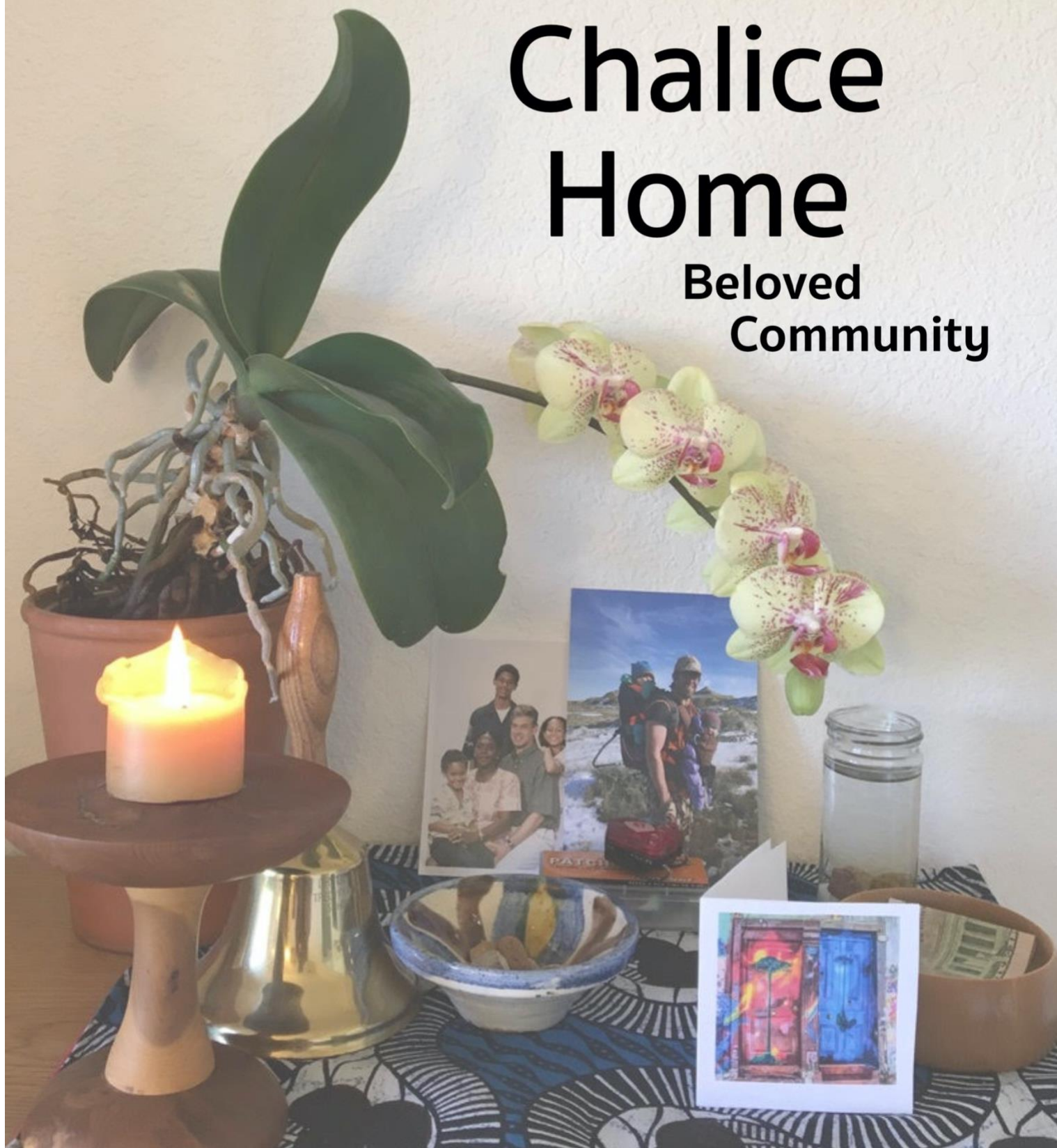




Chalice Home

Beloved
Community



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 Beloved Community

Welcome to Chalice Home for February and the theme of Beloved Community. 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 open our hearts to diversity in order to see humanity in all. Our theme "Beloved Community" coincides with Valentine's Day, an opportunity to explore what opening our hearts to difference may mean, while we also share the love we feel with our close family and friends. Rev. Dr. Martin Luther King, Jr. popularized the notion of the "Beloved Community," a term coined by philosopher Josiah Royce. King envisioned the Beloved Community as a society based on justice, equity, and love of others, including one's "enemies." To honor the Beloved Community, we invite families to place a heart on their Chalice Home this month.

In our second home worship, we honor the way we create Beloved Community to fight racism. Your worship's new symbolic token/object(s) will be an item from your household that centers anti-racism. It might be a Black Lives Matter bracelet, a picture book with diverse characters, a box of multicolored or multicultural crayons, or a protest sign. What item represents the importance of fighting racism for you? We invite family members to share a personal story of how racism or anti-racism has appeared in their life.

In the end, maybe the most important reminder this month is that Beloved Community is not just about finding home, but also about extending home to others. Maybe the lesson is that none of us are really home until all of us are home. So friends, may you be blessed by this awareness that we are all in this together. And as we work together, maybe a small taste of the Beloved Community is available to us even now!



