



# CHAL(UUCC)A

*A Seven-Week celebration of the  
Unitarian Universalist Principles*

A note about Chal(UUCC)a from the Director of Religious Exploration:

### **Do you know what "Chalica" is...?**

Chances are, you may have never heard of this up and coming UU Holiday. It first emerged in 2005, and has slowly been gaining popularity since. It is traditionally celebrated in the first week of December, with each night being represented by one of the UU 7 Principles.

While I think this would be a wonderful holiday to celebrate together as a congregation, it seems unreasonable to ask everyone to come to church every night for an entire week... (could you IMAGINE??) But, I still believe it is something that can be beneficial for families, and something I want us to celebrate together.

Therefore, I decided to put a different spin on it, and came up with:

## Chal(UUCC)a

(pronounced Chal-uh-kah)

Instead of seven nights of learning, we're going to celebrate **seven WEEKS**, with each week representing one UU Principle. In this booklet (and in other places) you will find information about the "principle of the week".

**I encourage you to light your family chalice (or a candle if you don't have one) each night and recite the principle of the week.** For busier families, picking one set night a week (Monday for example) may work better. Then, use the ideas, songs and stories in this booklet to help your family talk about each principle, and work together to LIVE them out in your daily lives.

Thank you for taking part in this opportunity to help our families grow and live out our Unitarian Universalist values.

- Adena Dannouf  
Director of Religious Exploration  
Unitarian Universalist Community Church

# Songs:

## The 7 Principles Song

(To the tune of "Do-Re-Mi" from "The Sound of Music")

[https://drive.google.com/a/uuccglenallen.org/file/d/0BxfYq\\_pwB19oNmZhQkzUEN1dmxRdkttLVBaeENtMEImT3FF/view?usp=sharing](https://drive.google.com/a/uuccglenallen.org/file/d/0BxfYq_pwB19oNmZhQkzUEN1dmxRdkttLVBaeENtMEImT3FF/view?usp=sharing)

ONE - Each person is important  
TWO - Be kind in all you do  
THREE - We help each other learn  
FOUR - And search for what is true  
FIVE - All people have a say  
SIX - Work for a peaceful world  
SEVEN - The web of life's the way  
That brings us back to me and UU...

## UU PRINCIPLES SONG

By Rev. Tony Larson

<https://www.youtube.com/watch?v=1zKEaMj4-mg>

**Oh I believe in every person's  
worth and dignity  
In justice and compassion  
I believe in equity  
Acceptance of each other  
Encouragement to grow  
A free and open search for truth  
To find the way to go  
Affirm the right of conscious  
and affirm democracy  
The goal of world community  
With peace and liberty  
Respect the web of nature  
Of which we are a part  
These are UU Principles  
I hold close to my heart**

## Light A Chalice

By Evan Austin

<https://www.youtube.com/watch?v=puCw-NJdxt4>

*Spoken: Between cooking smells to jingle  
bells  
From cranberries to chocolates and snow  
There's a chance for some sport, when the  
daylight is short  
It's called Chalica, here's how it goes*

### CHORUS:

One, light a chalice for everyone's worth  
Two, light one for equity  
The third one we light for spiritual growth  
Four is for truth and meaning  
A fifth flame is lit for everyone's voice  
Six is for justice and peace  
Seven we light, with a reverent delight, for  
the web of all life that we need

Now, lighting one chalice each night in our  
homes is a powerful symbol indeed  
It connects us all to the values we share  
It shows how warmth and light are a pair

But if we want justice to spread in our world  
Or compassion and freedom to grow  
For conscious and peace and our earth to  
be strong  
Then service is where we belong

### REPEAT CHORUS

Now the winters of life can sure be dark and  
cold  
Patience is short, resources are thin  
The most important flame we light  
is the chalice of our life  
Let our values and actions burn bright

### CHORUS (x2)

# Week ONE of "Chal(UUCC)a"

This week we celebrate:



## The inherent worth and dignity of every person

**Brainstorm** what each of the words of today's principle means individually and collectively, why they were chosen by the authors of the Seven Principles, and what it looks like when the today's principle is and is not carried out.

A few helpful questions:

- What does 'inherent' mean?
- How is 'worth' different from 'dignity'?
- Who are people within our culture that sometimes do not receive the 'worth and dignity' they deserve?
- How can we fix that?

**Give** something to someone who cannot pay you back - bake cookies/brownies/bread, give money to someone in need (family, friend, charity, those in need).

**Write** a thank you letter. Be intentionally specific about what someone did and/or some attribute someone has and what evidence you have for thinking they have that attribute.

