



FAMILY REFELCTION

March 2016 Liberation

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 consistant. 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 spending time together.

Reflection

This month's theme is liberation, which is another word for freedom. Two ways we can think about liberation and freedom is, freedom "from" and freedom "to." The young people in the Children's Crusade wanted freedom from the oppression of racism and segregation. They were choosing the freedom "to" take action in hopes of making their lives and the lives of their families, friends and communities more just and fair. Can you think of times you have noticed someone being treated unfairly? Maybe someone making fun of someone at school or someone mistreating an animal? Can you think of a time when you took an action to help someone?

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



There are things that we are free to do today, that at one time were against the rules or against the law. In the past, women could not vote, people of the same-sex could not marry the person they loved, people of color were not free to hold jobs or own homes. Brave people broke the rules and laws to make a change so all people could have the same opportunities. Are there times in our lives when it is okay to break the rules? Are there rules or laws we should never break?

Reflection 3



This time of year we are often busy with school, after school activities and work. Sometimes the pace of life can be so fast that we feel trapped and feel we don't have enough time to have fun and be with family and friends. How does having a week off from school help with that feeling? Does it feel like freedom? What kinds of things can we do when we feel overwhelmed?

Reflection 4



This month's theme of liberation, which is another word for freedom. Today we wonder about others who do not have the same freedoms that we do. Can you think of people in our local or global community that do not have the same opportunities as we do? Examples: all the clean water we want, enough food to eat, a safe and warm home. How do you feel when you think about that difference? Are there things we can do to help?

Here are some other ways to incorporate the theme of **liberation** (freedom) into your family life. Check out the books and songs below and share your family's experience on the JUC Families Facebook page.

Songs

Vicci Martinez *Come Along with Me*
The Beatles *Black Bird*
Bob Marley *Redemption Song*
Sam Cooke *A Change is Gonna Come*
Bob Dylan *Chimes of Freedom*

Books for Children

The Paper Bag Princess by Robert Munsch
We've Got a Job: The 1963 Birmingham Children's March
by Cynthia Levinson (Young Adult)
I am Jazz by Jessica Herthel, Jazz Jennings and Shelagh
McNichols



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