

UU@Home



# Summer Activity Guide

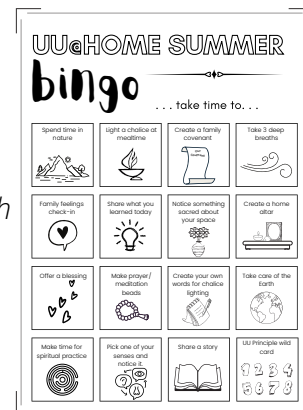


Summer 2022

# UU RITUALS AND PRACTICES: EVERY DAY FOR EVERY AGE.

*"...ritual is less about profound transitions and more about daily practices...  
They organize our emotional lives, prompt us to count our blessings along with  
our grievances, remind us to look up and out more often..."*

*They offer a sort of gentle time outside of time."  
-Courtney E. Martin on the onBeing blog from September 4, 2015*



Creating "gentle time outside of time" is sometimes easier said than done.

Life gets busy and making time to explore something new can often feel overwhelming! But starting a new ritual or practice doesn't have to be an overly serious or complicated endeavor; we can hold space for grounding and centering in simple yet profound ways. We hope that this summer activity guide helps you and your family find a few fun and easy practices to weave into your everyday lives.

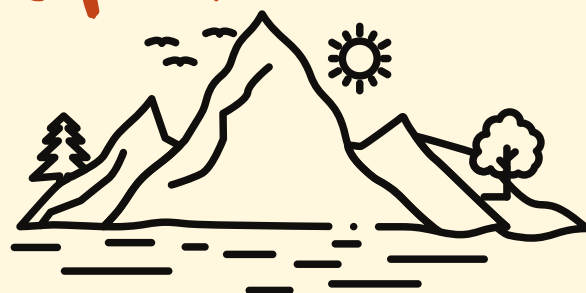
## Ideas for how to use this guide:

- Pick one day each week to try one of the practices in this guide; write your reflections in the space provided.
- Pick out four practices in a row that you would like to try this summer to get BINGO!
- Use this guide as a check-in sheet at the end of each day; which of these things did we do today? Which would we like to do tomorrow?
- Make it interactive: start a UU@Home group of all ages (virtually or in-person) to check in on your progress this summer. Check the UU@Home Facebook page for tips and ways to interact.

*Let's play!*

## SPEND TIME IN NATURE

*How do you stay connected to nature?*



Getting out and into nature is one way that we can stay connected to the interdependent web of existence. There are so many ways to be out in nature; what do you like to do outside? What did you notice? Draw or write about it here!

# Light a Chalice at Mealttime

## *What is special to you about sharing a meal?*

For many UUs, lighting a chalice is an important ritual that helps us cross a threshold into sacred or special time together. When you gather for a meal, take a moment before you begin to share some chalice lighting words and light the chalice. You can write your own chalice lighting words or use these:

We light this chalice to remind us all

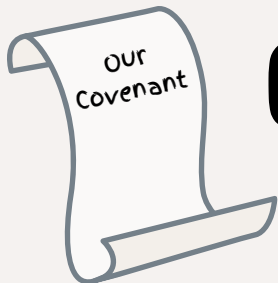
To be loving and kind

To listen and learn

To grow and serve.

This light reminds us that together we are strong.

Use the space here to draw or write about your experience lighting a chalice at mealtime.



# create a Family Covenant

## *What promises do you make with one another?*

A Covenant is a promise or set of promises that we make with one another.

It is all about learning to be right relationship with one another, ourselves, and all of existence.

- Ask one another: What do we each need to be able to grow together in this home:  
physically, emotionally, and spiritually?
- Take turns offering suggestions, making sure that everyone has a chance to offer what they need.
- Write down each promise and post on an agreed-upon location.
- Remember that covenants can change when we learn more about ourselves and one another--revisit your family covenant often and add promises as needed.

# Feelings check-in



*What am I carrying in my heart?*



Invite everyone in your circle to hold a stone or another small object in their hand; take a deep breath and listen to the feelings you are holding inside.

**Ask:** What feelings are you holding in your heart?

As each person takes a turn to share, invite them to set down their stone where it can be seen and held together. What feelings are you holding?

Decorate the stone above!