**Draw** a picture that shows how everyone is important. Who in your life is important to you? Think beyond your family and friends, what about others like a bus driver, your mail person, or other people who help you but that you may not personally know

### Books to Read:

- **Big Orange Spot** by D. Manus Pinkwater and Daniel Manus Pinkwater
- **Owen and Mzee** by Isabella Hatkoff, Craig Hatkoff, Paula Kahumbu and Peter Greste
- **On the Night You Were Born** by Nancy Tillman

### Additional Idea:

Is there someone in your life who you have recently had an argument with? **Why don't YOU take an opportunity to begin the process of reconciliation?** Chances are, they're feeling just as terrible as you.

# Week TWO of "Chal(UUCC)a"

This week we celebrate:



## Justice, equity, and compassion in human relations

**Read and discuss** this story:

<http://www.eruuf.org/Unitarian-Universalist-Principles/the-second-principle.html>

**Talk** about the second principle together:

- What are some things you already do every day to live this principle?
- Have you ever been in a situation where it was hard to live this principle? How did you handle it?
- How can you relate with compassion to people who annoy you or think differently than you do?

**Ding-dong ditch** one of your neighbors. Check out this site for great ideas on how, and other kindness activities:

<http://kindnessgirl.com/querrilla-goodness/>

**Draw** a picture of a moment when someone was kind to you. Maybe you could give the picture to them as a way to say thank you.

**Give** your server a generous tip and a note of encouragement when you go out to eat as a family at your favorite restaurant.

**Donate** blood or clean out your house some of your books, toys, or clothing.

**Help-** Rake leaves, shovel snow, wash another's car, or mow the lawn of a neighbor (given permission).

**Go** to the grocery store as a family solely to get food for the local food pantry. Check here for the most needed items (*in column on the right hand side*):  
<https://feedmore.org/food-bank>

**Books to Read:**

- **Old Turtle** by Douglas Wood and Cheng-Khee Chee
- **The Golden Rule** by Ilene Cooper and Gabi Swiatkowska
- **Love you Forever** by Robert Munsch and Sheila McGraw

**Additional Idea:**

As a family, try to go the whole day without arguing. Focus on putting the wants and needs of your brother/sister/ mother/ father/ husband/ wife before your own.

# Week THREE of "Chal(UUCC)a"

This week we celebrate:



## Acceptance of one another and encouragement to spiritual growth in our congregations

### **Discuss:**

- What does and doesn't it look like to 'accept' another person's faith outlook?
- What is spiritual growth?
- What are ways that one person can 'encourage' another person's spiritual growth?
- How can this idea be applied even outside of one's congregation?

**Draw** a picture of your church and talk about why it is an important place to you. How do you feel accepted and cherished there?

**Get to know** the UU Sources:

<http://www.uua.org/beliefs/principles/>

**Play** a game no one in your family has ever played before. Learn how to play it together.

**Participate-** Let the worship team know that you are willing to help out with readings, research, music, or chalice words during future services.

**Share** in a conversation with a friend who has different beliefs than yours about how their beliefs help improve their lives.

**Visit** another faith tradition's congregation as a family or with a friend.

**Watch** this video expositing the 3rd principle (*there are more videos in this series*):

<http://www.examiner.com/article/chalica-reflections-day-3-acceptance-and-encouragement-to-spiritual-growth>

**Cook** as a family something you never have before. It might work out, or you might be ordering pizza. It doesn't matter as long as you make the attempt!

**Additional Ideas:** If you have the opportunity to teach someone something, take it. And, conversely, if you are in the position where someone is more knowledgeable than you, listen and learn.

# Week FOUR of "Chal(UUCC)a"

This week we celebrate:



## A free and responsible search for truth and meaning

**Discuss** religion as a family:

*(Parents, be aware that children, up until the age of 12, tend to take on the beliefs of their parents.)*

For a lively discussion about religion you may want to let your children speak first, and remain neutral. Some questions to start with:

- What do you believe about how the world and people were created?
- What do you believe happens after death?
- What do you believe about a higher power (God, Great Spirit, Universe, etc.)

Here are some other good questions for family discussions about the Fourth principle *(at the bottom of the page)*:

<http://www.eruuf.org/Unitarian-Universalist-Principles/the-fourth-principle.html>

**Start** your own Chal(UUCC)a family tradition! Learn something historical about UU or a ritual from another faith tradition, then turn what you learned into a Chal(UUCC)a tradition.

**Draw** a picture that can show others some of the things you believe.

**Watch** this video as a family. What are some of the different elephants in our lives?

<https://www.youtube.com/watch?v=qPIJWk8-b4E>

**Talk** with a friend about their beliefs. How are they different than yours? Keep an open mind; who knows, you may find something that rings true for you!

**Books to Read:**

- **Grandad's Prayers of the Earth** by Douglas Wood and P.J. Lynch
- **God In Between** by Sandy Eisenberg Sasso and Sally Sweetland
- **Elijah's Angel** by Michael J. Rosen and Aminah Brenda Lynn Robinson

**Additional Idea:**

Unitarian Universalism is a very long name, and not many people know much about it. Work together as a family to create an elevator, or playground, speech so you can tell people what it means to be a UU in one minute or less.

