

PEOPLE IN OUR LIVES

(adapted from a session by Rev. Turner, First UU Church, Auburn, Me)

OPENING WORDS & CHALICE LIGHTING:

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

~Albert Schweitzer, Reading #447, Singing the Living Tradition

PURPOSE: We come together to build connections and to support each other on our spiritual journeys.

CHECK IN: Take a minute or two to share briefly the high and low points in your life since we last met. What are you leaving behind to be here today? What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing.

READING OF GROUP COVENANT: Handout

FOCUS: People who have had an impact on our lives

What riches we carry inside us:
living memories of teachers we have known, authors we have read,
friends whose presence never failed to comfort us,
authors, poets, even politicians, who never failed to inspire us,
parents, siblings, aunts or uncles, whose values and caring sustains us still.

We have all learned from each other in our group, from the people in our personal lives, and from the people we know about through literature, art, politics and other knowledge-based sources. Think a bit about three people (either from your personal life or from your knowledge of people in literature, history or other sources) whose life or ideas have had an impact on your life- who would they be and why have you chosen them.

QUESTIONS: Each person in the group speaks uninterrupted; if time remains, general response and conversation are welcome.

- 1) Who are three people (perhaps throughout different stages of your lifetime) who have had an impact on your ideas about life and living?
- 2) Briefly share any messages you took from them about what is important in life?
- 3) How have they affected how you have lived your life.
- 4) What messages or ideas (if any) did you get from them about aging?

CONFIDENTIALITY CHECK: Is there anything that you shared here today that you would like held confidential? Otherwise, this is a reminder that we treat each other's sharing with kindness and respect.

CHECK OUT: How was the group for you today? Any additional thoughts?

CLOSING WORDS AND EXTINGUISHING THE CHALICE

We are changed, you and I.

Just as before, countless times in cycles that never quite repeat.

We are changed. But this time it is different.

For we have shared the sacred gift of knowing one another, of trusting one another. And so I say to you: go forth boldly; you are not alone; you carry with you a part of all of us. And so I say to you: go forth, in peace.

~ adapted from Andrew C. Backus

SHARING CIRCLE 60+ Feedback (approx. 10 minutes)