

Milestones Circle: Sharing Our Lives Now - October 27, 2024

Keeping Ourselves Centered and Grounded

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.

As an experiment, we have agreed that if our group exceeds 12 in number we will try splitting into 2 groups for the discussion and coming back together for our sharing of final thoughts. We hope that this move satisfies our goal of allowing enough time for everyone to thoroughly express their personal points of view on the topics.

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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Opening Words and Chalice Lighting: We summon ourselves

We summon ourselves from the demands and delights of the daily round:
from the dirty dishes and unwaxed floors;
from unmowed grass, and untrimmed bushes;
from all incompletenesses and not-yet-startednesses;
from the unholy and the unresolved.

We summon ourselves to attend to our vision
of peace and justice;
of cleanliness and health;
of delight and devotion;
of the lovely and the holy;
of who we are and what we can do.

By Gordon B McKeeman | May 14, 2015 | From WorshipWeb on the UUA.org website

Song: Hymn no. 188 -- Come, Come, Whoever You Are

Check-in: Participants are invited, as we go around our circle, to state your name and to share something important in your life currently. Because we are a community of care, also indicate if there is anything that you might expressly need from this group to address what you have shared. *We might need to take a significant amount of time in our check in with the goal of becoming known and knowing our fellow participants. (approx 20 -30 minutes)* **Following the check in, if necessary, the group will split into two for today's discussion.**

Today's topic: Being Centered and Grounded in Daily Activities

Reading: For some people, spirituality is woven into their daily lives through different practices and routines. Sometimes, people will pray to a higher being on a daily basis, and others will take part in other activities, such as mindfulness, or meditation, which help them during their normal day to day lives.

Most people who feel that they are spiritual in some way and take part in activities that reinforce this, whether collectively or on their own, report that they have better well-being as a result. Suffering, illness, grief and poor mental health can all diminish as a result of being more spiritual, in whatever form that might be. Some also find that their spirituality and the practices that come with it also help with stress management and finding the motivation to adapt healthy habits.

Questions: You are invited during this time to verbalize the questions in your heart and mind that may spark discussion on our monthly theme. Participants may speak in no particular order. *The facilitator will attempt to record your questions for our consideration. (approx. 10-15 minutes)*

Quiet Reflection: Take a few minutes in silence to reflect on the reading, and the questions to consider which have been expressed. Use the back side of this paper to jot down your thoughts. (2-5 minutes)

Sharing/Listening round our Circle We will first go around our Circle to ensure that everyone gets an equal opportunity to speak. *Please be mindful to allow time for everyone to share. (approx. 20 minutes)*

Open Discussion/reflections We will share additional thoughts on our theme, this time in no particular order. (approx 10 minutes)

Returning together: *We invite each group to provide a synopsis from your separate discussions. (approx. 10 minutes)*

Possible further information? As time allows, please share your recommendations of books, movies, writers, websites, etc. that offer more on today's theme.

**Closing Words and Extinguishing the Chalice: Responsive Reading no. 660
To Live Deliberately by Henry David Thoreau**

Next meeting will be on Sunday, November 24, 2024

Topic: Why consider changing your living situations. Living well while living alone