



# FAMILY REFLECTION

## February 2017 Identity

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

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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

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Today we light this chalice to honor who we are and who  
we will become.

## Reflection

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Our Identity is made up of who we are, what we do and  
who and what we love.

Walt Whitman said, "I am large, I contain multitudes." It's  
like an onion, we have different layers that make us who  
we are. What are some of your layers?

## Activity

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Interview a parent, grandparent or neighbor about their  
identity as a child or young adult. How did they see  
themselves? What were they proud of? Who did they  
hope to become? What was important to them?

Did anything you learn surprise you? Do you see their  
identity in a new light now?

## Unison Closing Prayer

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

## Reflection 2



Our identity changes over time. As a child you may think of yourself as a learner, a sibling, a beginner at many things. And then as an adult you may think of yourself as a parent, a teacher. How do you think your identity will be different in 10 years? How do you think your identity will be different in 20 years?

## Reflection 3



Sometimes our family sees us one way and our classmates, co-workers friends see us differently. How is your identity different in different groups? Maybe at home you help with the cooking and at school your kind of a clown.

## Reflection 4



We Are there times you don't fit in with those around you? How do you continue to be your true self when you feel you are being pulled in different directions?

## Activity 2



Our identity can be shaped in part, by our family history. Do you know where your ancestors came from? Is there a nationality or culture your family identifies with? As a family make a family tree.

## JUC Family Facebook Sharing



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

## Quotes on Identity



“This above all, to thine own self be true.”

- William Shakespeare

“Before I can live with other folks I've got to live with myself. The one thing that doesn't abide by majority rule is a person's conscience.”

- Harper Lee