



STORIES:

[The Flaming Chalice](#) (younger children)

[The Flaming Chalice](#) (older children)

Unitarian Universalist is a Really Long Name

ACTIVITIES:

WATCH this adorable film created by children at a UU Congregation!

[A Handy Guide to the 7 Principles of Unitarian Universalism](#)

[Color 7 Principles Mandala by Cynthia Landrum](#)

If you don't have a chalice already at home, could you make a chalice from gathered items in your home.

If you do have a chalice, take some time to create your own chalice lighting words or find some readings to share as a family.

Worship Web App is a great place to start!

Search #chaliceoftheday

Write an I Am Poem (see next page)

Draw or collage the principles or promises that you connect most strongly with or how you can commit to them.

DISCUSSION:

How do you live into your principles as a Unitarian Universalist?

Do you connect more strongly to one principle or promise?

Are there things along the way in your journey that have shaped what you believe?

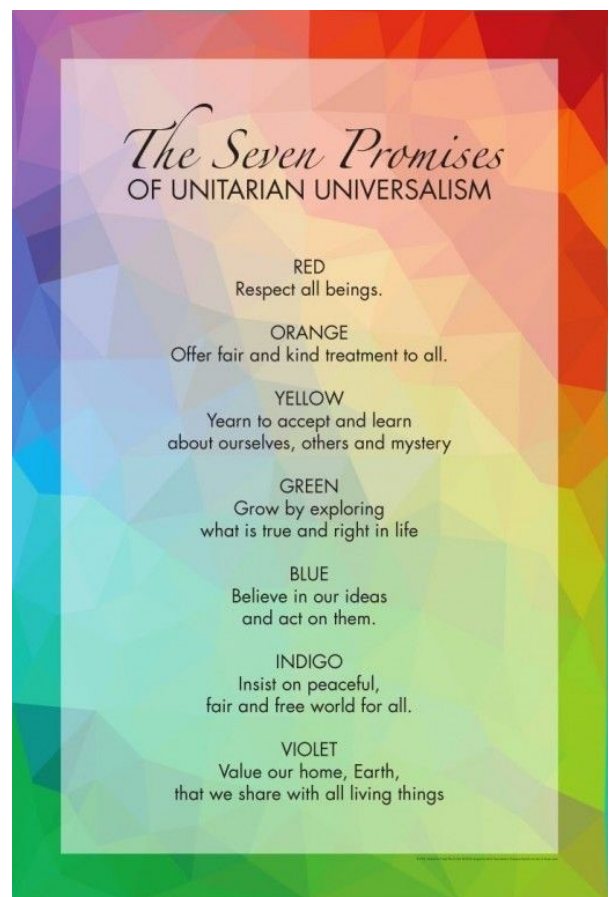
MUSIC:

