

Hello, Community UU family.

Every day during Chalice* we focus on one principle -our 2nd principle today: *Justice, equity, and compassion in human relations.*

Our Spirit Play children know this as the **Orange** Principle. *Orange is for offer kindness*

The suggested chalice lighting for the day is:

A child journeys far from home

Fearful and brave,

in need of safe harbor.

Guided by this chalice, may we seek to understand the causes of flight.

Like the comfort of a candle flickering in a window of darkness,

Let us welcome this child into our home with warmth, nourishment, and love.

Would we not want the same for our own child, lost and alone in a strange land?

--Tracy Bleakney



The story is: "The Paper Heart"- by Sally Reichert

Expanded principle: *On our second day of Chalice this year, following our theme of complacency, let's think about the effects a little kindness shown can do. We all slip up here, having justice in a relationship requires us to be logical and not emotional, but equity requires empathy which originates in the most deeply seated emotional parts of our brain. We see suffering, we want revenge, to inflict the same suffering inflicted, however our principles call us to do more, to be more than either one of those partitions call us to do. We must blend empathy and justice into compassion and remember we must do this for all individuals, not those merely who follow our side or think our way. The little things again make the biggest difference here. Our principle dictates we be always kind. Hold the door for someone else, allow someone to cut in line, mind our manners, but go above and beyond just mere respect. Do these things not in hope of something in return, but to do them, to be better, to make the world a better place. Be the UU everyday that we ought to be and dedicate ourselves to be. You could be a hero today, save someone's life by offering a little kindness to someone.*

Suggested dinner/meditation questions:

1. *How can we be kind to everyone everyday?*
2. *How were you kind to someone today?*
3. *Did you see anyone being unkind today? How did you respond?*

4. *How can you make the world a little bit more equitable?*
5. *What is the difference between empathy, kindness, compassion, equity and justice?*

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!

You should receive an email blast each day of chalica with a link to a pre recorded reading of the story for the day and also a Facebook post. Feel free to use as much or as little of this as you would like.