Family Worship Guide on Beloved Community

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

Worship Ritual #1 Open Your Heart

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 family worship, begin by sharing a personal story about a time when your heart was broken open by a person whose life experience was different from your own (perhaps a different story than the one you will offer as your symbolic Chalice Home object sharing) that shaped who you are and how you have lived your life. How has that experience served as a touchstone for your life?

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...

May this light
help us see the beauty in each other
and all those in our world.
And just like the flame grows and grows,
may we work to make sure that more and more people
feel loved,
feel celebrated
and feel like they are home.



Centering Music

Here are some songs about Beloved Community for this time of connecting to the theme through music. 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 a picture of friends or a rainbow.

- Love Reaches Out
<https://www.youtube.com/watch?v=OvIPa28cVfA>
- That's What Friends Are For
<https://www.youtube.com/watch?v=tHhdSTzuc9Q>

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."*



Enriching Our Chalice Home:

Open Your Heart

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 our lives are shaped by the Beloved Community's call for us to not just tolerate diversity but celebrate it.

This worship's symbolic token/object - a heart - will act as a reminder to open our hearts to diversity in order to see humanity in all. Our theme "Beloved Community" coincides with Valentine's Day, an opportunity to explore what opening our hearts to difference may mean, while we also share the love we feel with our close family and friends. Rev. Dr. Martin Luther King, Jr. popularized the notion of the "Beloved Community," a term coined by philosopher Josiah Royce. King envisioned the Beloved Community as a society based on justice, equity, and love of others.

Instructions:

Invite each family member to find or create a heart to place on your Chalice Home. It might be a construction paper heart, a small heart pillow, or a valentine's heart (it is the month of Valentine's Day, after all). Candy hearts count too, although it will be tempting to eat them!

Share with each other the ways you open your heart and express loving kindness to each of these groups, circles of people rippling outward in diversity.

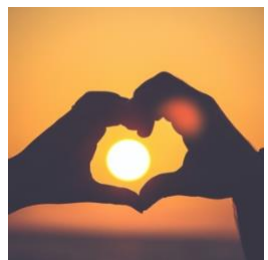
- How do you open your heart and express loving kindness to yourself?
- How do you open your heart and express loving kindness to your family and friends?
- How do you open your heart and express loving kindness to people who are different from you, who you may not know?

Adding Your Symbol to Your Chalice Home:

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

"I place this heart/ to remind me to open my heart/ and express loving kindness/ to all of the beings in the world."

Family responds: *"May our hearts be open!"*



Bless Your Objects

"[Spirit of Life and Love], We give thanks for the many ways each of us opens our hearts. May we remember to express our loving kindness. May all beings become part of our Beloved Community."

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 an imagination intention/promise for how you want to act, what you want to remember, or how you want to treat others.

"In the coming weeks, to open my heart and express loving kindness, 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

Centering Anti-Racism

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 family worship, begin by sharing a personal story about how you have walked the path of anti-racism. It might be a discovery about [white privilege](#). Or perhaps you have a story about calling out racism experienced by your family. The goal is to share a story that exemplifies how racism and anti-racism are a part of your family's experience. And in particular, what tools, skills or intentional work is needed to push back on or survive white supremacy culture.

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...

As we light this flame, we also
light our passion for justice.
May we work against exclusion out in the world.
May we also notice all the ways we can do better too.
May our time together today,
Remind us that none of us are free
until all of us are free.

Light your chalice.



Centering Music

Here are some songs centering diversity and Beloved Community for this time of connecting to the theme through music. 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 a bouquet of flowers or holding hands!

- De Colores - The Castillo Kids
<https://www.youtube.com/watch?v=QWkZ7VzvpSE>
- Black Lives Matter Song by Hopsters
<https://www.youtube.com/watch?v=f150G-a5N-A>
- Common, Andra Day Perform 'Stand Up For Something,' 'Rise Up' With Cardinal Shehan School Choir
<https://www.youtube.com/watch?v=7FJyM4IIHSE>

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.”*



Centering Anti-Racism

Explain:

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 create Beloved Community to fight racism.

With this in mind, your worship's new symbolic token/object(s) will be an item from your household that centers anti-racism. It might be a Black Lives Matter bracelet, a picture book with diverse characters, a box of multicolored or multicultural crayons, or a protest sign. What item represents the importance of fighting racism? Go and find an item that reminds you of your family's fight against racism.

Invite family members to share a personal story of how racism or anti-racism has appeared in their life.

- Share a time when they *experienced or witnessed* racism. How did it feel and what did it teach them?
- Share a time when they *stood up to or spoke out against* racism. How did it feel and what did it teach them?
- As a family, identify *one hope* you have for how Beloved Community and anti-racism will show up in your community/city? What do you most wish will change, grow or come into being?

Adding Your Symbol:

Add your item to your Chalice Home.

Close with these words:

*One family member: "We add this _____ /to remind us that Beloved Community makes us whole. /
To racism we say, "No!" /On the path of antiracism we say, "Go!"*

Family responds: "May we seek Beloved Community each and every day!!"



Bless Your Object

“[Spirit of Life and Love], We give thanks for those who guide us on the path of anti-racism. May we seek out the Beloved Community. Blessed be the work that helps us make the world a fair and just place, for ourselves and many others. Amen. “

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 Beloved Community intention/promise 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 be aware of the ways racism tears us apart, and practice anti-racism 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

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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 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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<https://www.soulmatterssharingcircle.com>

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