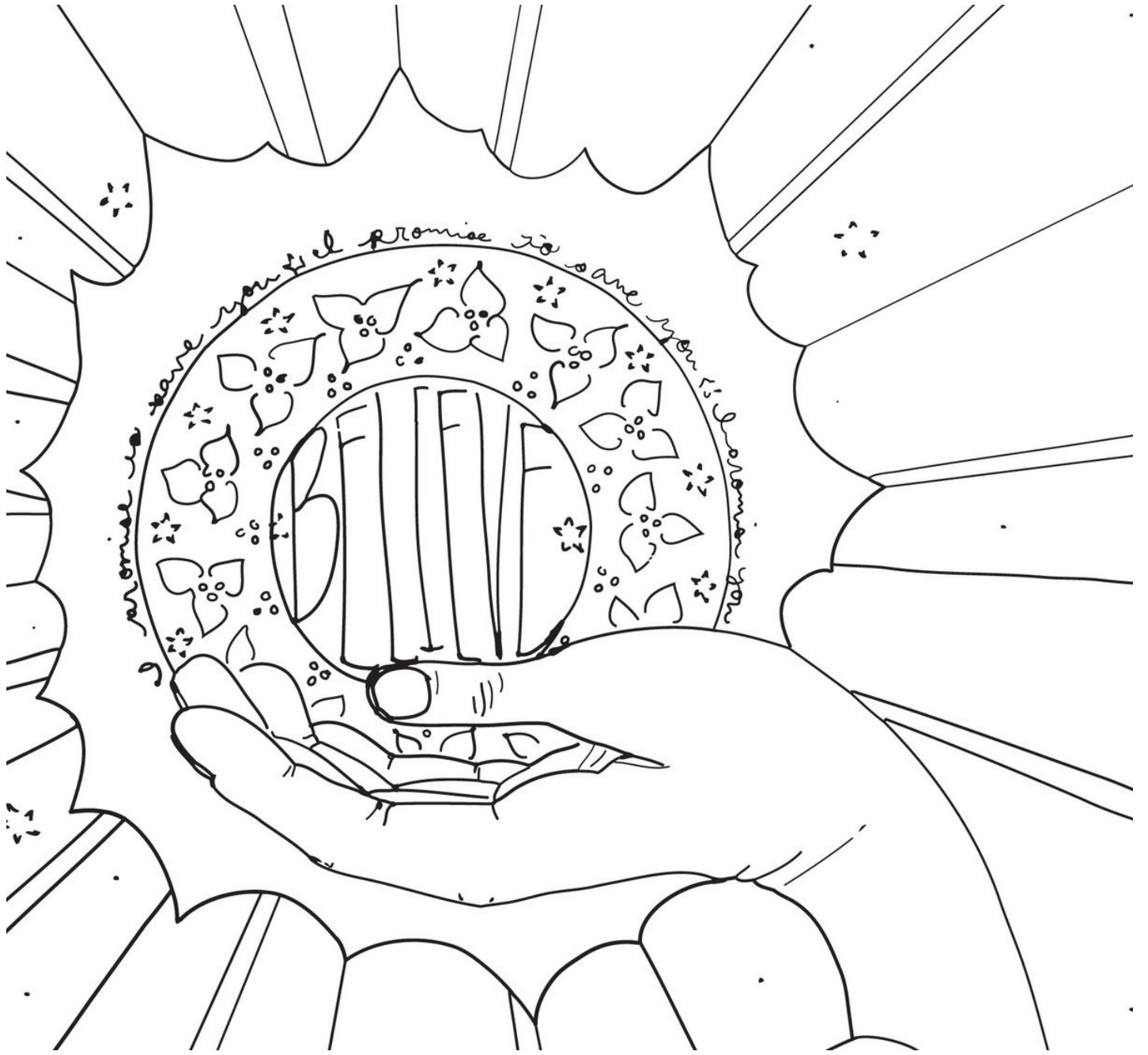
Hymn # 131 [Love Will Guide Us](#)

Hymn # 118 [This Little Light of Mine](#)

TEENS AND ADULTS

[Meditation on the Seven Principles](#)





I promise to have you feel promise to save you is the promise for

I Am Poem



First Stanza

- I am (1-2 special things about you)
- I wonder (something you are curious about)
- I hear (any sound)
- I see (anything you see)
- I wish (something you really wish for)
- I am (repeat the first line of the poem)

Second Stanza

- I pretend (something you pretend to do or be)
- I feel (a strong feeling you have)
- I touch (any person, place, or thing)
- I worry (something that bothers you)
- I cry (something that makes you sad)
- I am (repeat the first line of the poem)

Third Stanza

- I understand (something that makes sense to you)
- I say (something you believe about yourself)
- I dream (something you dream about)
- I try (something your are working hard for)
- I hope (something you really hope for)
- I am (repeat the first line of the poem)

Writer's Checklist

- I have a period at the end of each sentence.
- I have tried to use my best spelling.
- I have tried to use my best handwriting.
- I have read my poem, and am proud of my work.