



FAMILY REFLECTION

November 2016 Story

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 and shape the stories
of our lives.

Activity

Families often tell stories about each other. When you
were a baby . . . Do you remember that time you . . .

As a family what stories are told about you? Share one
story you like and one story you don't like? Do these
stories accurately represent you? What do you like
about them? What do you not?

Reflection

We are shaped by the stories other people tell about us
and the stories we tell about ourselves. Share your birth
stories or gotcha/adoption stories and talk about what
those stories say about who you are.

Unison Closing Prayer

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

Reflection 2



Stories are often told to convey values. What stories do your parents or grandparents tell about their lives or about other people? What values do these stories represent?

Reflection 3



What are your favorite types of stories? Do you like fiction, non-fiction, mysteries, drama, history, fantasy, or science-fiction? What is it about that types of story that appeals to you?

Reflection 4



We are each part of the story of Jefferson Unitarian Church. Share a good memory you have of a time you were at JUC or with a JUC group.

Reflection 5



Last month we talked about healing. How can stories help us heal? Can you think of a story that calms you down or comforts you to hear it or retell it?

JUC Family Facebook Sharing

Please share on the JUC Families Facebook page ways you have incorporated the theme of story into your family life. What worked and what didn't work? How did you family discuss the theme of story?



14350 W. 32nd Avenue, Golden, Colorado 80401
303-279-5282 • www.jeffersonunitarian.org