



Chalice Home

Commitment



Contents

WELCOME

FAMILY WORSHIP GUIDE

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

Welcome to Chalice Home's Celebration of Commitment

Welcome to Chalice Home for March and our exploration of the theme of Commitment. Each month, we offer two family worship experiences that explore our monthly theme and help us expand our Chalice Homes with additional symbolic objects/tokens.

In our first home worship this month, we honor our UU commitment to **curiosity**. In our faith and in our families, we value curiosity as we wonder, doubt and ask questions that lead to new ways of thinking and acting. We value questions and questioning. Saying “I don’t know” is OK, and wondering about the mystery of life is one of our UU commitments. Our commitment to curiosity as UU’s means we “[learn to love the questions](#)” to quote Rilke. In honor of this, we will add a symbolic question mark to our chalice homes. So many fun ways to create your question mark token: use a pipe cleaner/chenille stem, cut it out from construction paper or print some clipart. We will also invite family members to share a personal story of ways you wonder, doubt, and try out new things.

In our second home worship, we honor our UU commitment to **change**. In our faith and in our families we value adaptability, change and flexibility. Change requires us to be open to new ideas, experiences and feelings. That newness is always an invitation to grow! As we UUs are fond of saying, “revelation is not sealed!” We know truth and knowledge grow and we need to grow and reshape our thinking along with it. With this in mind, we will add some play doh or modeling clay to our chalice homes to symbolize adaptation, change and flexibility. We will also invite family members to share a personal story of how change has challenged, exhausted, and exhilarated them. And celebrate how change has helped us all grow. Curiosity and change. Two central UU commitments. But also two paths that lead to amazing adventures. Both values remind us that we never really know what’s around the next corner. How wonderful is that?!

May this spirit of adventure bless and bring to life your days!

Katie, on behalf of the entire Soul Matters team



Family Worship Guide on Commitment

Here are two family worship rituals for engaging our monthly theme of Commitment. As always, treat the scripts as inspiration, not rigid instructions. Adapt and enhance as best fits your family!

Worship Ritual #1 Our Commitment to Curiosity

A Personal Story to Start Things Off

Begin with a parent 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 family worship, share a personal story about a time when you bravely asked a question or courageously stayed curious and admitted you didn't know an answer. Perhaps it was a time when you challenged the beliefs of your friends, family or church. Or a time when you admitted you weren't sure and that allowed others around you to admit it too, with a space then opening up for all of you to explore and discover something new. The goal is to help your children understand that curiosity and questioning isn't easy; it requires courage!

Don't invite others to share their similar stories yet. Instead explain that what you just shared is what we will be exploring and sharing together in the worship. In other words, use your sharing as opening words

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

Use this one or write your own...

*Good questions keep us on our toes.
Curiosity helps us discover new territory.
Bravely admitting "we don't know" allows us notice
what was previously unimagined.
And so we light this chalice
in the hope that we will never stop wondering,
never stop exploring,
never stop expecting life to send us
on unending and unexpected adventures!*



Centering Music

Here are some songs about questions for this time of connecting to the theme through music. Choose one that you like the best.

While sitting and listening to the song is a good way to center yourself and your family, it may be hard for younger children to listen for the length of an entire song. If that is the case for you, consider inviting your children to draw a picture of what they are curious about while listening to Ernie.

- [Sesame Street - I Wonder](#) with Ernie
- [Why Do Fools Fall in Love?](#) Frankie Lyman & the Teenagers (not recommended for younger children)

The Giving Bowl

Add your commitments of generosity to your giving bowl on your chalice home!

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 that 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."*



Enriching Our Chalice Home:

Our Commitment to Curiosity

Inspired by our monthly theme, each family worship ritual guides us in adding a symbolic object/token to our Chalice Home, with each object reminding us of a value that grounds our family. This month we honor the way our lives are shaped by the UU commitment to curiosity.

This worship's symbolic token/object - a question mark - will act as a reminder to always stay curious. Our commitment to curiosity as UU's means we "[learn to love the questions](#)" to quote Rilke. Saying "I don't know" is OK, and wondering about the mystery of life is one of our UU commitments. UU families like to stay curious.

Instructions:

Invite each family member to find or create a question mark to place on your Chalice Home. It might be from a pipe cleaner, using construction paper or [printing out clip art](#).

Share with each other the ways you stay curious:

- Ways you wonder
- Ways you doubt
- Ways you try out new things
- How has curiosity shaped who you are and how you have lived your life?
- How has that experience served as a touchstone for your life?

Adding Your Symbol to Your Chalice Home:

After sharing, each family member adds the question mark they chose to your Chalice Home with these words:

"I place this question mark to remind us to stay curious.

Family responds: "May our wondering never end!"



Bless Your Objects

"[Spirit of Life and Love], We give thanks for curiosity. May we remember to express our wonder. May we commit to being open to new ways and new paths."

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 commitment/intention for how you want to act, what you want to remember, or how you want to treat others.

"In the coming weeks, to commit to curiosity, I promise to _____."

