

*This week is Chalice - 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.

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

The story is: "The Calamead Dragon" <https://www.youtube.com/watch?v=gQWfYAsoLUQ>

The **Day One** principle is often expanded to include oneself and reminds us all that even the people around us that we would rather not deal with have worth inherently, just because they are human, just for being alive they have worth and dignity. Our forefathers thought this so important they wrote it into the declaration of independence and its even in our pledge. This principle drives all other principles. If we respect each other we will offer kindness, if we respect ourselves we will yearn respect ourselves we will believe in ourselves and our ideas, if we respect ourselves and others we will insist on justice, and if we respect ourselves and others and recognize that common worth and dignity it will expand to the earth we live on as well. Everyone is worth something. Everyone is worthy.

Suggested dinner/meditation questions:

1. How did you respect yourself today?
2. How did you respect others today?
3. Did you see someone break the red principle today? What would you have done or what did you do in that situation?
4. Why is it important to respect every person?
5. Why does every person matter? Does every person matter?
6. How can you encourage others to follow the red principle even if they aren't UU?