



FAMILY REFLECTION

March 2017 Risk

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.

Chalice Lighting



Today we light this chalice to honor the courage and
wisdom in each of us.

Reflection



This month we are talking about Risk. To risk is to do
something when you don't know what will happen. Share
times when you were nervous about doing something
new and you did it anyway.

Activity



Decide on a new food you will all try. You might consider
cooking it together.

Unison Closing Prayer



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

Reflection 2

In order to learn to do new things, we have to be willing to make mistakes and try again. Talk about times when you have made mistakes. Were you able to forgive yourself and try again? What are some ways we can support each other to take risks, make mistakes and try again?

Reflection 3

As Unitarian Universalists, we work for justice for all people. Have there been times when it felt risky or scary to stand up for someone else who was being mistreated? Are there times when it's more important to stay safe?

Reflection 4

We promise to care for the earth and all its' creatures. Some animals and plants are at risk of not being on the earth anymore. What are some things our family can do to make the earth healthier for all living things?

Activity 2

Learn a new board game together. Two possibilities are, Bananagrams, you build individual crosswords using small lettered tiles. Or Qwirkle, you build chains of color-coded symbols to create different patterns and strategize to maximize points.

JUC Family Facebook Sharing



What are other ways can you incorporate the theme of risk 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.

Additional Resources on Risk



Books

Giraffes Can't Dance by Giles Andreae, Guy Parker-Rees (Illustrator)

Peep by Kevin Luthardt

If I Never Forever Endeavor by Holly Meade

Video

Giraffes Can't Dance

Poem

Barnabus Browning
Was scared of drowning,
So he never would swim
Or get into a boat
Or take a bath
Or cross a moat.
He just sat day and night
With his door locked tight
And the windows nailed down,
Shaking with fear
That a wave might appear,
And cried so many tears
That they filled up the room
And he drowned.

- Shel Silverstein