

May 25, 2025 Milestones Circle

How to Embrace Aging in this Youth-Obsessed Culture

Opening Words and Chalice Lighting

“Symbol of light and knowledge, Symbol of warmth and freedom; We light this chalice as a symbol of our faith. Here we gather to celebrate hope, and the infinite possibilities of love.” ~Tom Goldsmith

Song: “Love Will Guide Us” <https://www.youtube.com/watch?v=qTOwEeN75jk>

“Love will guide us, peace has tried us, hope inside us will lead the way on the road from greed to giving. Love will guide us through the hard night. If you cannot sing like angels, if you cannot speak before thousands, you can give from deep within you. You can change the world with your love. Love will guide us, peace has tried us, hope inside us will lead the way on the road from greed to giving. Love will guide us through the hard night.”

Check-in: Without crosstalk or interruption, briefly describe where you are in your life now, and notice what needs to be shared in order to be fully present in our circle.

Reading 1: Quote...Simone de Beauvoir

Growing, ripening, aging, dying – the passing of time is predestined, inevitable. There is only one solution if old age is not to be an absurd parody of our former life, and that is to go on pursuing ends that give our existence a meaning – devotion to individuals, to groups or to causes, social, political, intellectual or creative work. In old age we should wish still to have passions strong enough to prevent us turning in on ourselves. One’s life has value so long as one attributes value to the life of others, by means of love, friendship, indignation, compassion.

Reading 2: “Just when you seem to yourself nothing but a flimsy web of questions, you are given the questions of others to hold in the emptiness of your hands, songbird eggs that can still hatch if you keep them warm, butterflies opening and closing themselves in your cupped palms, trusting you not to injure their scintillant fur, their dust. You are given the questions of others as if they were answers to all you ask. Yes, perhaps this gift is your answer.” (“A Gift,” by: Denise Levertov)

Questions to consider:

1. What are you being given to hold in your hands now?
2. Take time to notice the world around you. For what are you grateful?
3. What is a youthful mindset?
4. Youth have future time to grow the love and skills that you have stored in your toolbox. Where might you share your love and skills? With whom?
5. If you make an adjustment to embrace a positive attitude toward aging and staying active, how might your life become transformed?

Sitting in Silence: We will sit in silence for 3-5 minutes. Take this time to reflect on the readings, questions, and theme. Center yourself and consider what you want to share with the group.

Sharing/Deep Listening: Please share your own experiences and thoughts about the topic and readings with no crosstalk or interruption. Please ensure everyone gets an equal opportunity to share.

Additional Thoughts/Crosstalk: As time allows, after listening to others, do you have additional thoughts to share?

Checkout: What are you taking with you as you leave the circle? How can we support you in the month ahead?

Closing Words/Extinguishing the Chalice:

“We extinguish this flame, But we keep its light in our hearts, with its message of love and justice, Taking it outside these walls to the world we live in, until we are together again.” ~ Maddie Sifantus

Next meeting: June 22, 2025 Planning Our Future Meetings