

Milestones Circle 2023 Sept. 24

Sharing Our Lives Now

Opening Words and Chalice Lighting: Ours is a community of compassion and welcoming. You do not have to do anything to earn the love contained within these walls. You do not have to be braver, smarter, stronger, better than you are in this moment to belong here, with us.

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 proposed 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 tell us the name of a place you'd like to see or to see again.

Reading by Kat Liu, a member of the First Unitarian Universalist Society of San Francisco.

What if this were your last breath? Just for this moment, believe that this is all you have. No time to worry about the future or the past. Just enough time to know that you are breathing.

Sitting in Silence: Take this time to reflect on the reading, and the questions to consider which are below.

Questions to Consider:

1. How would you describe yourself today?
2. Do you have a routine in your mornings that helps orient you in a positive mind-set?
3. What are some questions or concerns that you face as you look towards your future?

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 Let us give thanks for tender flesh, for heart beat and breath and bone. Let us give thanks for these bodies-like-no-others which our lives have shaped, each one beautiful, each one whole, each one holy.

Next meeting will be on Sunday, October 22, 2023

Note: If you have thoughts or ideas on future topics of discussion, please email or call me. Kathie Bergman, temporary group facilitator