, a refrain from one of our hymnal readings keeps ringing out in my head: **“We need each other.”**

This is the spiritual truth I keep bumping up against with ever greater clarity: Leaning into relationship, into my connections with other people, is the most sustaining answer I can find to almost every perilous question I have.

How will we survive a warming planet? Together. How we will ever make peace? Together. How can my heart hold all the beauty and terror of this life? Together. With you. It's the only way.

Sitting in Silence: *Take this time in silence to reflect on the reading, and the questions to consider which are below. (It is recommended that the song be repeated here.)*

Question to Consider: (Review the handout)

1. Which of these questions are needing reflection for me now?
2. How would I prioritize the topics in the future meetings of Milestone?
3. Can I offer an additional topic that is important to me and perhaps, others?

Sharing/Listening round our Circle *We will first go around our Circle to ensure that everyone gets an equal opportunity to speak. You may wish to address one of the questions above or you may wish to offer your own unique thoughts on the theme of "Sharing our lives now."*

Open Discussion/reflections *We will share additional thoughts on our theme, this time in no particular order.*

Last thoughts/Check Out *As time allows, we are invited to give expression to appreciations on the sharing that has been offered or offer our own final thoughts.*

Closing Words and Extinguishing the Chalice: It's a blessing to be. It's a blessing to be here. It's a blessing to be here together. Amen. So may it be.

Next meeting will be on Sunday, December 31, 2023.

NOTE that this is the 5th Sunday of December!!