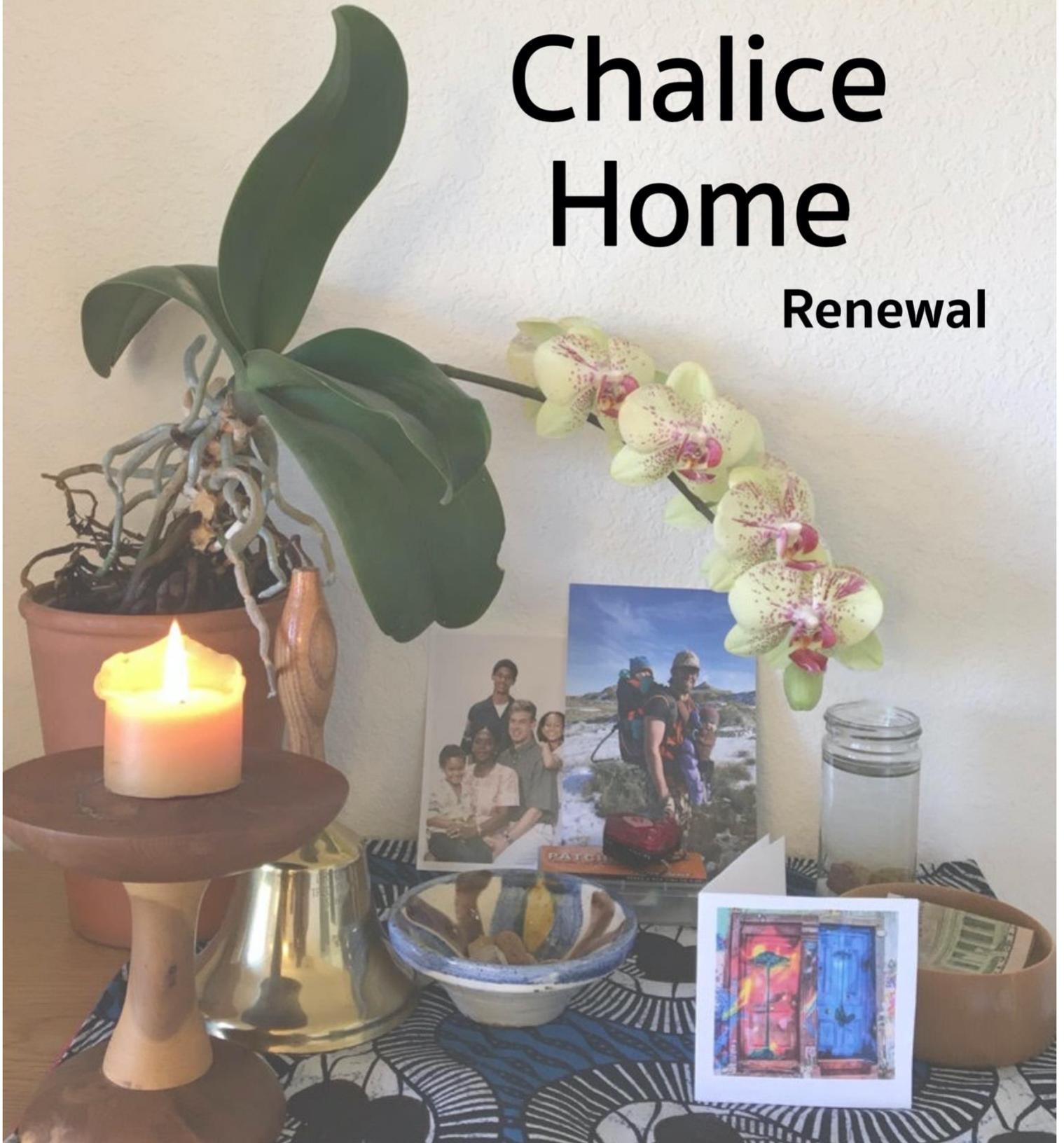




# Chalice Home

Renewal



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# Welcome to Chalice Home's Celebration of Renewal

Welcome to our first Chalice Home Packet. This month's theme of renewal is a perfect way to begin.

Especially during this time of Covid, renewal can be hard to find. Seems exhaustion, worry and loss are around every corner. Renewal is not something that just "comes our way." It takes a bit of extra effort. A bit of intentionality. A bit of conscious carving out some space for it.

