



## Family Take-it-Home

December. 2, 2018

Curated from *Soul Matters* and *Mary Borland, Dir. Of Religious Exploration & Cong. Engagement*

**TOPIC:** "Mystery All Around Us: The practice of seeing the miraculous in the ordinary" and **SERVICE TO OTHERS:** Cookies for Smiles

On Sunday at 11:15am 2nd grade and up will join members of the Caring Committee for an annual event "Cookies for Smiles." The cookies will be decorated and festively wrapped. Holiday cards will be made, and families are invited to deliver the cookies and cards and briefly visit a member of our community.

(Book mark to cut out box)

*Believing in the true spirit of the season, I pledge myself to...*



REMEMBER THOSE PEOPLE WHO TRULY NEED MY GIFTS.



EXPRESS MY LOVE IN MORE DIRECT WAYS THAN GIFTS.



EXAMINE MY HOLIDAY ACTIVITIES IN LIGHT OF MY DEEPEST VALUES.



BE A PEACEMAKER WITHIN MY CIRCLE OF FAMILY & FRIENDS.



REDEDICATE MYSELF TO MY SPIRITUAL GROWTH.

From

[Unplug the Christmas Machine](#) by Jo Robinson & Jean Coppock Staeheli

### FAMILY TIME OPTIONS to do at home: MYSTERY ALL AROUND and CHALICA

The miraculous is disguised as the ordinary. Once you open your eyes and see through the fog of complacency, so much is miraculous! The toddlers know this, and a walk with them reveals sidewalk cracks, blades of grass, or some such miraculous mystery every few feet. Have we lost this sense of wonder and awe? (Likely in the bustle of bills to be paid, work and errands that need doing). So, this week, focus on the practice of renewing the sense of the miraculous mysteries all around us.

**STORY: *And It Is Good*** By Janeen K Grohsmeyer from *Tapestry of Faith, World of Wonder, Decomposition* <https://www.uua.org/re/tapestry/children/wonder/session7/and-it-is-good>

The mystery of the cycle of life and death. A simple grass seed, eaten by a mouse, eaten by a snake, eaten by a hawk, who dies and provides nutrients for another grass seed.

To use this with young children, find pictures of each plant and animal, or use toy animals.

**Theme Connection:** The miraculous cycle of life and death is part of the mystery all around us.

**Chalica (UU holiday) Monday, Dec. 3 – Sunday, Dec. 9** (more info [here](#))

*In 2005, some Unitarian Universalists wondered why UU's don't have a holiday to affirm UU Principles /values. UU is an evolutionary faith and in the spirit of the season "Chalica" came into being and is continuing to evolve. There is no one right way to celebrate (and not all UU's do) but the general idea is to invite your family to light a chalice each night starting the first Monday in December and for seven following nights and consider a UU Principle each night in some way.*

- **Suggestions for Chalica at Home?** See *Ideas on the next page* (adapted from Jenna Wood Cooper) or pick something from [Beginner's guide to Chalica](#) from Meredith Plummer, First Unitarian Church of Cincinnati - This guide gives a lot of suggestions from the design of your chalice / centering candle, to a variety of options for an individual or as a family to pick from for the seven days. It can be as simple as asking a question or reading a book at bedtime or watching a movie and talking about how you showed your UU faith in action each day.

Here's some other resources to try:

- **Create a cross word of UU Values** with letter tiles.

This idea & photo by Engelie Brand in South Africa



- **List of STORY BOOKS on the 7 principles** to choose from <https://www.shancarpublishings.com/resources/stories-by-principle-source/>

- **A Chalica Song** (Infinite Light) posted on YouTube Dec.6 2010 <https://www.youtube.com/watch?v=NGogwRjBd34>



