



FAMILY REFLECTION

May 2017 Embodiment

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 honor living fully into
our bodies.

Reflection

*The body is a sacred garment. It's your first and last
garment; it is what you enter life in and what you depart
life with, and it should be treated with honor.*

- Martha Graham

How do you take care of your body? What types of things
do you do to honor your body?

Activity

Walk the outdoor labyrinth at church. This is a moving
meditation exercise. Walk slowly and taking deep breaths
as you go. Perhaps there is a question you are grappling
with, hold onto it as you walk through the labyrinth.

Unison Closing Prayer

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

Reflection 2

Sometimes we talk about living our values, another way to say this is how do we embody our values? What things do we do to show the world what is important to us or of value? (I try to stand up when I see a bully, I marched with my parents in the Science rally)

Reflection 3

Our faith asks us to live into our truest and best selves. There may be times when we envy others, however this isn't respecting the inherent worth and dignity in ourselves. When we start to envy others how might we remember all the good things we embody?

Reflection 4

When do you feel most joyful in your body? How does this bring you peace?

Reflection 5

How does your body help you experience the world around you? Think about when your eyes, ears or hands help you experience the world around you. (I remember when my eyes saw the ocean and helped me see how big the world is.)

Activity 2

What are you grateful for in body? Ask everyone in your family to write down 5 things that they are grateful that your body can do. (My body fought that cold last week, my body let's me play soccer, my body let's me solve math problems.)

Activity 3

Research shows that standing in a powerful position can change the chemicals in your brain and can help build confidence. Practice standing like superman with your hands on your hips and your head held high.

JUC Family Facebook Sharing



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

Additional Resources on Embodiment



Songs

You Gotta Sing When the Spirit Says Sing

<https://www.youtube.com/watch?v=WfDNP6SV21A>

Mediation on Breathing

<https://www.youtube.com/watch?v=kijYkPlvR6g>

Video

https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are