



**SMALL GROUP MINISTRIES**

Unitarian Universalist Small Group Ministry Network Website

**AGING**

**Starr King Unitarian Universalist Church, Hayward, CA  
Wednesday Afternoon Small Group Ministry, June 9, 2021**

How we spend our days is, of course, how we spend our lives.

~**Annie Dillard**

**Opening and Chalice Lighting**  
(1 min)

Ten thousand flowers in spring,  
The moon in autumn,  
A cool breeze in summer,  
Snow in winter.  
If you mind isn't clouded by unnecessary things,  
This is the best season of your life. ~**Wu-Men**

**Sharing/Check-in**  
(40 min, 4 min each)

Take this time to share how you are spiritually, psychologically, emotionally, and/or physically. What is most on your mind today? Share one high and one low from your life right now.

**Quiet Reflection**  
(1 min)

Nobody can go back and start a new beginning, but anyone can start today and make a new ending. ~ **Marin Robinson**

**Topic Readings**  
(5 min)

Inside every old person is a young person wondering what happened.  
~ **Terry Pratchett**

Remorse is the poison of life ~ **Charlotte Bronte**

To live in this world you must be able to do three things: to love what is mortal; to hold it against you bones knowing your own life depends on it, and, when the time comes to let it go, go let it go. ~ **Mary Oliver**

The whole problem with the world is that fools and fanatics are always so certain of themselves and wiser people so full of doubts. ~ **Bertrand Russell**

The fear of becoming old is born of the recognition that one is not living now the life that one wishes. It is equivalent to a sense of abusing the present.  
~ **Susan Sontag**

Age has no reality except in the physical world. The essence of a human being is resistant to the passage of time. ~ **Gabriel Garcia Marquez**

Age is an issue of mind over matter. If you don't mind, it doesn't matter.  
~ **Mark Twain**

Middle age is when you're sitting at home on a Saturday night and the telephone rings and you hope it isn't for you. ~ **Ogden Nash**

The old believe everything, the middle-aged suspect everything, the young know everything. ~ **Oscar Wilde**

**Break/Quiet Contemplation**  
(5 min)

Please attend to your current biological, emotional, and spiritual needs, so you can participate fully in the rest of the session.

<p><b>Sharing/Deep Listening</b> (50 min, 5 min each)</p>	<p><b>AGING</b>--Speak about this topic in any way that is comfortable for you. If you choose to use the questions, focus on just one or two, as this will allow you to explore the topic in more depth.          What has been your experience with aging over the past decade of your life?          What surprises has it held?          What frightens you about aging? What comforts you?          How can we approach aging in a life-affirming way?          Regardless of your chronological age, do you think of yourself as any particular age? If so what is it? If you could be any age you choose, what would it be?          Have your feelings about aging changed as you have gotten older?          Has anyone served as a model for you regarding ways to grow older? What about them do you admire? What has that person taught you? What qualities in the do you want to emulate?          What is the greatest blessing that getting older has given you, and what is its greatest curse?</p>
<p><b>Open Reflection</b> (15 min)</p>	<p>This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared. Please try to respond to others without judgment. Remember our Covenant with each other to listen deeply without judgment</p>
<p><b>Likes &amp; Wishes</b> (5 min)</p>	<p>What did you appreciate about today’s session—in yourself, in others, in the gathering as a whole? What would you like to see change in the fut</p>
<p><b>Future Plans</b> (10 min)</p>	<p><b>Next Session:</b> Wednesday June 25, 3:30 to 5:30 PM, topic to be determined.  <b>Summer Schedule:</b> Should we meet once or twice a month in July, August, and September? Can we decide on one meeting time, if twice a month?  <b>Normality Resumption:</b> When to resume in-person meetings, invite new members, reconnect with Zoom-challenged members on hiatus, etc.</p>
<p><b>Closing / Extinguish the Chalice</b> (5 min)</p>	<p>Look to this day!          For it is life, the very life of life.          In its brief course lie all the verities          And realities of your existence:          The bliss of growth          The glory of action,          The splendor of beauty;          For yesterday is but a dream,          And tomorrow is only a vision;          But today, well lived, makes every yesterday          A dream of happiness          And every tomorrow a vision of hope.          Look well, therefore, to this day.          ~ <b>Attributed to Kalidasa, Hindu dramatist and poet.</b></p>