



My Chalice

BOOK

A Beginners Guide

Second Edition

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An Introduction to Chalica

Chalica is a uniquely UU holiday dreamed up by Darlene Marshall in 2005. Never heard of it? Not surprising as Chalica is still not widely known or celebrated. But, the number of congregations who observe the holiday is growing.

So, what is Chalica and when it is celebrated? Chalica is an invitation to spend a day with each of the principles, reflecting on their meaning and doing a good deed focused on each one. The celebration kicks-off at home on the first Monday in December, and usually ends with a special service the following Sunday. Each night of Chalica, a chalice is lit and homemade gifts may be given/ There is even several Chalica songs which could be sung. You can find them on YouTube!

At the UU Church of Ventura California, where the congregation has been celebrating Chalica for several years, congregants have reported that they've given charitable donations, volunteered, and reconciled with family members on different days of Chalica. However, Chalica does not need to be such a huge undertaking. Darlene Marshall has a word of advice for families who might stress about adding Chalica to other December holidays. She says, "Don't make Chalica into another holiday obligation. People don't have to do hard things for it. They can send a card to someone, or stand up for someone on the playground." She adds, "I've let [Chalica] take on a life of its own. It can either be a serious spiritual exercise or a fun thing to do. All holidays evolve through the people who celebrate them. I don't want too much ownership; I just put the idea out and I'm happy to let it become what it will."

If you and your family wish to celebrate Chalica this year then you may find some helpful hints or suggestions in this booklet. New this year, you'll find suggestions on books to read each day of Chalica. You can find additional resources by going to the UUA's website, or by visiting one of the sites listed below.

<http://www.uuidentity.com/chalica>

<https://www.facebook.com/UU.Chalica>

<http://www.uuworld.org/news/articles/153582.shtml>

And, as one of the Chalica songs puts it...

"Have a Happy, Happy, Merry, Joyous Chalica!"

-Meredith Plummer, Director of Religious Education

Preparation

So, where do you set up your chalice? Should you set up a home altar? How do you honor each principle? Should your family exchange home-made gifts? What food is eaten during Chalica? And, How do I get my families by-in? The possibilities are endless and it really is all up to you, as Darlene Marshall so eloquently stated, “All holidays evolve through the people who celebrate them.” However you wish to celebrate, this page will provide you with a few resources to get started.

Set-up: Altars and Chalices

The Chalice, the symbol of the Unitarian Universalist faith, takes center stage for Chalica. So, where should it be placed? Think of where your family spends most of their time when they are home; is there a place for your chalice there? Perhaps you could place your chalice at the center of your kitchen table, or perhaps you could set it up in the living room. If it interests you, you could set up a little altar. Place a small table in an unused section of your home and drape it with cloth. On your altar place your chalice and other important items—a family picture, a small plant, a notebook, Chalica books (reserve them at your local library), or a bowl with water and stones (for joys and sorrows). Don't have a chalice? See the next page for information on how to obtain one.

Presentation

Have children? Worried about getting your children to participate in Chalica? Afraid they won't put the seven principles into practice outside of the home? Make sure you are setting them up for success. Starting a few weeks before Chalica, talk to them about the holiday. Ask them what they might do to honor our seven principles. You may even ask, “So, on Friday, when we celebrate our fifth principle, ‘all people need a voice,’ what would you like to do?” Together, plan for a few family focused activities that celebrate the different principles (e.g. your family may arrange to volunteer on Saturday in order to honor our sixth principle, “Build a fair and peaceful world.”). Then, each morning of Chalica, state the principle for the day and revisit your conversations about how that principle should be honored.

Celebration: Festivities, Food, Books and Gifts

By now, I am sure you get it, there is no RIGHT way to celebrate Chalica. However, within the pages of this booklet you will find suggestions on how to honor each day of this week. The only thing I would encourage you to do is to participate in some form of reflection each night. If you are celebrating Chalica as a family, gather together at the end of the night, light the day's chalice, and share how you honored the day's principle. If you are celebrating Chalica alone, then light the day's chalice and reflect in a journal. Remember, spirituality is a journey, happy travels!