Extinguishing the Chalice

*"We gather the warmth of love,
the light of truth, and the energy of action into our hearts.
As we return to the world of do and say,
May we carry these gifts 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 a gesture to these words: <https://youtu.be/GEF4Hdm08oM>



Worship Ritual #2

Commitment to Change

A Personal Story to Start Things Off

Begin with parents 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 family worship, begin by sharing a personal story about how you handled a major change in your life. Think of change that was hard to navigate but ended up teaching you something important or opening you to something new that you are grateful for. It might be a time when your family had to move to a new place. It might be a time when your beliefs changed. The goal is to share a story that reminds us that, while difficult, change is a part of life and often helps us grow in important ways.

Don't invite others to share their similar stories yet. Instead explain that what you just shared is what we will be exploring and sharing together in the worship. In other words, use your sharing as opening words.

Centering Sound

Move from "regular time" to "sacred time" by sounding your bell, chimes, singing 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."*

Chalice Lighting

Use this one or write your own...

Like this flame that shifts and grows,
may we also bend and move
as the winds of life weave through our lives.
While change is often hard,
may the warmth from this lit chalice
remind us that we never face that challenge alone.
We always have each
as we make our way.

Light your chalice.



Centering Music

Here are some songs centering change for this time of connecting to the theme through music. They all speak to changing the world to a more loving one. They are a reminder that sometimes being a people of change means not only accepting change but driving it!

Choose one that you like the best. While sitting quietly and listening to the song is a good way to center yourself and your family, it may be hard for younger children to listen for the length of an entire song. If that is the case for you, consider playing only a part of the song or inviting your children to draw a picture while listening, maybe the people of the world holding hands.

- Love Train feat. Jason Mraz, Chad Smith, Yo-Yo Ma | Turnaround Arts | Playing For Change
<https://www.youtube.com/watch?v=aUXSVnGsYyY&list=PLC122061BDC373B4B&index=28>
- Ziggy Marley - "Changes" feat. Daniel Marley | Wild and Free
<https://www.youtube.com/watch?v=XtCQqARCsC4>

The Giving Bowl

Add your commitments of generosity to your giving bowl on your chalice home!

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."



Enriching Our Chalice Home:

Our Commitment to Change

Inspired by our monthly theme, each family worship ritual guides us in adding a symbolic object/token to our Chalice Home, with each object we add reminding us of a value that grounds our family. This month we honor the way we are committed to the value of change. In our faith and in our families we value adaptability, change and flexibility. Change requires us to be open to new ideas, experiences and feelings. That newness is always an invitation to grow!

With this in mind, your worship's new symbolic token/object(s) will be some playdough or modeling clay, symbolizing the UU commitment to change and flexibility. (Here is a recipe for [homemade playdough](#) using cream of tartar. Here's a [recipe](#) without cream of tartar. Another alternative is to [purchase playdough](#).)

Invite family members to share a personal story of changes they have experienced. While sharing, invite each family member to change their playdough shape by squeezing, rolling and flattening it. Allow the playdough to change as your sharing shifts and changes.

- Share a time when you *were challenged* by change.
- Share a time when you *were exhausted* by change.
- Share a time when change was exhilarating or welcome.
- How has change made you grow?

Adding Your Symbol:

Add your item to your Chalice Home. Consider making one bigger ball of playdough by adding each person's lump. Or create a shape with each person adding a new feature.

Close with these words:

One family member: "We add this playdough /to remind us that change is true. / We adapt and go on /It's important to do."

Family responds: "There is nothing permanent except change." [-Heraclitus]



Bless Your Object

"[Spirit of Life and Love], grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." - Reinhold Neibuhr

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 commitment about change - for how you want to act, what you want to remember, or how you want to treat others.

"In the coming weeks, I will try to grow from change in my life by _____."

Extinguishing the Chalice

*"We gather the warmth of love,
the light of truth, and the energy of action into our hearts.
As we return to the world of do and say,
May we carry these gifts 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 a gesture to these words: <https://youtu.be/GEF4Hdm08oM>



Other Resources and Sources of Support

Soulful Home Family Guides

Parents are invited to explore the themes at home with their family by subscribing to our monthly parent guides, **Soulful Home**. Here's the link to the Soulful Home page on our website: <https://www.soulmatterssharingcircle.com/soulful-home.html>.

There are three types of subscriptions: congregational, family, and gift subscriptions. Check them all out!

Inspiration Facebook Page

Parents receive spiritual nourishment and inspiration by joining the Soul Matters Inspiration Facebook Page. <https://www.facebook.com/soulmatterssharingcircle/>

Soul Matters Music Playlists

We create two different playlists on the monthly theme each month: one in Spotify and another in YouTube. Music connects us to the themes in a way like nothing else.

Click [here](#) for links to the [Spotify playlists](#) for each month.

Click [here](#) to check out the [YouTube playlists](#).



Soul Matters Chalice Home Authors

***Authors: Katie Covey, Soul Matters Director of Religious Education
Rev. Scott Tayler, Soul Matters Team Lead***

Thanks also to the other [Soul Matters Team](#) members who contribute to the content and shape of these packets.

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 8 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.

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.



© 2020-21 Soul Matters ALL RIGHTS RESERVED

Learn more about Soul Matters resources at
<https://www.soulmatterssharingcircle.com>

Check us out on [Facebook](#) or [Instagram](#).
We also have song playlists on [Spotify](#) and [YouTube](#)