This is exactly what our monthly Chalice Home packets are all about: Intentionally carving out space to stay connected to the sources of meaning, connection and renewal in our lives. And by space we mean *literal* space. We're going to make room in our homes for objects. Real things you can touch, see and in some cases, even smell. This is especially important for us UUs, as we've tended to be a religion of ideas. We love to talk, think and debate. Words, theories and arguments are our favorite tools of the trade. But over the history of religion, ideas have only been half the story. Other religions have always placed equal emphasis on objects, sacred and symbolic objects that contain and amplify ideas, memories and values in a way that even the best discussion can't quite match.

So what might *your* sacred objects be. Well, that's what we're going to discover together.

Each month, you'll get a Chalice Home packet with instructions for adding a new symbolic item to your home altar, and a family worship service to celebrate that addition.

This first month is special. In addition to adding items that represent renewal in our lives, it also guides us through the process of building your family's chalice home. And here's the super cool thing: Other UU families from across the country will be doing this too! Just like you, UU families from Massachusetts to Indiana to Oklahoma to Oregon will be carving out room in their homes for family altars, their chalice homes. It's one big reminder that even when we are isolated from each other, we remain spiritually connected through ritual and common practice. We are never as alone or cut off as we may think.

And to remember that is definitely to be renewed!



# Getting Started

## Collect the Building Blocks for Your Chalice Home

This first month will be a bit different than others. It involves the extra adventure of building your chalice home. Below is a list of all the components you need to gather in advance of your family worship experience. You will use these items to create your chalice home during the family worship.

Here's a quick overview, with more detail about each below:

- A chalice, matches, candle or LED candle
- A singing bowl, chime, or bell
- Rocks and a bowl of water for Sharing of Joys and Concerns
- A small collection bowl or jar for the offering
- A small table or large shelf space to hold all your items.
- A decorative cloth to add to the decor

## The Chalice

The family chalice gives families a great opportunity to explain the core purpose of Chalice Home to each other. The chalice represents our UU faith and, in a nutshell, bringing our UU faith into our homes is what this journey is all about. Instead of going to the church building, we are bringing church into our homes! It's also a reminder that church isn't just a place we go to but something we carry with us wherever we go.

Don't worry about making your chalice perfect this first month. As the weeks progress, there will be plenty of time to work on it and fancy it up. Here are some resources to help you imagine how to personalize your family chalice:

- The simplest way is to make a stem and a cup. Two clay flowerpots or a goblet works. What about [Legos](#)? Check out this [Chalice Compendium on Pinterest](#). Everyone in the family can experiment with chalice making.
- If you don't have a LED or votive candle, make a little flame from something orange, red, or yellow. A bit of tissue, a red pepper, a piece of paper colored with flame colors.
- If you prefer to purchase a chalice, here are some links:
  - On Etsy [https://www.etsy.com/market/uu\\_chalice](https://www.etsy.com/market/uu_chalice)
  - Flaming Chalice <http://www.flamingchalice.com/>



## Altar Table or Sacred Corner

The altar table or sacred corner can be explained as holding and helping us remember what is important, nourishing and sacred in our lives. Over the coming months we will fill the table/space with physical reminders of those important things. Keeping these important things in front of us is especially important during this time of sickness, separation and uncertainty. It's a reminder that even though we may be cut off from the people and activities we love, we remain spiritually connected to them all the time.

Here are some thoughts as you decide what your altar table/sacred corner will be:

- Make sure there's plenty of room. Remember we are adding many objects to the space over the year, so make sure there's space for growth.
- Make it your own. There's no right way to do this. Be creative and make it personal. Here are some photos to get your creative juices flowing: <https://www.cucmatters.org/2015/08/create-home-altar.html>
- It's great to leave your home altar in place throughout the week, but if you are a family with a toddler who likes to grab things or have a busy or smaller living space, consider making a box to store your chalice and the items which can be brought out each week.
- Don't underestimate the covering. It's important to pick an aesthetically pleasing cloth/covering for your table/shelf, but also give some thought to what pieces of cloth carry special meaning for your family.

## Bell or Chime

The sound instrument is a great opportunity for you to explain to your children that bells, chimes or ringing bowls help us create and move into sacred space. The sound signals "special time" and a movement from "normal time" into "sacred time."