Chalices

So, when you celebrate Chalica, do you use one candle, or seven? Should you use store bought, or homemade? Pillar, or tea light? Real candle or LED? The answer to these questions is really going to depend on you. Time constraints may mean that you will have to buy a chalice, but buying multiple chalices can get costly. You can always make a chalice rather inexpensively (under \$3), but you'll need some time, or many helping hands, to make seven chalices. Whether or not you choose a pillar or tea light is really based on preference, but if you have a small child, then you probably want to stick to an LED candle. More information is provided below.

Store Bought Chalices

Traditionally, a chalice is shaped like a wine glass. However, that doesn't mean the chalice you use at home has to adhere to tradition. Your local grocery, or craft store probably has a whole aisle dedicated to candles and candle accessories. Why don't you check it out? Find a shape, color, or fragrance that appeals to you, and don't forget the matches!

On the other hand, if you wish to buy a more "traditional" chalice, visit Uni-Uniques website at <http://www.uniuniques.com/main.html>. Or, check out amazon and ebay.

Home-made Chalices

There are several ways to make a chalice at home. The most cost effective way to create a chalice is to search your local thrift store for anything with a chalice shape. Often times, you will find short stem, wide brim, wine goblets, or ceramic vases. Use permenamel to paint these pieces, and then let the paint air-dry. When the paint is dry, fill the basin of your chalice with sand and insert a tea light.



You can also make a chalice out of a terracotta pot and matching saucer. First, turn your pot upside down so its bottom is facing up. Then, Glue the bottom of the saucer to the bottom of the pot with heavy-duty glue. Allow the adhesive to dry for one hour and then paint your chalice with acrylic paint. You may need to apply several coats; allow paint to dry for 15 minutes between coats. After your second coat of paint, feel free to add some design elements to your chalice. Once you are satisfied with your chalice, give it two coats of spray acrylic sealer/glaze. Allow 30 minutes between coats. When the sealer is dry, place your tea light in the top of the saucer.



Monday

Each person is important.

As a family

Hold a family talent show. Allow everyone to showcase their unique talents. If you're so inclined, pass out awards for most creative, funniest, best singer, etc.

As an Individual

As the principle states, "Each person is important." That means you too! Do something special for yourself today.

Food

Gather family or friends and plan a meal where everyone's favorite food is represented. Spaghetti with a side of jelly beans? Why not, it's the first night of Chalica!

Gifts

The adult version of this principle states that we believe in "the inherent worth and dignity of every person." So, what makes the people in your life special? For each person in your circle, write down what you love most about them. Then, give each person their list.

Books

Big Orange Splot by D. Manus Pinkwater and Daniel Manus Pinkwater

Owen and Mzee by Isabella Hatkoff, Craig Hatkoff, Paula Kahumbu and Peter Greste

On the Nigh you were born by Nancy Tillman

Additional Ideas

Is there someone in your life who you have recently had an argument with? Or, perhaps you have had a falling out with someone. Why don't you begin the process of reconciliation? Chances are, they're feeling just as terrible as you.

On the next page, draw a picture that shows "Each person is important," or write down all the ways you and your family honored our first principle on this day.

Tuesday

Be kind in all you do.

As a family

Try to go the whole day without arguing. Focus on putting the wants and needs of your brother/ sister/ mother/ father/ husband/ wife before your own.

As an Individual

Do something nice for someone else. Stand up to a bully, pay for someone else's food, help a stranger. The opportunities are endless as long as you keep an eye out for them.

Food

Go out to eat at your favorite restaurant. Tip your waiter or waitress double (or more!).

Gifts

Exchange small care packages as a family, or ding-dong ditch one of your neighbors. You can find items for your care package, such as small toys, lotion, and journals, at your local dollar store.

Books

Old Turtle by Douglas Wood and Cheng-Khee Chee

The Golden Rule by Ilene Cooper and Gabi Swiatkowska

Love you Forever by Robert Munsch and Sheila McGraw

Additional Ideas

Is there someone in your life that needs a little extra cheering up this time of year? If so, find out what you can do to help this person. Provide them with a meal, clean their house, watch their children or simply send them a card.

On the next page, draw a picture that shows "Be kind in all you do," or write down all the ways you and your family honored our second principle on this day.

Wednesday

We're free to learn together.

As a family

Pick up a game no one in your family has ever played before. Learn how to play it together.

As an Individual

Attend a lecture, go to the museum, see a play. Then, strike up a conversation with the people around you. If you go to school, offer assistance to a fellow student, and accept assistance as well.

