



# FAMILY REFLECTION

## February 2018 Perseverance

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 work for justice for all people.

## Chalice Lighting



We light this chalice to honor our strength to persist, even  
when things are difficult.

## Reflection



A spider spends hours and hours spinning a web. What  
things that are important to you have you spent a lot of  
time on? Why do you do it?

## Unison Closing Prayer



May we have the power to keep a steady course of  
action, especially in spite of difficulties or obstacles.

## Reflection 2



Have you ever encountered a challenge that was too much to see through to the end? Perhaps you realized that you really didn't want to play an instrument or a certain sport. How did you decide if you should keep pushing yourself or that it was okay to move onto something else? How did others around you respond? Did you get encouragement to keep trying or encouragement telling you it was okay to stop.

## Reflection 3



Have you ever encountered a problem that you couldn't solve? Perhaps you had a big chore you couldn't do alone. (For example shoveling the snow after a big storm). Did you ask others for help? Is it hard to ask for help? Can you think of a time that someone else helped you make a big challenge easier?

## Reflection 4



On the news and in our community we often hear about all the things that are wrong or bad in the world. Perhaps you have heard the adults around you say, things will never change. What is something that is important to you? Would you be willing to go to great lengths to protect it?

## Additional Resources on Change



### Quotes

“When you feel like quitting, think about why you started.”

-Aly Juma

### Books

The Most Magnificent Thing - Ashley Spires

Rosie Revere Engineer - Andrea Beaty

She Persisted: 13 American Women Who Changed the World - Chelsea Clinton

## JUC Family Facebook Sharing



What are other ways to incorporate the theme of perseverance 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.