

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

January 25, 2026 – What Is on Your Bucket List?

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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:

Excerpt from *Sacred in the Ordinary* by Rev. Dr. Celeste Lebak

*We gather this day to be reminded of the sacred in the ordinary.  
The holy moments of waking yet again to a new day.  
The feel of the earth beneath our feet  
The crisp cool on our skin  
The joy of being welcomed by our fellow travelers  
The warmth of this place.  
Help us this day to be fully present in our living  
Awake to each breath.*

## Song:Live In Joy, Go In Peace

*Live in joy, go in peace  
Hold all our love as we part  
Live in joy, go in peace  
Hold all our love in your heart*

**Check-in:**State your name and briefly briefly state how you are doing now..

## Today's topic:What Is On Your Bucket List?

### Reading:

*“[A]ll disappointments, failures, mistakes, even tragedies become part of the winding path of our lives, given as turning points, and loaded with divine insight - should we care and have the strength to see.”*

--from Ten Fun Things to Do Before You Die, by Karol Jackowski

**Quiet Reflection:**Take afew 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. Do you have a “bucket list” and is the concept one that you relate to? If so, what types of things would you like to experience, or perhaps achieve, in the future?
2. What items have you already crossed off your list? (i.e., what experiences or goals are you most grateful for having already experienced or achieved?)
3. Contrast an inner, intangible goal with an outer tangible goal that you wish to achieve.

4. Is there anything on your bucket list that you will not be able to experience or achieve in the future? If so, how have you made peace with that?

**Sharing/Listening round our Circle. Choose one or more question to answer or speak on a related topic.** We will first go around our Circle to ensure that everyone gets an equal opportunity to speak.

**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.

**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:**

#### **What I Know**

*I do not know where we go when we die;  
And I do not know what the soul is  
Or what death is or when or why.*

*What I know is that  
The song once sung cannot be unsung,  
And the life once lived cannot be unlived,  
And the love once loved cannot be unloved.*

By Rev. Dr. Kenneth W. Collier

The next meeting will be on Sunday, February 22, 2026 at noon in the lower level. The topic will be "Reflecting on Your Personality."