



FAMILY REFLECTION



April 2017 Transformation

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.

Unison Opening Words



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.

UU Theologian and Minister Rebecca Parker, said that “prophetic witness is our capacity to see what is happening, to say what is happening and to act in accordance with what we know.”

Chalice Lighting



Today we light this chalice to honor who we are and who we will become.

Reflection



Spring is a time when new life comes, whether it's bulbs sprouting, birds returning and buds on the tree. Where else do you see change in your world?

Activity



In our life we are always learning. Ask your family members what are they learning now. Why are they learning this, is it hard? How will things change with this new knowledge and learning?

Unison Closing Prayer



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

Reflection 2

Rites of passage are one way we mark transitions and transformation in our culture. These might be graduation, a continuation ceremony, or going away to college. What rites of passage have you gone through? Do you anticipate participating in any rites of passage this upcoming year?

Reflection 3

As we grow we change and take on new roles. Sometimes this means we need to leave part of who we are behind. This can leave us feeling sad. Can you think of a time when a new change meant you needed to grieve a loss in your life? (ie- Moving to a new house might mean leaving old friends behind)

Reflection 4

A caterpillar makes a major transformation when it changes to a butterfly. Not all transformation that changes us is as major as what the butterfly goes through. Small changes in our life can still have a big impact in our lives. Can you think you about small changes that had a big transformation in your life or someone you know?

Reflection 5

Some adults think that it is easy to be a kid. What do you think? What is hard about being a kid? What types of things do kids struggle with today that they may not have had to deal with 50 or 100 years ago?

Activity 2

Plant pollinators/earth day

Activity 3

Over 50 years ago, Bob Dylan wrote the song, “The Times They are a Changin’.” Ask your parents or grandparents about events that have happened in their lifetime that have transformed their world. What events have occurred in your lifetime that has transformed your world?

JUC Family Facebook Sharing



What are other ways to incorporate the theme of transformation into your family life? What worked and what didn't work? How did you family discuss the theme of healing? Please share on the JUC Families Facebook page.

Quotes on Transformation



Always be a work in progress
- Emily Lillian

I am not afraid of storms, for I am learning how to sail my ship.
- Louisa May Alcott

Songs About Transformation



Always Transformation by David Gray

Changes by David Bowie

A Change is Gonna Come by Sam Cooke