

Milestones Circle -- 2024 February 25

Sharing Our Lives Now: Reflections and Intentions

Opening Words and Chalice Lighting: From Rev. Sara Ascher, UU

May the light from this flame be a beacon of our faith, in the days that grow dark and dreary. May the light from this flame be warmth to our spirits, during nights of restless searching. May the light from this flame be a celebration of the truth, meaning and joy we find within these walls and in our dreams.

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.

Song (TBA)

Readings:

Yesterday I was clever, so I wanted to change the world. Today, I am wise so I am changing myself. *-Rumi*

It's not about perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens. That's how change occurs. *-Jillian Michaels*

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. *-Oprah Winfrey*

Approach the new year with resolve to find the opportunities hidden in each new day. *-Michael Josephson*

Check-in: State your name and briefly share something from your life now.

Reflections and Intentions: (excerpted from a Braver/Wiser submission written by Rev. Sarah Osborne, UU)

The Toast: First around the circle, each person takes a turn offering a "toast." The "toast" is a moment of gratitude, sending words of blessing and thanks to someone. It's lovely to begin with this practice of gratitude because it often leads to greater generosity of spirit as the ritual continues.

The Boast: The second round of the ritual is the "boast." This is an opportunity for each of us to reflect upon something we're proud of accomplishing in the past year—whether it's small or grand.

The Oath: And the third round of the ritual is the "oath." This is a promise that we each make for the new year. I like to keep it simple by making it one word answer (it's easier to hold up the oath if you keep it simple). This one-word "oath" helps me set an intention, and guide me through the coming year.

Quiet Reflections: *Take this time 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:

1. Can I share a toast, boast, and/or an oath?
2. Do I have too much free time in my days/weeks/months? Or do I feel too busy?
3. Is there some small volunteer job that I could offer to our UU community now? Would a list of volunteer opportunities help with that? Would I like to discuss this with Rev. Molly?

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: Prayer

With the dawn of a new year, may we build upon a vision of grace and liberation, deepening our commitments to each other and to the wider community. Let us be vulnerable and courageous as collaborators in creating a more loving world. And may we remember to observe and celebrate the beauty and wonder that surrounds and sustains us. Blessed be.

Next meeting will be on Sunday, March 24, 2024