# DEEP BREATHS

*How do you find grounding?*



Take a moment to settle into your space and get comfortable. This practice can be done anywhere, at any time!

Take three deep breaths.

As you breathe in, lift your arms above your head and stretch up as high as you can.

As you breathe out, let your arms float slowly down like wings.

How do you feel after taking three deep breaths?

# Share What You Learned Today

*How were you changed by today's experiences?*



Every day we learn something new--an interesting fact, a story, a silly joke--and those new learnings change us a little bit. Share with one another what you learned today. As others share, practice listening deeply to their story. What is it like to share and listen to what you all learned today? Draw or write about it here.

# UU@HOME SUMMER

# bingo

... take time to ...

Spend time in nature



Light a chalice at mealtime



Create a family covenant



Take 3 deep breaths



Family feelings check-in



Share what you learned today



Notice something sacred about your space



Create a home altar



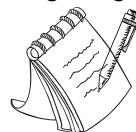
Offer a blessing



Make prayer/ meditation beads



Create your own words for chalice lighting



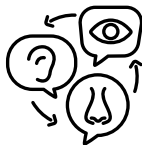
Take care of the Earth



Make time for spiritual practice



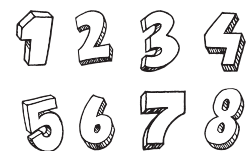
Pick one of your senses and notice it.



Share a story



UU Principle wild card



# Make it interactive!

Look for a post on the UU@Home Facebook page each Monday throughout the summer beginning on May 23rd.

Add your pictures, reflections, and questions from your summer journey. This summer, let's find new ways to connect!

<https://bit.ly/UUatHome>



*This Summer Activity Guide was lovingly created by Nico Van Ostrand and Amy Peterson Derrick. Together they make up the Religious Education staff team at White Bear Unitarian Universalist Church in Mahtomedi, Minnesota.*

*You can learn more about WBUUC here: [www.WBUUC.org](http://www.WBUUC.org).*

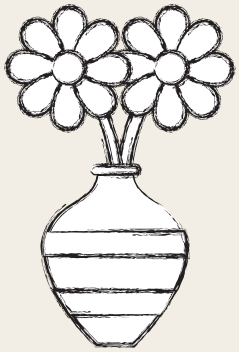
*And more at the UU@Home Project here: [www.UUatHome.com](http://www.UUatHome.com)*

**Grow Your Soul**  
*What did these activities make you wonder?*

**Serve the World**  
*What did these activities call you to do?*

# NOTICE SOMETHING SACRED IN YOUR SPACE

*What makes your space feel special?*



Take a breath and notice the space and use your senses to notice the space around you; what sights, smells, sounds, tastes, textures make it feel special to you? Draw a picture of what you notice!

# Take Care of the Earth



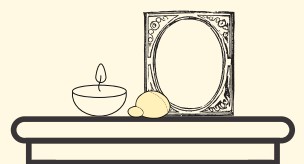
*How can you help the Earth?*

The 7th UU Principle calls us to care for the Earth and all living things. This might mean caring for a pet, picking up litter, gardening . . . what else can we do to care for the Earth? Do some of those things, then draw or write about it!

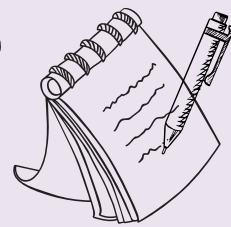
# Create a Home Altar

*What objects remind you of what is most important to you?*

Gather together pictures and objects that remind you of what is most important to you and place them in a place where you can visit them often. Draw a picture of your home altar!



# create Your Own Words for Chalice Lighting



*What do you light the chalice for?*

Lighting a chalice marks the beginning of sacred time together. In Religious Education classes, our chalice lighting words remind us why we come to RE. During worship, the chalice lighting words often connect to a monthly theme. UUs may also light a chalice when we feel sad, grateful, or excited--and all of these situations would require different words to help us settle into a sacred moment. What would you like to be reminded of as you gather to light a chalice together?

Write your own chalice lighting words here.



