



# Chalice Home Story



May 2021

# 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 Story

Welcome to Chalice Home for May and our exploration of the theme of Story. 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 explore family stories using a favorite photo. This will be a photo which prompts family members to remember a shared story of something they experienced together. For instance, it might be the time when you went on a special vacation together. Or the picture of the family lake spot where everyone swam with cousins and uncles. Or the picture of Grandpa telling his story from the porch swing as everyone listened intently. Or the time when you first got Spot, your first dog, and all gathered around her as a puppy. What fun it will be to find that photo together! This worship will then invite everyone to share their different perspectives of the remembered story. It also provides a way for family members to tease out the important memories and consider the ways that more memories could be created.

In our second home worship, we explore the heart's favorite story. In our faith and in our families, we recognize the importance of story in healing and companionship. We hold a story in our hearts and it arises when we feel brokenhearted and need healing, or when we feel lonely. In honor of this, we will add an object symbolic of these heart-healing stories. Will it be a copy of an illustration from the Velveteen Rabbit, a ring symbolizing the Lord of the Rings, or a starfish symbolizing the [Starfish Story](#)? Family members are invited to share their own "heart story."

May this month remind you not only of the stories you love, but also the stories that love you back!

**Katie**, on behalf of the entire Soul Matters team



# Family Worship Guide on Story

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

## Worship Ritual #1

### The Stories Contained in a Photo

#### 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 favorite photo that “contains” or helps you hold on to a beloved story from your life. Maybe it is a photo of yourself as a teen. Maybe it is an early photo of a pet. Or a photo from the genealogy of your family.

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 - i.e. How photos and images help us hold on to beloved stories. 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...

Like the spark that ignites this flame,  
May our time together kindle the stories that offer us  
warmth when life feels cold or lonely,  
and guidance when we lose sight of our way.



# Centering Music

Here are some centering songs about “story” 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 of their family or of a story.

- Puff the Magic Dragon (in Legos!)  
[https://www.youtube.com/watch?v=VLC\\_Bo3aotM](https://www.youtube.com/watch?v=VLC_Bo3aotM)
- Come Sing a Song with Me with Puppets by MaryJane Wagner  
<https://www.youtube.com/watch?v=bfY-xC80jg>

# 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: Stories Contained in a Photo

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. As mentioned, this worship invites us to remember those personal and family stories we have experienced together.

So, work together to find a photo that captures an experience that was significant to the whole family. Indeed it is photos that serve as doorways back into the stories we most cherish. For instance, is it the time when we went on a special vacation together? Or the picture of the family lake home where we swam with all our cousins and uncles. Or the picture of Grandpa telling his story from the porch swing as we all listened intently. Or the time when we first got Spot, our first dog, and we all gathered around him.

This worship will invite us to share different perspectives of the different family members. It asks family members to share their feelings around the story, making room for everyone's unique memory of that time. It also provides a way for family members to tease out the important memories and consider the ways that more memories could be created together.

## **Discussion and Adding Your Symbol:**

Before you place the photo on your Chalice Home, engage the entire family around the story prompted by the photo. Then ask yourselves the following questions:

- How many different versions are there? Find out who remembers things the same and who remembers them differently.
- What details can each family member add? The location, the date, who was there?  
Now, delve a bit deeper.
- What is their personal connection to the photo?
- What different feelings does the photo evoke for everyone? Can you remember what you felt back then? What feelings does it stir up now, as you remember the story?
- How can you create opportunities for more stories like those from the photo?

Place the photo on your Chalice Home. Close with these words:

*One family member: "We tell our story/ It is our glue"*

*Family responds: "We remember so we can create the new."*



# Bless Your Object

*"[Spirit of Life and Love], May we continue to tell and live our stories together. May this photo remind us of the times we have had together and the memories we have made."*

## 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 intention - for how you want to act, what you want to remember, or how you want to honor your beloved story moving forward. .

*"In the coming weeks, I will help our cherished story live on 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>



# Worship Ritual #2

## Your Heart's Favorite Story

### 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 your favorite story or fable to which you turn over and over when your heart is hurting or feeling lonely. It should be a different one than the one you will use below. Make it one that you hold close to your heart when you need healing or companionship. Most likely it will be a story from your childhood, but hopefully some of us will have a book from our adulthood that healed or held us in an important way or during a difficult time. The goal is to help your children understand that our hearts hold on to stories and there are certain stories that hold on to our hearts.

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...

We light this flame  
in honor of the many stories  
told around fires  
for so many years  
by so many people.  
Come, says the flame,  
let me warm and light your way,  
let me offer you healing and wholeness,  
as you spin your tales  
and travel together!



# Centering Music

Here is a song about the stories in our hearts for this time of connecting to the theme through music.

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 a heart.

- **When Our Heart is in a Holy Place - UU Society of Grafton and Upton, MA**  
<https://www.youtube.com/watch?v=OGW10y8KuNg>

# 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.

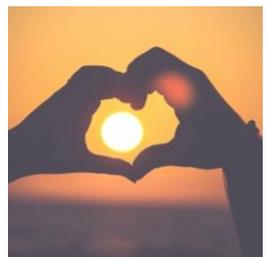
After this first round of joys, invite each family member to choose another rock and share something or someone they have a concern for - someone or something they are holding in their hearts and prayers. This is a way to bring the struggles of others into our hearts.

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:

## Your Heart's Favorite Story

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 story that is our heart's favorite.

This worship's symbolic token/object - a symbol of your story of the heart - will act as a symbol of Story. In our faith and in our families, we recognize the importance of story in healing and befriending us. We hold a story in our hearts and it arises when we feel brokenhearted or when we are lonely. In honor of this, we will add an object symbolic of the story we love. Will it be a copy of an illustration from the Velveteen Rabbit, a ring symbolizing the Lord of the Rings, or a starfish symbolizing the [Starfish Story](#)? Family members are invited to share their own heart story.

### Instructions:

Invite each family member to find an object which symbolizes their heart story to place on your Chalice Home.

Share with each other the ways your heart story heals and befriends you:

- When do you turn to your heart story?
- What part especially speaks to you?
- What is it about your story that makes you turn to it again and again?
- How does the story heal you?
- How does the story act as a companion when you are feeling lonely?

### Adding Your Symbol to Your Chalice Home:

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

*"I place this [starfish] to remind me of the way my heart story heals and holds me.*

Family responds: *"May we be healed and held!"*



## Bless Your Objects

*"[Spirit of Life and Love], We give thanks for the ways that story heals us and holds us. May we find our heart story each time we are brokenhearted. May we remember what is important to us. May we commit to helping others remember their heart stories."*

## Setting an Intention

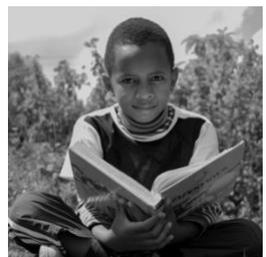
As you bring your family worship to a close, pause for a moment to think ahead about the coming weeks and make an intention for how you want to act, what you want to remember, or how you want to treat others.

*"When I am broken-hearted or in need of companionship, I promise to remember my heart story."*

## 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.  
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**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.



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