



# FAMILY REFLECTION

## November 2017 Change

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



We light this chalice to honor the changes in our lives;  
good, bad and indifferent.

## Reflection



Change is all around us. The leaves fall off the trees, the weather gets colder and there is less daylight. Babies are born, couples get married and old people die. What parts of your life do you see changing right now?

## Unison Closing Prayer



May we have courage to act with integrity and  
authenticity in all our actions.

## Reflection 2



Sometimes change happens in our lives and we have no control over them, a move, a new school, a death in the family. When change happens in our lives we might feel sad, angry, nervous, powerless, excited, apprehensive, scared or happy. What was a time that a big change happened in your life? How did you feel about it at the time? What were your feelings about the change a week later, a month later or further out?

## Reflection 3



Gandhi said, “Be the change you wish to see in the world.” Sometimes we feel that change happens to us and we don’t have a say in it. How can we change ourselves, our thoughts, our behaviors or actions to improve the world around us?

## Reflection 4



Have you ever looked at something in your life and thought, “I wish it didn’t have to be like that?” Are there things in your school, family, church or world that you wish were different? What real things would you change? Think of one or two small but concrete steps you could take to make a change. (I wish I wasn’t always so rushed in the morning. I wish I was more organized. I wish there weren’t so many people without a home.)

## Additional Resources on Change



### Quotes

“And that is how change happens. One gesture. One person. One moment at a time.”

- Libba Bray

“Each of us guards a gate of change that can only be locked from the inside.”

- Marilyn Ferguson

### Songs

Change Will do you Good - Sheryl Crow

The Man in the Mirror - Michael Jackson

Changes - David Bowie

Waiting on the World to Change - John Mayer

The Times They are a Changin' - Bob Dylan

Rivers and Roads - The Head and the Heart

## JUC Family Facebook Sharing



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