

## Milestones Circle June 23, 2024

### Sharing Our Lives Now: Staying Connected to Community

**Opening Words and Chalice Lighting: A Holy Alchemy** ~ Rev. Kim Mason, the minister of First Unitarian Church of St. Louis

Here we engage in a holy alchemy,  
finding beauty in the ordinary and life in the present.  
Come, let us be transformed Together.

### Song (TBA)

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**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: When Did You First Know You Needed Community?

By [Wren Bellavance-Grace](#) (Wren works with the New England UU Region team )

We are a species wired for connection, for collaboration, for community; various fields of study have affirmed and documented this. But when did you *know* it? Maybe you were fortunate to grow up in a country, a culture, a church, a home where community was as central an element as water and air.

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

**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 grew up in some kind of community, will you please share something of your experience with it?
2. Do you imagine a community in which you would want to be a part?
3. Have you participated in any small group ministry in this UU community?

**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:**

*Now is the time for brainstorming our future Milestones Circle themes. Please feel free to speak in no particular order but being mindful of time to allow others to share! First come forward to write your idea in a few words and then expand verbally on the idea.*

**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:**

May all our hours together be blessed as this one has been: by open-hearted sharing, learning from one another, and making beautiful harmonies together.  
And may we greet everyone we encounter with the same acceptance and grateful kinship, until we meet again. Blessed be.

~ by The Rev. Amy Zucker Morgenstern, parish minister of the Unitarian Universalist Church of Palo Alto, California.

Next meeting will be on Sunday, July 28, 2024