



Chalice Home

Healing



Contents

WELCOME

FAMILY WORSHIP GUIDE

Special Note: Check [this link](#) for overview of the Chalice Home structure and the building blocks for creating your chalice home.

Welcome to Chalice Home's Celebration of Healing

Welcome to Chalice Home for November and its theme of healing. In our two family worships, we are going to venture into what may be some new territory.

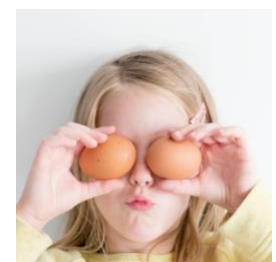
Our first worship explores the relationship between healing and our unique selves. The centerpiece is a Family Role Ritual that celebrates the ways in which being our true selves can heal us. Healing isn't always about sickness. It's also about feeling whole and at home in our skin. It feels good to have a place in life where we can not only be ourselves but also where our uniqueness is celebrated. Healing and wholeness come from knowing that you are contributing, that you matter, that you make a difference in people's lives. We also offer healing to others as we share the gift of our true selves with them.

So we invite each family member to reflect on and share the special role they play in the family. For instance, who is the rock of the family? Who is the one that gets the family to take risks? Who is a peacemaker? The comedian? What various gifts does each family member bring to your family that helps it heal when times get tough or when the family is in need of positive energy? I am reminded of my own nuclear family. My second son, Brett, the comic, wasn't always appreciated by the rest of us overly intense and intellectual family members. But we needed him to challenge us when we took ourselves and life too seriously. His great gift has always been to remind those around him that life is meant to be played with, not always analyzed. It also didn't hurt that he helped us learn to laugh at ourselves! There was deep and needed healing in that.

In the second family home worship, we explore the relationship between healing and gratitude, as we remind ourselves that healing is not always about *fixing* ourselves but also about *filling* ourselves. There's an important connection to Thanksgiving here. When we get exhausted or run into troubles, we not only focus on the half-empty part of the glass, but we also feel empty. Noticing the abundance and gifts around us heals that feeling of emptiness. To guide us on our way we will learn about and listen to the beloved UU hymn "Spirit of Life." This song has been called a prayer and used to help open us up to life's healing and gifts.

Gifts are really what this month is all about: being healed and made whole by the gifts of who we are and the gifts that life blesses us with. And often, it's our families that help us hold tight to both of those treasures. So maybe that's the greatest gift of all!

- Katie



Family Worship Guide on Healing

Here's two rituals for engaging our monthly theme of Healing. As always, treat the script as inspiration not rigid instructions. Adapt and enhance as best fits your family!

Ritual #1

Celebrating Healing Through Unique Family Roles

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.

So for this ritual, begin by sharing a personal story about a time when you were healed or made whole by someone noticing what is unique about you. Talk about how good it made you feel and how feeling affirmed in that way is a type of healing. Afterward, consider inviting other family members to share a similar story of their own.

Centering Sound

Move from "regular time" to "sacred time" by sounding your bell, chimes, ringing bowl or ringing glass. Here are ritual words to go with your centering sound:

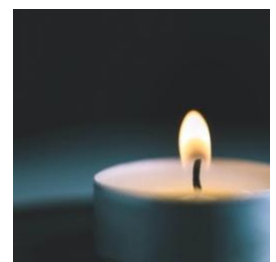
*"To this quiet place of beauty, we come from busy things
Pausing for a moment for the thoughts that quiet brings."*

Chalice Lighting

Two options, pick one or write your own...

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.

May the light we now kindle
bring us to our center.
May its soft warmth calm our hearts
and soothe our hurts.
May it remind us that there is a unique and wonderful flame inside each of us!



Centering Music

Here are a few songs about healing by being true to yourself for this time of connecting to the theme through music. Find one which speaks to you:

- Sesame Street: Billy Joel And Marlee Matlin Sing Just The Way You Are
<https://www.youtube.com/watch?v=hHC3M7KL2ns>
- Mister Rogers Sings It's You I Like
https://www.youtube.com/watch?v=iv_Y97ZZXO4
- I'm Unique and Unrepeatable Song from
[Tapestry of Faith's Love Surrounds Us](#)

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 you heal the world.

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, invite each family member to 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.

And don't forget that 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 Healing through Unique Family Roles

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 honor the way we are healed and made whole when our uniqueness is affirmed and our special role in the family is celebrated.

In addition to sharing your unique family roles, you will also add an object to your Chalice Home that represents it.

Explain:

Healing is about knowing that you are contributing, that you matter, that you make a difference in people's lives. Yes, we think of healing as mending a wound. But healing also comes from feeling at home in your own skin and having a place (one's family) where you are celebrated for who you are.

Instructions:

Spend some time having each family member share the special role they think they play in your family. Expand the conversation by having the entire family also share what special gifts they see in each other. Ask questions like: Who is the rock of the family? Who is the one that gets the family to take risks? Who is a peacemaker? The comic? The good listener? Who always compliments others?

