

## JUC Family Facebook Page Sharing

What are some other ways to incorporate the theme of covenant into your family life?

What worked and what didn't work well?

How did your family discuss the theme of covenant?

Please share on the JUC Families Facebook page.



## FAMILY REFLECTION

### September 2016 Covenant

Rituals help us slow down, create a practice of mindfulness, and reinforce what is most important. We invite JUC families to sit down together for a family ritual of sharing and reflection. Most of your children's spiritual and religious development takes place within your family and we hope to assist you to be more intentional.

We offer a simple ritual that includes lighting a chalice (the symbol of Unitarian Universalism), opening words to say together, some questions you can use for reflection and sharing together, and a unison closing. The theme and questions are based on the same monthly themes that are reflected in sermons, our small group ministry programs and our monthly Children's Chapel.

Choose one or more nights each week to gather before eating dinner or at bedtime. We recommend the time you pick be consistent. The power of ritual is that it be predictable and regular. Feel free to adapt the reflection questions to meet your family's needs.

You will need a chalice, a small candle (it could be either electric for younger children or wax) and matches.



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## Unison Opening Words

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We are a Unitarian Universalist family.  
We are a family of open minds,  
We are a family of helping hands,  
We are a family of caring hearts.  
Together, we care for the earth and all it's creatures  
and works for justice for all people.

## Chalice Lighting

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Today we light this chalice to honor our family that is  
covenanting (promising) to live in kindness and love.

## Activity

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Develop a list of family rules or values. Start by  
brainstorming rules that are important to uphold in the  
family. Instead of rules like keeping bedrooms clean,  
work on developing rules on how people are treated.  
After brainstorming, review the list and narrow it down  
to the top 5-7 rules. (Some examples might be, take  
care of each other and ourselves, keep your word, treat  
others with respect). Think about posting the list in a  
prominent family area to remind each other of the values  
agreed upon.

## Reflection

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With our friends we often have an unwritten covenant of  
how we treat each other and how we act. What happens  
when a friend lets us down or hurts our feelings? How do  
the ideas of promise, trust and forgiveness help us?

## Unison Closing Prayer

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May we have eyes that see truth,  
hearts that love,  
and hands that are ready to serve.

## Reflection 2

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Labor Day, was a time to take a break from our job or  
chores. When we accept a job or volunteer our services  
are we covenanting to do certain things? Why is a  
covenant important in working? How does this fit into the  
work within our family?

## Reflection 3

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As a covenantal religion we agree that how we interact  
and live together is more important than believing the  
exact same thing. Are there other areas in your life that  
people need to believe the same thing to belong?

## Reflection 4

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One of our UU principles is: Justice, equity and  
compassion in human relations. What covenant have we  
made to ourselves when we see someone being treated  
unfairly or cruelly?