

## Milestones Circle: Sharing Our Lives Now

### Covenant Adopted in September 2024

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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.

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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