



# FAMILY REFLECTION

October 2017  
**Courage**

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.

“Courage doesn't always roar. Sometimes it is the little voice at the end of day that says I'll try again tomorrow.”

— Mary Anne Radmacher

## Chalice Lighting

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Today we light this chalice to honor those who display courage and those looking for courage in life.

## Reflection

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Have you read *The Wizard of Oz* or seen the movie? The cowardly lion wishes for courage. He runs from things he is afraid of, yet he does display courage throughout the story. What are examples of his courage?

## Activity

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Demonstrating courage can be hard! Who in your life has done something to demonstrate courage? How did their actions inspire you or help you? Did you let that person know that their courage was noticed? Take a moment to write a letter, make a phone call or share a meal with them to let them know.

## Unison Closing Prayer

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May we have courage to act with integrity and authenticity in all our actions.

## Reflection 2

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Letting go can be scary. Letting go means letting go of control. No one wants to be out of control but we can't control everything or everyone. You have to have the courage to let it go. A tree lets go of its seeds without knowing what will happen to them. A dandelion lets the air blow away its seeds. We let go of a balloon and it floats away. Can you think of a situation or event in which you needed courage to let go? Perhaps it was making a sports team, or hoping a friend agreed with your point of view. What did you let go of, and what happened when you did?

## Reflection 3

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Sometimes doing the right thing is easy. But sometimes doing the right thing is really hard. When faced with problems in which the solution involves possibly hurting feelings, being unpopular or getting in trouble how do you make the right decision? Can you think of a time in which doing the right thing was hard?

## Reflection 4

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When did you accomplish something you didn't think you could accomplish? What motivated you to act with courage and try.

## Reflection 5

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Are there things you wish had the courage to do? Maybe talking to someone you have a crush on, apply for a job or make a big change. How do you want to be brave moving forward in your life?

## Additional Resources on Courage



### Quotes

“It simply isn’t an adventure worth telling if there aren’t dragons in it.”

- J.R.R. Tolkien

“Courage is when you know you’re licked before you begin, but you begin anyway and see it through no matter what.”

- Harper Lee (To Kill a Mockingbird)

### Songs

Woyaya - Teal hymnal #1020

One More Step - Gray Hymnal #168

Fight Song - Rachel Platten

The Climb - Miley Cyrus

Let It Be - The Beatles

Roar - Katy Perry

Brave - Sara Bareilles

Defy Gravity - Wicked the Musical

As Cool As I Am - Dar Williams

If You’re Going Through Hell - Rodney Atkins

Strength Courage and Wisdom - India Arie

I Won’t Back Down - Tom Petty

### Movies

Willow

Wizard of Oz

## JUC Family Facebook Sharing



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