

# Facilitator Notes for “Are We Grownups Yet?”

## Before the Gathering

This session uses a divided-group responsive reading for the Chalice Lighting. Read it over to get comfortable with it. Be prepared to divide the group into two parts, explain the meaning of FOMO (Fear of Missing Out) and YOLO (You Only Live Once), and get the two sections started.

## Words of the Day

I felt like a REAL grownup when I ...

**Chalice Lighting** *(Divide into two groups. Read FOMO and then YOLO, one paragraph at a time.)*

### FOMO (Fear of Missing Out)

- We see the public lives of our friends and neighbors, and wonder if we are living up to our potential.
- Life feels like it’s moving too fast; we cannot do all that we want or need to do. We long for us all to slow down.
- Are we missing out by living the life that feels true to us?
- In this moment, we let go of expectations, of fears, of worries – and we accept that life is exactly what it ought to be.

### YOLO (You Only Live Once)

- We feel the inner doubts and questions, and try to live life fully – creating the life we want by our words and deeds.
- Life *is* moving too fast; we have but one short life to do all that can be done. We long for us all to speed up.
- Are we missing out by doing so much that we cannot simply just be?
- In this moment, we let go of the past and future, living into the moment, accepting that life is exactly as we make it.

**Read in Unison.** Our different lives represent different threads; each a color and texture of its own. May our lives be woven together, becoming stronger by our connections and brighter by our diversity. *(Light the Chalice)*

## The Basket

### Sharing of Joys and Concerns

### Silence, holding ourselves and each other in silent support

### Shared Readings

When I was ten, I read fairy tales in secret and would have been ashamed if I had been found doing so. Now that I am fifty I read them openly. When I became a man I put away childish things, including the fear of childishness and the desire to be very grown up. *C.S. Lewis*

People say you're born innocent, but it's not true. You inherit all kinds of things that you can do nothing about. You inherit your identity, your history, like a birthmark that you can't wash off ... You have to earn your own innocence ... You have to grow up and become innocent.  
*Hugo Hamilton, The Sailor in the Wardrobe*

The value of marriage is not that adults produce children, but that children produce adults.  
*Peter De Vries*

For, after all, you do grow up, you do outgrow your ideals, which turn to dust and ashes, which are shattered into fragments; and if you have no other life, you just have to build one up out of these fragments. *Fyodor Dostoyevsky*

Until recently each generation found it more expedient to plead guilty to the charge of being young and ignorant, easier to take the punishment meted out by the older generation (which had itself confessed to the same crime short years before). The command to grow up at once was more bearable than the faceless horror of wavering purpose, which was youth. *Maya Angelou*

It is all too common for caterpillars to become butterflies and then to maintain that in their youth they had been little butterflies. Maturation makes liars of us all. *George E. Vaillant*

Maturity is a bitter disappointment for which no remedy exists, unless laughter could be said to remedy anything. *Kurt Vonnegut*

We're happy, free, confused, and lonely at the same time  
It's miserable and magical, oh yeah  
Tonight's the night when we forget about the deadlines / It's time,  
I don't know about you, but I'm feeling 22 *Taylor Swift, "22"*

When we are children we seldom think of the future. This innocence leaves us free to enjoy ourselves as few adults can. The day we fret about the future is the day we leave our childhood behind. *Patrick Rothfuss*

Youth ends when egotism does; maturity begins when one lives for others. *Hermann Hesse*

## **Deep Sharing/Deep Listening**

**Round 1:** Share your reflections on being grownups and the preparation materials.

**Round 2:** Share additional thoughts or reflect on what others have shared.

## **Closing Circle**

## **Extinguishing the Chalice**

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again. (*Extinguish the chalice*)

## **Song/Chime**

## **Announcements**

### **The Covenant**

I commit myself:

- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the "I-message."