

Milestones Circle: Sharing Our Lives Now

22 March 2026 Topic: Reflecting on your personality

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:

You Deserve a Place

Inspired by the poem “You Deserve a Love” (“[Mereces un amor \(YouTube\)](#)”) by Estafanía Mitre, frequently misattributed to Frida Kahlo.]

We light this chalice
for the ones who arrive disheveled,
carrying questions, contradictions,
grief half-healed, and dreams still raw.

You deserve a place
that welcomes your becoming,
that knows your fire is not too much,
your silence not too little.

A place that sees your shadows
and still reaches for your light.

You deserve a community
that listens when you speak your truth,
that sits with you in turmoil
and rises with you in joy,
that believes in your voice
even when it trembles.

You deserve a circle
that brings you hope,
and coffee, and poetry.
A place to rest.
A place to rise.

Let this flame be that place:
not perfect,
but possible.
Not without cracks,
but full of light.

Welcome home.

~ By Craig Rowland

Hymn no. 188: Come, Come, Whoever You Are (sung 2X)

Check-in: Please briefly state how you are doing now.

Next-- Look to the person on your right and if you feel as if you can, please say something positive about that person. (Alternatively, if you don't know him/her or if you are uncomfortable doing this activity, you can pass.)

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

Today's topic: Reflecting on your personality

Reading 1: How many UU's does it take to change a lightbulb? Only one but the lightbulb has to want to change!

On a more serious note, scientists have found that personality traits can be changed and similar to the lightbulb, a person has to want to change! According to the BBC Science Focus Website, there are simple ways you can change your personality. If you are looking for those tips, go to <https://www.sciencefocus.com/wellbeing/how-to-change-your-personality-neuroscience>.

Reading 2: By [Kendra Cherry, MS.Ed.](#) Published on August 31, 2016

What Exactly Are Personality Traits?

Personality traits are consistent patterns in how people think, feel, and behave in different situations. They tend to remain stable over time and influence how we interact with the world. They shape how we relate to others, respond to challenges, and express ourselves in daily life.

Examples include empathy, curiosity, resilience, introversion, confidence, and impulsivity. Understanding personality traits can help you reflect on your own behavior, and better understand others.

Any personality trait exists on a continuum, and most people fall somewhere between the high and low ends for each dimension.

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

Questions you might want to consider:

1. In the main, have you been happy with your personality?
2. What do you think your best friend would say about your personality?
3. Do you agree? If you disagree, what do you think is a major trait of your personality?
4. Do you ever make a snap judgment upon meeting someone? What is it that you think you observe that affects that judgment?

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:

May You Be Changed

May you leave this time together changed.
May the promises you have made to yourself about who you want to be feel closer to the reality of who you are right now.
May you share that feeling of transformation wherever you go.
May it spread into every word, deed, thought, and interaction
Until we are all changed, transformed and transforming together,
becoming our better selves.

~By Emily Richards

Next meeting will be on Sunday, April 26, 2026 – Topic: Opening and Closing Doors