Adding Your Symbol:

Now have some fun scouring the house to find objects that symbolize everyone's special role. It might be a match for the role of the risk taker. It might be something funny like a party blower for the comic.

Take turns adding your object, and share the symbolism with these words:

"I add this [match/party blower/etc.] to symbolize the way I add _____ to our family."

Family responds: *"Thank you for the gift of your true self!"*

Bless Your Objects

"[Spirit of Life and Love], Thanks for the many ways each of us helps make our family feel whole. May we remember these gifts of our true selves when we need them. And may they bring joy, healing, smiles and comfort to the world around us."



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 healing-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 try to share my special gifts by _____."

Extinguishing the Chalice

*"We gather the warmth of love,
the light of truth, and the energy of action into our hearts.
We return to the world of do and say,
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>



Ritual #2

Celebrating Healing Through Gratitude

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.

So for this ritual, begin by sharing a personal story about a time when you were healed by being filled with gratitude. Talk about how noticing life's abundance helped you remember the "glass half full" part of life. And how being "filled" up by gratitude was a type of healing for you. Afterward, consider inviting other family members to share a similar story of their own.

Centering Sound

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

Ritual 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."*

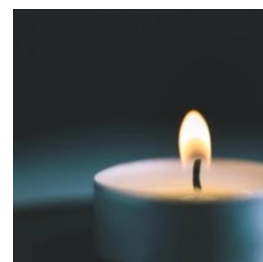
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Two options, pick one or write your own...

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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.

May the light we now kindle
bring us to our center.
May its glow help us notice all the gifts around us.
May our gratitude light a spark
that helps heal us and the world.

Light your chalice.



Centering Music

Here's a song about healing by being grateful:

- GRATEFUL: A Love Song to the World | Empty Hands Music | nimo feat. daniel nahmod <https://www.youtube.com/watch?v=sO2o98Zpzg8>

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 you heal the world.

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, invite each family member to 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.

And don't forget that 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 Healing Through Gratitude

Explain:

We often think of healing as “being fixed.” But healing also comes from “being filled.” When we focus on hard things and problems, we can feel empty. It’s like only looking at the half-empty part of a glass. But gratitude heals that feeling of emptiness. It helps us notice the half-full part of the glass. And in doing so it fills us up!

One of the ways Unitarian Universalists fill themselves up with gratitude for life’s gifts is by singing a favorite hymn called “Spirit of Life.” [learn more about the story of the song’s creation [here](#).] This song was written by Carolyn McDade. Carolyn worked hard for social justice. That work made her especially notice the many problems with the world. She wrote this song for herself, to help remind herself to be open to and also notice life’s many gifts. It’s a song but she also considered it a prayer, in which she asked life and life’s gifts to “come unto me.” It’s like asking all the good things in life to come into focus or to come “near” so we can notice them better.

Read the words to the song in Singing the Living Tradition #123 or online at:

<https://www.uuworld.org/articles/carolyn-mcdades-spirit-life>

This is a lot like what Thanksgiving invites us to do. It also is a time of naming the good things in life so they come into better focus and fill us up. That’s right: Thanksgiving is not just about filling our bellies up with food. It’s also a time of filling our minds and hearts up with everything we’re grateful for.

So today, let’s have a little pre-thanksgiving ritual that uses this song and then gives us a chance to say thank you to life for all the gifts it gives us.

Ritual - A Thank You Card to Life:

- Create a simple thank you card using colored paper or construction paper.
- Have the kids decorate the front with designs and the words “Thank you Life for...”
- Then take some time sharing with each other things you are grateful for.
- After naming them aloud, play and listen to “Spirit of Life” by All Souls Virtual Choir:
https://www.youtube.com/watch?v=LikvoliN_bU.
- As you listen, have everyone in the family list what they were grateful for on the inside of the card. Use words if you are older and invite little ones to draw pictures. Or everyone can draw pictures too!

Bless & Add Your Card to Your Chalice Home

As you place your Thank You to Life card on your chalice home, use these words of blessing:

“May life’s gifts always remain front and center. May they fill us up when we feel empty. And from our fullness, may we heal and help fill up others.”



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 *healing through Gratitude* 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 try to be better at noticing [name one of life's gifts]."

Extinguishing the Chalice

*"We gather the warmth of love,
the light of truth, and the energy of action into our hearts.
We return to the world of do and say,
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>

Using Chalice Home rituals at the Thanksgiving Dinner Table

Thanksgiving can be a time of family and gratefulness. So consider using some of the elements from this Chalice Home ritual as part of your Thanksgiving Dinner Table time!

- Use your thank you cards as part of a centerpiece for the Thanksgiving Dinner Table
- In addition to the practice of saying something you are grateful for, add "Spirit of Life" as a prayer.



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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