

Making Friends as an Adult

By Mark Bischoff April 25, 2018 UU Community Church of Washington County, Hillsboro, OR

CHALICE LIGHTING

“You can make more friends in two months by becoming interested in other people than you can in two years by trying to get people interested in you.” –Dale Carnegie

“Right now, someone you haven’t met is out there wondering what it would be like to meet someone like you.”
– Unknown

CHECK-IN

Share how you are spiritually, psychologically, emotionally, and/or physically. How you are in **this** moment?

READING

We can’t pick our family. Often, we cannot pick the people with whom we work and spend a great deal of time. But over our lifetimes we have the opportunity to choose our closest friends and for most of us, our friendships have deeply affected our evolution as a human being. We are who we are today partly due to the companionship and the influence of our friends. – Rev. Kim K. Crawford Harvie

A study last year found that friendships are especially beneficial later in life. Having supportive friends in old age was a stronger predictor of well-being than family ties – suggesting that the friends you pick may be at least as important as the family you’re born into.” –Mandy Oaklander

As we get older, friends move away, grow apart from us, or die, leaving us behind. We can become too busy or too set in our ways to remember to keep choosing each other for friends. So how do we refill our friend bucket? Let your passion guide you toward people. Common passions help people bond at a personal level, and they bridge people of different ages and life experiences. Once you meet a potential future friend, then comes the scary part: inviting them to do something. It’s scary because not everyone will want to be your friend or even if they do want to, they may not have the time or energy to take to accept your move toward friendship.

QUESTIONS

1. Have you replaced friends that have left you?
2. Have you changed to compensate for loss of longtime friends, or have you just gotten by with fewer friends?
3. What have you learned as an adult to make new friends and grow closer to those you care for?
4. Describe how you have held onto or revived long term friendships? Was it worth the effort you put in?
5. Have toxic friendships made you wary of exposing the real you to new friends? Or have the rewards of new friendships made you more daring in inviting new friendships?
6. What attributes attracted you as you chose your friends? Or did they choose you?

FEEDBACK

What will you take away from today’s topic?

Is there another part of this topic that you wish we had explored?

CLOSING WORDS:

“You have to put yourself out there. There’s a chance that the person will say no. But there’s also the chance they’ll say yes, and something really great could happen.” – Janice McCabe, Prof. of Sociology, Dartmouth College

“When a friend reaches out to you, don’t forget to tell them how much it means to you.” –Mandy Oaklander