## MAKE TIME FOR SPIRITUAL PRACTICE

*What practices help you find your calm center?*

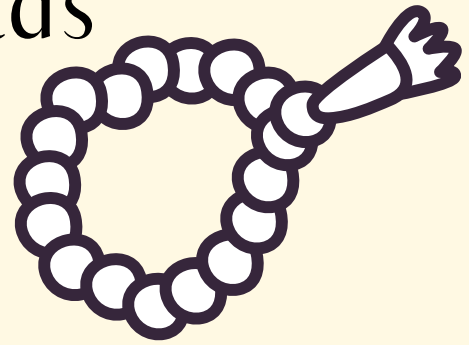
When the world and your thoughts and feelings feel overwhelming and busy, how do you find your calm center? Maybe you like create art, or to go for a walk in the woods, or to do yoga... or something else!

Make time to find your calm center, then write or draw here about your spiritual practice.



# Create Prayer/Meditation Beads

*What helps you when life feels tough?*

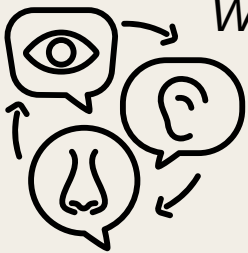


Gather together beads of different shapes and sizes; as you add them to a string, think about the people, places, and things that help you feel better when life feels really tough.

Revisit your stringed beads often; breathe deep, and spend time with each bead remembering what each represents. Draw a picture of your beads above!

## SENSES MEDITATION

*What do you notice?*

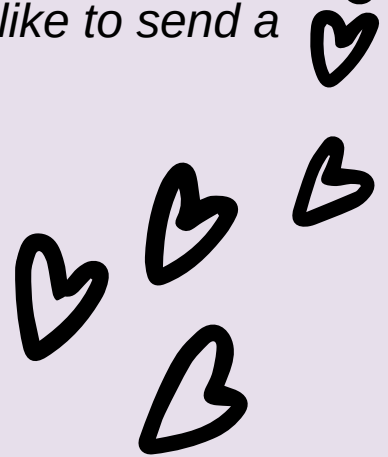


Take a breath, then pick one of your senses: sight, hearing, taste, smell, or touch.

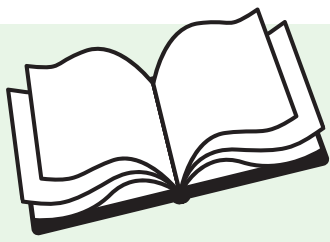
Pay extra attention to that sense for a moment. What do you notice? Draw or write about it here.

## Offer a Blessing

*Who would you like to send a blessing to?*



Think about the people, animals, and world around you. Is there someone you know of who could use a little extra love sent their way? Take turns sharing blessings aloud together, then draw or write your blessings here.



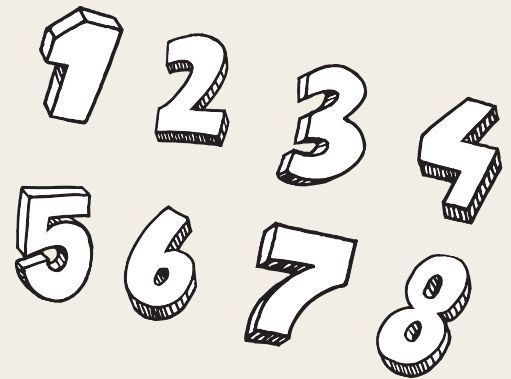
# Share a story

*What is your story?*

Stories can help us feel connected to others. Whether you share a story from your own life or a story that you really like, take time to make a connection with someone you love! Then, write or draw about it.

## UU PRINCIPLE WILD CARD

*How do you live UU faith out loud?*



Pick one of the 8 UU Principles to work extra hard on for a day! As you consider which Principle to focus on, think about what it is calling you to do. How will this Principle affect how you talk to your family and friends? How will it affect how you spend your alone time? How will it affect the way you interact with nature? This is a challenging one, but you can do it! Draw or write about your experience here.

Here are the 8 UU Principles:

1. We believe that each and every person is important
2. We believe that all people should be treated fairly and kindly
3. We believe that we should accept one another and keep on learning together
4. We believe that each person must be free to search for what is true and right in life
5. We believe that all persons should have a vote about the things that concern them
6. We believe in working for a peaceful, fair, and free world
7. We believe in caring for our planet Earth, the home we share with all living things
8. We believe in working together for diversity and against racism & oppression