

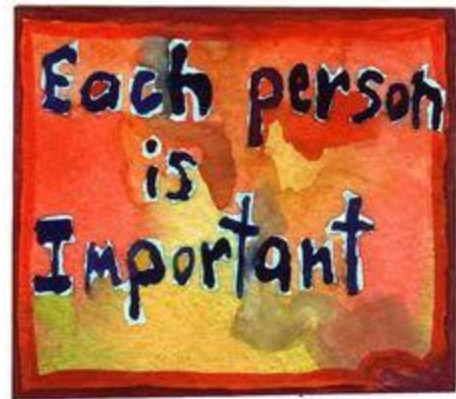
Hello, Community UU family.

Every day during Chalice* we focus on one principle - starting with Monday, Day One, our first principle: respect for the inherent worth and dignity of every person.

Our Spirit Play children know this as the **Red** Principle. Red is for Respect.

The suggested chalice lighting for the day is:

We light this chalice to remind ourselves
To treat all people kindly
Because they are our brothers and sisters;
To take good care of the earth
Because it is our home;
To live lives full of goodness and love
Because that is how we will make our world
The best place it can be.
--unknown author



For the book today we will read "berenstain bears: forget their manners" We read this book to remind us that manners are one important way of showing respect to those around us.

Expanded principle: Our first principle is that of respect. Respect can be as simple as saying thank you for someone holding the door open for you, or as big as not starting an argument because you know you are right about something and they are wrong. Respect can be a noun or a verb with many definitions according to various dictionaries. Of these definitions two seem consistent 1.) a feeling of admiring someone or something that is good, valuable, important, etc. 2.) a feeling or understanding that someone or something is important, serious, etc., and should be treated in an appropriate way --<https://www.merriam-webster.com/dictionary/respect> However I tend to like this definition and feel it is closely aligned with the intent of the principle due regard for the feelings, wishes, rights, or traditions of others.--Oxford Languages which more or less means to be considerate of others feelings, wishes, rights and traditions. We often think of the golden rule, treat others how you would like to be treated, however a better interpretation of this would be treat others how they would like to be treated. Of course, with both there is some consideration for your own wellness, however basic dignity should be extended to all.

Suggested dinner/meditation questions:

1. How did you respect yourself today?
2. Did you forget your manners today?

3. What are some other active ways we can show respect for everyone around us?
4. How can you encourage others to follow the red principle even if they aren't UU?

Happy Chalica!

In faith, RE Board

*This week is Chalica - a holiday just for UUs that focuses on living our principles every day. It is set at the beginning of December to give us a chance to pause and reflect on how we get the greatest meaning in our days, something that is often lost in the busy-ness of this time of year. You can be as simple or as elaborate as you'd like with this UU holiday - there are no rules! You can light a chalice at dinner or bedtime and ask, simply, "how did you put this principle into practice today?" Or you can go all-out with colored candles for each day, using readings or stories, and creating a family ritual that starts with a breakfast reminder and ends with a family worship in the evening. It's totally up to you!

I will be doing two things to help you, if you choose to participate. We will have a posting on Facebook, and a daily email of the principle reading and the video.