



FAMILY REFLECTION

April 2016
Creation

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 loving hearts,
We are a family of helping hands.
Together, we care for the earth and all its creatures
and work for justice for all people.

Chalice Lighting



We light this chalice to honor our family that is creating a
meaningful place to belong.

Reflection



This month, we are talking about Creation stories. Each
family member share something about their creation or
birth story or adoption story

Unison Closing Prayer



May we have eyes that see truth,
hearts that love courageously,
and hands that are ready to serve.
Amen and may it be so.

Reflection 2

Decide on a family activity or project that everyone can do together to **create** something. (Some possibilities include making a meal together, telling a story in which each member adds details, making up a new game, making a craft together). Share strengths that each family members bring to the activity?

Reflection 3

For this reflection please have paper and pens available. Think about times when members of the family were creative or solved a problem. Can you come up with 5 examples for each family member? How are we creative in different aspects of our lives?

Reflection 4

Mark Twain said, “The two most important days in your life are the day you are born and the day you find out why.” What does this quote mean to you? Do you feel you were born for a purpose?

Reflection 5

Sometimes creativity comes from things not going as planned. Can you think of a time that you noticed that something wasn't working or going well and you made a change? What helped you try something new? Did you take a risk, ask for help or need courage?

JUC Family Facebook Page Sharing

What are some other ways to incorporate the theme of creation or creativity into your family life?

What worked especially well?

How did you family discuss the theme of creation/creativity?

Do you have books or movies about creativity or creation you to recommend?



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