



# Chalice Home

Becoming



April 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 Becoming

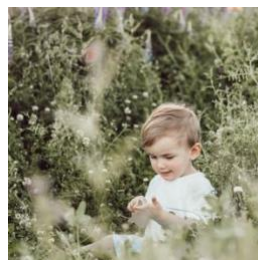
Welcome to Chalice Home for April and our exploration of the theme of Becoming. Each month, we offer two family worship experiences that explore our monthly theme and help us expand our Chalice Homes with additional symbolic objects/tokens.

In our first home worship this month, we explore how we are growing and who we have become in the past year. It's been a challenging year for all of us, to say the least. But despite the challenges (and maybe even because of them,) there's still been room for a lot of growth. This worship invites us to step back and notice the ways our tastes, skills, loves, habits and friendships have changed and expanded. To honor that growing, we invite you to add a measuring tape to your Chalice Home. We are always becoming something new. Let's celebrate that together!

In our second home worship, we explore the ways we are becoming people of the earth, in honor of the fact that Earth Day is one of April's special holidays. In our faith and in our families, we celebrate the interdependent web of life and our calling to become caretakers of our planet. In fact, we become caretakers of the earth often only after we feel and recognize our deep connection to it. There's a new word called Eutierra (pronounced: You tee air ia) which means "a positive feeling of oneness with the earth and its life forces where the boundaries between self and the rest of nature are obliterated and a deep sense of peace and connectedness pervades consciousness." (eu =good, tierra = earth, ia = suffix for members of a group of conditions. [Albrecht 2010](#)) In honor of this, we will add a symbolic part of nature to our Chalice Home. Will it be a potted flower, a houseplant, a piece of driftwood, a pinecone? We will also invite family members to share a personal story of ways you care for the Earth.

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

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



# Family Worship Guide on Becoming

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

## Worship Ritual #1

### Noticing How We Are Always Becoming & Growing

#### 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've grown this past year. It's been a challenging year for all of us, to say the least. But despite the challenges (and maybe even because of them,) there's still been room for a lot of growth. We are always becoming something new. So to celebrate that and help your children begin to think about the ways they've grown, share a personal story about your growth. Maybe it's a new skill or habit you developed. Or perhaps your tastes have changed; instead of bacon and eggs, maybe your favorite new breakfast is a smoothie and avocado toast. Or maybe a new friendship arose for you. Whatever it is, share a story about it and lift up the gift in this "new becoming!"

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...

*Like the spark that grows into this flame,  
a little push inside us calls us to continually grow.  
And like this chalice that cradles this light,  
may the love of our family foster and protect all we are becoming.*



# Centering Music

Here are some centering songs about “becoming” 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 flower or a heart.

- Spirit of Life, All Souls, NY Virtual Choir  
[https://www.youtube.com/watch?v=LikvoliN\\_bU](https://www.youtube.com/watch?v=LikvoliN_bU)
- I know This Rose Will Open  
<https://www.youtube.com/watch?v=Bynr6t79Hw0>

# 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:

## Noticing How We Are Always Becoming & Growing

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 notice the ways we've grown and changed in the past year.

And what better way to symbolize that than with a tape measure! After all, who doesn't like to pull out a measure and see how tall we've grown over the past year!

### Discussion and Adding Your Symbol:

Before you place the tape measure on your Chalice Home, engage the entire family in a discussion about the many ways you've grown. Here are some areas of growth to share with everyone. Use them to help every think about where their growth has occurred this year.

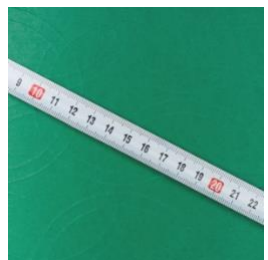
#### Ways We Grow:

- Tastes
- Skills
- Friendships
- Favorite TV shows or types of music
- Our height
- Our hair
- Opinions

Close with these words:

*One family member: "We grow./ We become."*

*Family responds: "On the chords of life we strum."*



# Bless Your Object

*"[Spirit of Life and Love], May we continue to grow and change beyond measure. Though it is sometimes hard to leave our old selves behind, may we ever be grateful for the way life surprises us with who we can become."*

## Setting an Intention

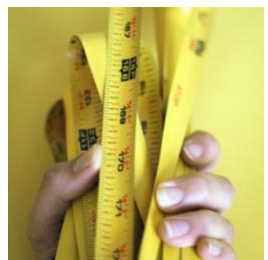
As you bring your family worship to a close, pause for a moment to think ahead about the coming weeks and make a commitment about change - for how you want to act, what you want to remember, or how you want to treat others.

*"In the coming weeks, I will lean into who I am becoming 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

## Becoming a People of the Earth

### 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 could feel yourself becoming connected to the web of life on our planet. Perhaps it was a time when you held a baby robin in your hand. Or a time when you worked in a community garden. The goal is to help your children understand that we are moved to care for our planet when we feel a part of it.

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...

May this flame  
kindle in us a connection  
to the wider world  
of which we are a part.  
May we always care for our planet,  
just as it has cared for us.

*Light your chalice.*





## Centering Music

Here are some songs about becoming a people of the earth 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 nature.

- Blue Green Hills of Earth with Maria Jameau and Children  
<https://www.youtube.com/watch?v=43Bg0wUf3-w>
- Earth Day Song | Reduce, Reuse, Recycle | The 3 Rs of Recycling  
<https://www.youtube.com/watch?v=qtyBzFV9yTs>

## The Giving Bowl

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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.”*

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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:

## Becoming a People of the Earth

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 we are becoming a people of the Earth.

This worship's symbolic token/object - an item from nature - will act as a symbol of becoming a people of the earth and the natural world. In our faith and in our families, we celebrate the interdependent web of life. Earth Day is honored this month and it is an ideal time to grow in becoming caretakers of our planet. There's a new word called Eutierria (pronounced: You tee air ia) which means "a positive feeling of oneness with the earth and its life forces where the boundaries between self and the rest of nature are obliterated and a deep sense of peace and connectedness pervades consciousness." (eu = good, tierra = earth, ia = suffix for members of a group of conditions. [Albrecht 2010](#)) In honor of eutierria, we will add a symbolic piece of nature to our Chalice Homes. Will it be a potted flower, a houseplant, a piece of driftwood, a pinecone? We will also invite family members to share a personal story of ways you uniquely connect with nature.

### Instructions:

Invite each family member to find an object from nature to place on your Chalice Home. It might be a pinecone, a potted flower, a piece of driftwood. The goal is to have each family member pick something that they particularly love and leaves them feeling uniquely connected to nature.

Share with each other the ways you connect with nature and become a caretaker of the planet:

- Where is your favorite spot with a connection to the natural world?
- Do you have a special time when you seek out nature?
- Tell about a time when you felt connected to the web of life on our planet.
- How have you become a caretaker of the planet?
- What ways would you like to try becoming even more of a person of the Earth?

### Adding Your Symbol to Your Chalice Home:

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

*"I place this [pinecone] to remind me that I am part of the web of life.*

Family responds: *"May we take care of our planet!"*



# Bless Your Objects

*"[Spirit of Life and Love], We give thanks for our blue green planet home. May we remember to express our gratitude for the interconnected web of life of which we are a part. May we commit to becoming a people of the Earth."*

## 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.

*"As a caretaker of the Earth, 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.  
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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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We also have song playlists on [Spotify](#) and [YouTube](#)