

## **Milestones Circle: Sharing Our Lives Now**

November 23, 2025 – What makes your life meaningful now? Imagine 5 years from now or 10 years from now, what will make your life meaningful?

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**A covenant is a list of the ways the group agrees to be together. The idea is central to Unitarian Universalism. In our Milestones Circle we agree to engage each other in a covenantal relationship. We commit to honoring a purpose, method and format for our group meetings so that we can find meaning and connection. It is the means by which the community is held together. Therefore, we will read and reread our Covenant Statement (below) once every few months in order to remind ourselves of our promises.**

**Milestones Circle Purpose:** The Milestones Circle is an open, drop-in small group for older adults to meet, share thoughts and concerns on a prearranged topic, and receive support and friendship in a UU setting.

**Our Milestones Circle Covenant Statement:** (as adopted October 26, 2025)

1. We will use “I” statements when speaking and avoid interrupting others while they are speaking. (Crosstalk will only be permitted during the Open Discussion portion of the meeting)
2. What we say in this Circle will be held in confidence so that we all will feel free to share our truth openly.
3. We will listen with compassion and empathy because we understand that all human beings are fallible and need the kindness offered in friendship.
4. We acknowledge the right to pass or not share, when that feels appropriate.
5. We will speak for ourselves and respectfully listen to others during sharing time. (This is not the time for giving advice.)
6. We will monitor the length of our speaking to ensure there is sufficient time for all to share.
7. We will fully and gladly welcome new members to the group.
8. Between meetings, we will keep each other in our thoughts and hearts, reaching out to each other as needed in tangible ways to ensure that we are a caring community for one another.

## Opening Words and Chalice Lighting:

We come to this hour

We come to this hour knowing that it is but an hour.  
Yet out of all the hours in the week this is one that is set apart:  
an hour that is saved,  
an hour that is savored.

It is a time for us to recognize what gives life meaning.  
It is a time to honor what we value.  
It is a time to celebrate our lives.

Let us then celebrate, honor, and recognize  
that we might fully savor this hour we have saved.

~By Louise A Robeck

## Meditation and Responsive Reading

(settle yourself comfortably in your chair, close your eyes, repeat the below 3x)

Leader: Breathe in  
*Circle members: I am alive.*  
Leader: Breathe out  
*Circle members: I am here.*

## Song: Hymn no. 360 Here We Have Gathered, verses 1 and 3

**Check-in:** Please briefly state how you are doing now and consider answering the following question: ***Where did you spend most of your childhood? What did you most enjoy on the summer vacations?***

**(Following the check in, If deemed necessary, the group will split into two for today's discussion.)**

**Today's topic: Making our lives meaningful now and in the future**

**Reading:**

When I am an old woman I shall wear purple  
With a red hat which doesn't go, and doesn't suit me.  
And I shall spend my pension on brandy and summer gloves  
And satin sandals, and say we've no money for butter.  
I shall sit down on the pavement when I'm tired  
And gobble up samples in shops and press alarm bells  
And run my stick along the public railings  
And make up for the sobriety of my youth.  
I shall go out in my slippers in the rain  
And pick the flowers in other people's gardens  
And learn to spit.

You can wear terrible shirts and grow more fat  
And eat three pounds of sausages at a go  
Or only bread and pickle for a week  
And hoard pens and pencils and beermats and things in boxes.

But now we must have clothes that keep us dry  
And pay our rent and not swear in the street  
And set a good example for the children.  
We must have friends to dinner and read the papers.

But maybe I ought to practise a little now?  
So people who know me are not too shocked and surprised  
When suddenly I am old, and start to wear purple.

*Acknowledgement:*

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**Quiet Reflection:** Take a few minutes in silence to reflect on the reading, and the questions to consider. You can use the back side of this paper to jot down your thoughts.

**Questions you might want to consider:**

1. Complete the sentence "When I am old I will \_\_\_\_\_."
2. Imagine with me for a moment, things that you love about life, things that you love about being alive. What do you love about life, and about being alive in it?
3. Who or what has had a great meaning in your life?
4. What did it mean that you chose to join UU of Columbia?

**Thoughts and Questions:** You are invited during this time to verbalize the questions or comments in your heart and mind that may spark discussion on our monthly theme. Participants may speak in no particular order.

**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.*

**Open Discussion/reflections** We will share additional thoughts on our theme, this time in no particular order

**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:**

Spirit of life and love

Spirit of life and love, thank you for the gifts of life and love.

Help us to embrace fully the sweet and the bitter moments of our days.

Help us to treasure the times of abundance and to find meaning in the times of emptiness.

Help us in our abundance to reach out to those who hunger—

and help us in our times of hunger to admit our neediness and to accept the caring hand of our neighbor.

Amen.

~By Amarette Callaway

Next meeting will be on Sunday, December 28, 2025

Topic: What does spirituality mean to you? How did you come to your current belief system? (proposed by Jeanne Murphy)