

Milestones Circle: Sharing Our Lives Now

December 28, 2025 – What does spirituality mean to you? How did you come to your current belief system?

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:

Excerpts from The Spirit of Life is Here by Rebekah Savage

The Spirit of Life is divine within us, the Spirit of Life is here.
We come together in this quiet moment,
To know that when I cherish and tend to the divine spark within me,
when I know in my bones that I am worthy of love and whole just as I am,
That there is greater potential for mutual understanding and care.
Love is not scarce; our ability to extend compassion and grace can be.

The Spirit of Life is divine within us, the Spirit of Life is here.
This is the beginning of justice and equity when we go within, in order to be of service in our communities and our world.
May it be so.
Amen.

Song: Hymn no. 131 Love Will Guide Us (3 verses)

Check-in: Please briefly state how you are doing now and consider answering the following question: In childhood my family and I attended _____ church/temple. Or alternately, in childhood I had no religious affiliation.

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

Today's topic: Spirituality and Beliefs

Reading: Lean in to Life By Tara Humphries

February 7, 2018

"Uncross your arms, lean all the way in. Love is everywhere."

—Rev. Gretchen Haley

I recently found myself in a Kundalini yoga class with a new teacher. I'm a UU, but Kundalini Yoga is my spiritual practice. I'm wearing my white cotton clothing, my head wrap, sitting on my natural fiber blanket, moving contently through the exercises with care and focus and precision. All of a sudden, one of the exercises brought up a whole bunch of resistance in me.

"Sit in easy pose with your legs crossed, arms out to the side, hands in fists," the teacher instructed. *Okay, I can do that.*

"And begin to move your arms in circles as fast as you can." It was challenging but doable. I closed my eyes and focused my attention at the brow-point, the third eye.

"Now," she said, "begin to chant GOD GOD GOD GOD as you vigorously circle your arms."

Oh boy, I thought, Here we go. Of course it couldn't just be arm circles.

I began to chant with her but my thoughts kept inviting themselves in to interrupt me. *Why do I have to chant GOD?*

"God, God, God..." What do I even mean by god?

"God, God, God..." Is everyone else actually saying this out loud?

"God, God, God..." This is weird. I wonder if people are looking at me.

"God, God, God..." Okay, Tara, just get over it.

"GOD! GOD! GOD!," I shouted. I began to smile, twirling my arms as fast as my shoulder socket would allow...giggling, then laughing. I don't know if you're out there but if you are I hope you're laughing too because this is freaking awesome. "GOD!! GOD!!"

Then we settled into a comfortable, silence. The edges of my mouth had settled in up by my eyes. And there was this deep joy, that maybe could have floated me right up off my natural fiber blanket and into the supposed heavens.

I'm beginning to learn that when we lean in—into the awkwardness, discomfort, and random hilarity of life in the very moment that life invites us forward—we can tap into the most holy, real, enveloping love that we could ever imagine.

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. What is your personal definition of spirituality?
2. Share your elevator speech of your "religious journey." (2 min. or less)
3. Have you ever felt what you would describe as "the holy"? Can you share the experience?
4. It is said by some that infants are closer to God. What do you think of that idea?

***Sharing/Listening round our Circle Choose one question to answer or make up and answer your own!!** 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.*

***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 or answer another question from the list above. Participants may speak in no particular order.

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.

***Check Out:** This would be the time to share a last word or to make a request of the Circle friends for tangible care from one another.

Closing Words and Extinguishing the Chalice:

With what benediction shall I leave you?

This: In your life, may you know the holy meaning, the mystery that breaks into it every moment.

May you live at peace with your world and at peace with yourself.

And may the love of truth guide you in your every day. Amen.

By Mark Mosher DeWolfe

***Revision from early programs**

Next meeting will be on Sunday, January 25, 2026 at noon in the lower level
Topic: What is on your bucket list? Do you look to the future with joy? What are your inner and outer goals? (Joan Mudrick and Pat Gulmez)