This can be any number of things: A small bell, ringing bowl, a chime, a spoon and a water glass or a [crystal wine goblet for rubbing](#). Again, try to find something that has special meaning attached to it.

## Water Bowl & Rocks

In each worship experience, we invite your family to share "Joys and Concerns." Family members will first lift up things from the past month that they are grateful for. Then they will turn to sharing personal or social things that are weighing on their heart. The water bowl and rocks are used with this ritual. As family members share their joy or concern, they are invited to drop a rock in the water. We encourage parents to frame this for their children and youth as a reminder that none of us need to carry our feelings alone. As we share our joys and concerns, they "ripple out" and touch the lives of those around us. Our joys lift the spirits and hope of others. Our sadness is lessened when we trust others to hold it with us. For more thoughts about the deeper meaning of sharing joys and concerns check out [this video](#).



## Giving Bowl or Jar

We will also have a generosity ritual in our family worship. So find a bowl or jar to hold the money you collect over the months. How you utilize the giving bowl/jar is up to you. Some families will pick one organization and save the money from all months to give to it. Other families will pick a different organization each month. You can align it with your congregation's stewardship efforts or use it as a chance to expand your giving. Most families will find other ways than worship to contribute to the jar/bowl. For instance, one set of children created a daily ritual of greeting their parents with the jar every day when they got home from work, with the kids asking their parents to empty their pockets of spare change. Another family spent an entire Saturday morning doing a house-wide treasure hunt for loose change lost in couch cushions and dusty drawers. They found over \$30! Still others did a Covid safe journey around their neighborhood with the jar, inviting their neighbors to contribute to the organization the family was supporting.

However you engage the giving bowl/jar, it's a great way to talk with children and youth about the great power of small things. By itself a quarter may not seem helpful, but with dedication and focus, that one quarter becomes two and those two soon become many. The bowl/jar is also a metaphorical way of talking about the connection between personal health and generosity: As we fill up the cups of others our own cup is filled.



# A Few More Things

Some additional things to keep in mind....

## Chalice Lighting & Extinguishing Words

We will create new chalice lighting and extinguishing words for each month, linking them to the particular monthly themes. But you are free to alter this in any way that feels most meaningful for your family. For instance, you may prefer to use the words your congregation regularly uses in worship, as a way of feeling spiritually connected to your church's unique rituals. Some families also enjoy writing their own.

## Share Your Chalice Home with Other Families

We encourage you to share your ever-growing family altar/chalice home with the other UU families who are building one too. All you have to do is take a picture of your altar and then post it to Facebook or Instagram with the hashtag “#uuchalicehome.” Your church may also be collecting pictures online of the “chalice homes” of your church's families. Be sure to ask your RE leader about that.

## Using Your Chalice Home: Not Just for Family Worship

Besides using your chalice home for a monthly family worship, there many other ways to engage it and add meaning to your family routines:

- Use your altar to begin your day with a simple morning devotional such as lighting the chalice, reading a poem and having everyone share their hopes for the day.
- Tie in the chalice home to your bedtime ritual by reading your child(ren)'s bedtime story around it. Maybe even place that favorite story on the altar space as a representation of one of the things that is meaningful to you.
- Encourage family members to informally add special items to your chalice home whenever it feels right. For instance, you may get a special card in the mail for your birthday that you want to add to the apace as a way of holding in your heart throughout the year. Or you might find a four-leaf clover during a walk that you want to add. Or a successful grade card.
- And each person can always visit it whenever they feel the need to center themselves.

***We hope all this helps you feel ready to go.***

***Now, it's time for your first Chalice Home family worship!***



# Family Worship Guide

## On Renewal

*In addition to engaging our monthly theme of Renewal, this worship helps you assemble the core pieces of your chalice home through ritual. So start with a blank space then place each element in the Chalice Home using the guidance below. As always, treat the script as inspiration not rigid instructions. Adapt and enhance as best fits your family!*

### A Personal Story to Start Things Off

Instead of jumping right into family worship and formal ritual, we suggest that parents begin by telling a personal story related to the monthly theme. This helps put the worship into context and reminds your children that this family worship is connected to the wider theme exploration that your entire church is doing this month. Keep it simple. Just start out by explaining that “Everyone from our church is talking about the idea of renewal this month” and then transition by saying something like, “When I think of renewal, I remember a time when...” You can invite others to share a bit about what renewal means to them, or you can simply transition into the worship service.

