

Milestones Circle - March 24, 2024

Sharing Our Lives Now: Facing Limitations & Choosing Happiness

Opening Words and Chalice Lighting: A Moment of Rest by Linda Hart

Here we come, to find a moment of refreshment and rest from our journeys.

No matter where you are going on your journey,

No matter if it is your choice to go, or if you left by far away edict,

No matter if you carry a burden or the deepest of joys,

No matter how weary and thirsty you may be,

Pause here.

Take a quiet breath.

Rest in peacefulness.

Be renewed and restored

For in a short while, the journey will continue with its worries and troubles and joys and promise.

Until then, let us join together, minds and hearts.

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: *(to be read silently and discussed if there are questions or concerns.)*

- 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.
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First Reading: Happiness is not something which other people bestow on you. You yourself give – or deny – it. You do so not least by the manner and use of your retirement. You may be able to thank God/Universe/Spirit of Life (or fill in the blank) for the fullness of your years and the richness of your days. May it be so.

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

Second Reading: Facing Old Age from “A Book of Comfort” by Dr. R. Brasch (handout)

Quiet Relection: *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.)*

Questions to Consider:

1. If you have experienced a condition or limitation that comes as a part of ageing, how have you been able to adapt to the change?
2. In light of possible diminishing strength and mental sharpness, what or who are you grateful for now?
3. Share your ideas of a new activity or hobby that you are exploring to help you focus on the 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:

We are not just flesh and bone, we have stardust in our veins, a reminder that we carry within us the planets that align in our hearts. May we show up for one another, show up for ourselves in the process, and remember we are divinity incarnate. May we learn to lean into that pure and true source in each other more willingly, and with a love that will not abandon us and will sustain us for the many hard days that have passed and those yet to come. Amen.

Prayer by the Rev. Jami Yandle, a non-binary UU minister

Next meeting will be on Sunday, April 28, 2024.