# Week FIVE of "Chal(UUCC)a"

This week we celebrate:



The right of conscience and the use of the democratic process within our congregations and in society at large

## **Discuss:**

- What is democracy? Why is it important?
- Are there groups of people who have been excluded from the democratic process throughout history? Are there still people excluded today?
- How do we use the democratic process in our congregations?
- How can we live the 5<sup>th</sup> principle every day?

**Write** a letter to your government in support or in opposition to a certain issue that you feel strongly about. Encourage others to join you in writing letters.

**Join** a committee at church or help someone with an event or task. Parents: make sure to always try and attend congregational meetings to have your voice heard.

**Learn** as a family about someone (historical or current) that work(ed/s) to stand up for democracy. **BONUS** if it is someone who was/is a Unitarian Universalist.

**Call** a family meeting and ask the kids for their input. Could your household be running smoother? Not only will you be giving your children a voice, but you may learn something you never knew, and gain some insight into your children.

**Draw** a picture of democracy at work.

**Plan** a special meal with family or friends; hold a vote on what you'll eat. Majority wins!

## **Books to Read:**

- **If I Were President** by Catherine Stier and Diane DiSalvo-Ryan
- **D is for Democracy: A Citizen's Alphabet** by Elissa Grodin and Victor Juhasz
- **Yertle the Turtle** by Dr. Seuss

## **Additional Idea:**

Call the local office of your political party or favorite candidate, and find out how you can help. Or, get involved with voter registration.

# Week SIX of "Chal(UUCC)a"

This week we celebrate:



The goal of world community with peace, liberty, and justice for all

## **Discuss:**

- What is fair? How can we make sure to be fair to others?
- What is peace? How can we help keep the world around us peaceful?

## *For older children and other family members:*

- What promotes peace? What promotes unrest and division? What are the biggest threats to world peace?
- What is justice? In your opinion, what are the top 3 injustices in today's world? What prevents justice from being carried out?
- What is liberty? Can it go too far? If so, how? If not, why? What are the top 3 threats to liberty?

**Write** and create a friendship through an international pen pal organization, like: <http://www.ipf.net.au/>

**Draw** or create a peace sign project. Share them with others around you.

**Learn** more about the UU United Nations Office: <http://www.uua.org/international/un/>

**Find** an organization that allows families to volunteer together, then get involved! What is your family passionate about? Whatever it is, find out how you can help, and get involved! Volunteer once, or make a plan to volunteer regularly.

## **Books to Read:**

- **Over the River and Through the Wood** by Lydia Maria Child and Christopher Manson
- **Henry Climbs a Mountain** by D.B. Johnson
- **Miss Rumphius** by Barbara Cooney

## **Additional Ideas**

Hold a fundraiser as a family or with a group. Identify a worthy individual, family or organization and make a plan to raise funds or needed items.

# Week SEVEN of "Chal(UUCC)a"

This week we celebrate:



Respect for the interdependent web of all existence of which we are a part

## **Discuss:**

- Why is it our job to take care of the earth?
- What do we mean when we say "interdependent web"?
- What are ways we can 'respect' the interdependent web?

**Visit** a local park and talk about nature together as a family. What do you see? What do you hear? What sort of animals and plants are there?

**Draw** a picture of ways to care for the earth. Or create signs for recycling bins and trashcans of what can go in the bin and what should not go in the bin.

**Take** something from your house that would have been trash, and create a gift with it. Turn it into a work of art, or a handy item.

**Save** energy (and money) at home!

- Turn off lights when you leave a room
- Unplug electronics when not in use
- Turn off water when brushing teeth

**Start** a compost pile as a family and then use the compost to create a family garden (it could even be an indoor garden!).

**Shop** your local farmer's market for local and organic fruits and veggies.

**Cook** a vegetarian or vegan meal with your family. Start with doing it once, then maybe try to do one a month, or one a week.

**Organize** a group of people to travel around and up trash in your neighborhood together.

## **Books to Read:**

- **The Shortest Day** by Wendy Pfeffer and Jesse Reisch
- **The Everything Seed** by Carole Martignacco and Joy Troyer
- **From Lava to Life** by Jennifer Morgan and Dana Lynne Andersen

## **Additional Idea:**

Learn about an issue of the earth and educate others on what they can do to help

# Sources and Resources:

- **My Chalice Book - Created by Meredith Plummer**  
Director of Religious Education - First Unitarian Church of Cincinnati  
<http://www.firstuu.com/images/downloads/Chalice.pdf>
- **Chalice Blog by Kathy Klink-Zeitz**  
<http://chalice.blogspot.com/2013/12/>
- **Chalice Facebook Group**  
<https://www.facebook.com/UU.Chalice>
- **Celebrating Chalice (UUA)**  
<http://www.uua.org/worship/holidays/174566.shtml>