### Centering Sound

Move from “regular time” to “sacred time” by sounding your bell, chimes, ringing bowl or ringing glass.

Optional words to go with your centering sound:

*“To this quiet place of beauty, we come from busy things  
Pausing for a moment for the thoughts that quiet brings.”*

### Blessing and Building Ritual

Use this blessing to name and structure the steps of building your chalice home. Consider dividing up each line of the blessing so each family member has a chance to read and add an item to the space.

*We begin with a breath of gratitude, for each other, for the Spirit of Life and Love that surrounds and sustains us and for the many other families who are on this journey with us. (PAUSE AND INVITE FAMILY MEMBERS TO CENTER THEMSELVES WITH A COUPLE OF DEEP BREATHS)*

*We gaze at this space that will be our Chalice Home. May we fill the space with our tender love for each other.*



*We place this cloth. May our lives be as textured as the cloth.*

*We add this bell. May it lead us into sacred space and help us find our center.*

*We set the chalice and candle in its Chalice Home. May it remind us of the wider UU community of which we are a part.*

*We include this Giving Bowl. May it connect us to those in need.*

*We place these rocks and water. May they hold the many joys and sorrows of our lives.*

*We gaze at this space which is now our Chalice Home. May this space expand with our tender and sacred love for all beings in the world. Blessed be. Amen*

## Centering Music

We recommend you use easy, interactive and fun songs with your children and youth. Here are two of our favorites. Both speak to the joyful renewal we feel when we sing together as a family:

- Let's Sing Together! - <https://www.youtube.com/watch?v=tIPfq4ZDank&t=292s>
- Finger Dance (by Jim Gill) - <https://www.youtube.com/watch?v=ic-Qs508Nbo>

Here are a few other options:

- STLT #188 Come Come Whoever You Are - <https://www.youtube.com/watch?v=uhDCXX5OUUc&feature=youtu.be>
- Peace Like a River - <https://vimeo.com/415943314>

## Chalice Lighting

*As we light this chalice,*

*May its warmth help us feel the love we share for each other.*

*May its light help us remember all the people that guide us on our way.*

*May the chalice that holds the candle make us think about our church community that makes room for us and celebrates everyone.*

Light your chalice.

## The Giving Bowl

Remember that money is not the only way we are generous to others. So in addition to or instead of money, consider writing down on small pieces of paper ways you can support others or special organizations this month. Be sure to bring in the monthly theme by talking about how the organization you are supporting helps to renew the spirits and lives of others.

Ritual words:

*"We drop our coins (papers) in and fill the bowl. Serving others makes us whole."*



## Sharing of Joys and Concerns

Invite each family member to pick up a rock and share something they are thankful for about the past week while dropping the rock into the bowl of water. The aim here is to make room to notice the good things all around us even though times are hard.

After this first round of joys and concerns, have each family member choose another rock and share something or someone they have a concern for - someone or something they are holding in their hearts and prayers. This is a way to bring the struggles of others into our hearts, maybe a grandparent who is in danger of getting sick or hospital workers who are putting their health at risk for the sake of the rest of us or a group of people around the world who are also getting sick from the Covid-19 virus.

And don't forget the rocks love being used in this ritual and they can be pulled out of the water and used as "double rocks" if there are more joys and concerns. :-)

Ritual Words:

*"We listen to each other; it is a holy act.*

*To share our joys and sorrows, with grace it flows on back."*

## Celebrating Renewal - The Renewal of Family

Each month we will use our monthly theme to direct us to a symbolic object/token to add to our chalice home. This month we invite you to honor the way our families are sources of renewal.

Reflect: Start by having a family discussion about the things you love to do together as a family. Things that bring you joy and renew your spirits. Family game night. Cooking together. A special trip you took. The time you all went to the shelter to pick out your family dog or cat.

Turn it into a Symbol: Then pick one or two of your favorite ideas/memories and figure out an object that best represents it. The simplest thing is to print out a picture of your family doing that favorite activity together. The advantage of this option is that you right away place your family into your chalice home. But maybe a picture isn't available. That's ok. Just find an object that symbolizes it. Grab a token/player piece from that Monopoly game you love. Go to the garage and pull out a pair of ski goggles. Open the kitchen drawer and grab a mixing spoon.

