

Religious Exploration

Sunday Session Framework

GATHERING

CHALICE LIGHTING (*Ask volunteer to "light"; read words related to theme if you wish.*)

We are
Unitarian Universalists
With Minds that Think
Hearts that Love
And Hands that are Ready to Serve.

SHARING OF JOYS & CONCERNS:

Pass around the basket of rocks and give the children a moment to think about what is on their mind and heart. Invite them to share briefly and place their object on the floor or around the chalice or in a bowl of water. Participants are always welcome to put down their object without speaking.

Introduce this ritual by saying something like:

"Every Sunday, we share our joys and sorrows with one another. Take a moment to think about what is on your mind and heart. Are you sad or angry or worried about something? Did something special happened to you this week? We are a caring community that supports one another." [After sharing.] "For all that was spoken, and that which we hold in the silence of our hearts, we are grateful."

FOCUS: _____

ENERGY BREAK OR GAME: _____

ACTIVITY: _____

SNACK (*Wherever fits best for your group!*)

BENEDICTION:

Go out into the world in peace.
Have courage.
Hold on to what is good.
Return to no person evil for evil.
Strengthen the fainthearted.
Support the weak.
Help the suffering.
Honor all beings.

11:15am DISMISSAL