Unitarian Universalist	Action options of our Principles	Chalice Lighting & Question	Closing
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<p>1 EACH PERSON IS IMPORTANT</p>	<ul style="list-style-type: none"> <li>• Send thank you cards</li> <li>• Apologize to someone</li> <li>• Help someone in need</li> <li>• Prepare everyone's favorite dish (Mac &amp; cheese, jellybeans, and applesauce? Sure!)</li> </ul>	<p>We light our chalice for the inherent worth and dignity of every person</p> <p>Q: Today, how have I let people around me know they are important?</p>	<p>Today we honor the differences between us. Every one, with unique gifts &amp; ways of seeing the world, helps us grow in understanding. Remember Rev. Dr. Rebecca Parker's prayer: <b>There is a love holding me. There is a love holding you. There is a love holding us all. I/We rest in this love.</b></p>
<p>2 BE KIND IN ALL YOU DO</p>	<ul style="list-style-type: none"> <li>• Spend time in a soup kitchen or local non-profit</li> <li>• Practice and Use Non-Violent Communication</li> <li>• Surprise a neighbor (<i>bring a small gift or card, ring the bell, &amp; let them discover it</i>)</li> </ul>	<p>We light our chalice for justice, equity and compassion in human relations</p> <p>Q: How have I shown kindness or equity today?</p>	<p>Kindness is more than deeds. It is an attitude. An Expression. A look. A touch. It is anything that lifts another person. ~ Plato</p> <p>No Act of Kindness, no matter how small, is ever wasted ~ Aesop</p>
<p>3 We're free TO LEARN TOGETHER</p>	<ul style="list-style-type: none"> <li>• Try a new food</li> <li>• Read a book from a culture or place unfamiliar to you.</li> <li>• Read about a religion different from yours.</li> <li>• Play a new game as a family</li> </ul>	<p>We light our chalice for acceptance of one another and for spiritual growth</p> <p>Q: How do I learn best? By myself? Hands on? Talking with others?</p>	<p>"Imagine that every person in the world is enlightened but you. They are all your teachers, each doing just the right things to help you." ~ Buddha</p>
<p>4 AND SEARCH FOR WHAT IS TRUE</p>	<ul style="list-style-type: none"> <li>• Teach something to someone else</li> <li>• Eat foods from a different religious celebration</li> <li>• Give a book to someone</li> </ul>	<p>We light our chalice for a free and responsible search for truth and meaning</p> <p>Q: How do I demonstrate my curiosity for truth?</p>	<p>Mindful of our highest aspirations, bound by common faith and purpose, and, yet, beginning with ourselves as we are, let us take one more step, together, in our unending quest for dignity, justice, and love.</p>
<p>5 ALL PEOPLE NEED A VOICE</p>	<ul style="list-style-type: none"> <li>• Help a political party or a group working for justice for marginalized people.</li> <li>• Write to your representative</li> <li>• Hold a family meeting</li> <li>• Vote on dinner for the night</li> </ul>	<p>We light our chalice for the right of conscience and the use of the democratic process within our congregation and society at large</p> <p>Q: Who needs me to hear their story &amp; listen?</p>	<p>We extinguish the flame but not the light of truth, the warmth of community, or the fire of commitment.</p>
<p>6 BUILD A FAIR AND PEACEFUL WORLD</p>	<ul style="list-style-type: none"> <li>• Have leftovers to remind us to not waste food.</li> <li>• Donate to a global cause</li> <li>• volunteer with an organization that has global influence</li> <li>• write a letter for Amnesty International</li> </ul>	<p>We light our chalice for the goal of world peace, liberty, and justice for all</p> <p>Q: How did I act with fairness and/or peacefulness today?</p>	<p>We have committed ourselves to do what we can to ease the burdens of those who suffer, to stand for decency and compassion. We have pledged to work for a more wholesome environment for us and for all the generations who will follow.</p>
<p>7 We take care OF THE earth</p>	<ul style="list-style-type: none"> <li>• Eat a vegetarian meal</li> <li>• Make something out of recyclables</li> <li>• Adopt an animal (option online whales or offer to pet sit)</li> <li>• Start a compost</li> </ul>	<p>We light our chalice for respect for the interdependent web of all existence of which we are apart.</p> <p>Q: How do I show my reverence and care for the earth regularly?</p>	<p>May the firmness of the earth be yours. May the flow of the water be yours. May the freedom of the air be yours. May the fierceness of the fire be yours. May all of the gifts of this life, the below and the above, be with you and remain with you always.</p>