Bless Your Object(s):

Serious Version: "Thanks for this family that brings us joy. Thanks for the gift of getting to journey through life together. Thanks for this activity that keeps us connected and reminds us how special each of us are."

Playful Version: "Roses are red. Violets are blue. I am me. Only because of all of you!"



## Optional Ritual for a 2nd Worship to Honor Loss

This time of Covid-19 has brought on a lot of loss. There are so many things that once renewed us that we no longer can do. Go to movies. Visit family. Cool off at the water park. Play the sports we love. Our faith tells us that it is important to honor these losses. We need to grieve. Rituals help us do that.

So, in addition to the family renewal ritual above, consider adding this grief ritual to your family worship this month. It may be too much to do this ritual on top of the family renewal ritual above, so consider having two family worship services this month with this ritual at the center of your second one. Use all of the same components that are in this script, simply substitute this ritual for the Celebrating Family Renewal component above.

Reflect: Start by having a family discussion about the things you miss being able to do. Allow space for talking about how that feels and why those things meant so much.

Symbolize the Grief: Pick one of those things and find an object to represent it. Name that it symbolizes not just that particular loss but all the losses you shared. Then take that object and place it into a brown paper grocery bag (or a box of some kind) and place it to the side or underneath your chalice home, to symbolize the loss missing from your life.

Blessing of Loss: Use these words to honor its importance and express the hope of looking forward to a time when it's possible to do that activity again:

*"We will miss you while you are away. We look forward to the day we can welcome you back. Until then, may the memory of you hold us in hope."*

Reflect: Then turn to a discussion of new things you can do to bring you joy and fun during Covid-19. Remind your family that our faith tells us that bad and sad things are never so strong as to completely shut out all the good and joyful things. So what new activity or adventure might you family do to fill the void of those activities now unavailable to you? There are plenty of Covid-safe family traditions you can start: reading a book [out loud together](#) for a month. Writing letters to loved ones (Who doesn't love the long-lost gift of getting an old-school hand-written letter in the mail!) Or when was the last time you built a [blanket fort](#) in the middle of your house!

Turn it into a Symbol: Keep the items related to your new activity on your chalice home, as a reminder to do it and to be able to look back at the end of the year and remember how fun it was to do.

Bless it:

*"Roses are red. Violets are blue. Now I'm happy that I have you to do!"*



## Setting an Intention

As you bring your family worship to a close, pause for a moment to think ahead about the coming weeks and make a *renewal-related* intention/promise for how you want to act, what you want to remember or how you want to treat others.

Here's the intention/promise statement, for everyone to say. Each person states their intention, one at a time.

*"In the coming weeks, I will help renew myself or someone I like/love by ...."*

## Extinguishing the Chalice

*"We gather the warmth of love,  
the light of truth, and the energy of action into our hearts.  
As we turn back into the world of do and say,  
May we carry it forward into the dawning day.  
Go Now in Peace, Amen."*

**Instructions:** Use your hands in a gather/cupping gesture and bring them to your heart. Repeat after the "warmth of love," "the light of truth," and the "energy of action." View Katie's YouTube video demonstrating how to add gesture to these words:

<https://youtu.be/GEF4Hdm08oM>



## Cover Photo: The Inside Scoop

This packet's cover photo is of Katie Covey's personal Chalice Home. Katie is one of the authors of Chalice Home.

The playful doors are an imaginary congregational threshold which she hopes will open to a bright future for all the UU families creating a Chalice Home.

Her orchid was a birthday gift 7 years ago from Rev. Emily Conger and Rev. Jaelyn Pema Scott, back in the "old days" of SpiritJam and Day Camp at Boulder Valley UU Fellowship, Lafayette, CO. It has bloomed twice a year ever since.

The photos are of her son, Brett, who is an ER nurse and of her brother, Ian, who was evacuated from Nigeria and is home safe.

The bike light and patch kit represent the cycle tours she and her husband love to ride together, since they met online on Cycling Singles.com.

The chalice was made for Katie by her father, Del Tweedie, from a Juniper branch.

The wooden Giving Bowl is another of Del's creations on the lathe.

The glass container is a recycled spice bottle! The striped rock bowl is an olive oil dish from Barcelona which their daughter brought home for them.

The school bell was given to her father for his service on the Tredyffrin/Easttown School Board in Devon, PA.



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