Food

As a family, or with a friend, attempt to cook something you never have before. It might work out, or you might be ordering pizza. It doesn't matter as long as you make the attempt!

Gifts

Is there something you do really well? Perhaps you know how to make the perfect paper airplane, or you make the best pumpkin pie. Whatever the case may be, share your knowledge with your family or friends. You may be surprised what you learn in return.

Books

Fannie in the Kitchen by Deborah Hopkinson and Nancy Carpenter

Maria's Comet by Deborah Hopkinson and Deborah Lanino

Chicken Sunday by Patricia Polacco

Additional Ideas

If you have the opportunity to teach someone something, take it. And, conversely, if you are in the position where someone is more knowledgeable than you, listen and learn.

On the next page, draw a picture that shows "We're free to learn together," or write down all the ways you and your family honored our third principle on this day.

Thursday

We search for what is true.

As a family

Have a discussion about religion. What do your children believe? Parents, be aware that children, up until the age of 12, tend to take on the beliefs of their parents. For a lively discussion about religion you may want to let your children speak first, and play devil's advocate.

As an Individual

Talk with a friend about their beliefs. How are they different than yours? Keep an open mind; who knows, you may find something that rings true for you!

Food

Different religions have different traditions when it comes to food and the celebration of holidays. Choose one religion and explore their winter holiday through their food. For example, you may make latkes in honor of Chanukah. Just don't forget to learn about Chanukah along the way!

Gifts

There are many books about world religions for both adults and children. Gift yourself one of these books and expand your own knowledge.

Books

Grandad's Prayers of the Earth by Douglas Wood and P.J. Lynch

God In Between by Sandy Eisenberg Sasso and Sally Sweetland

Elijah's Angel by Michael J. Rosen and Aminah Brenda Lynn Robinson

Additional Ideas

Unitarian Universalism is a very long name, and not many people know much about it. Create an elevator, or play ground, speech so you can tell people what it means to be a UU in one minute or less.

On the next page, draw a picture that shows "We search for what is true," or write down all the ways you and your family honored our fourth principle on this day.

Friday

All people need a voice.

As a family

Could your household be running smoother? Why don't you call a family meeting and ask the kids for their input. Not only will you be giving your children a voice, but you may learn something you never knew, and gain some insight into your children.

As an Individual

Sometimes, people need us to help them get their voices heard. Get involved with an organization that advocates for a subpopulation, or stand up for someone on the street or on the playground.

Food

Plan a special meal with family or friends, hold a vote on what you'll eat. Majority wins!

Gifts

Offer your shoulder and your ear to anyone who needs someone to talk to. Try hard to not be defensive, dismissive, or offer up "quick fixes." Sure, it may be a hard to hear about someone else's heartache, but you'll be giving someone comradery and compassion—two gifts that are priceless.

Books

If I were president by Catherine Stier and Diane DiSalvo-Ryan

D is for Democracy: A Citizen's Alphabet by Elissa Grodin and Victor Juhasz

Yertle the Turtle by Dr. Seuss

Additional Ideas

Get involved in your local political scene. Find the office of your political party, and give them a call. Find out how you can help. Or, get involved with voter registration.

On the next page, draw a picture that shows "All people need a voice," or write down all the ways you and your family honored our fifth principle on this day.

Saturday

Build a fair and peaceful world.

As a family

Find an organization that allows families to volunteer together, then get involved! Volunteer today, or make a plan to volunteer regularly.

As an Individual

What are you passionate about? Whatever it is, find out how you can help, and get involved! Volunteer today, or make a plan to volunteer regularly.

Food

Donate food to your local food pantry.

Gifts

Who do you want to give a gift to? What is that person passionate about? Donate money on that person's behalf to an organization they care about.

Books

Over the River and Through the Wood by Lydia Maria Child and Christopher Manson

Henry Climbs a Mountain by D.B. Johnson

Miss Rumphius by Barbara Cooney

Additional Ideas

You may want to hold a fundraiser yourself. Identify a worthy individual, family or organization and make a plan.

On the next page, draw a picture that shows "Build a fair and peaceful world," or write down all the ways you and your family honored our sixth principle on this day.

Build a fair and peaceful world. Build a fair and peaceful world. Build a fair and peaceful world.

Build a fair and peaceful world. Build a fair and peaceful world. Build a fair and peaceful world. Build a fair and peaceful world.

Build a fair and peaceful world. Build a fair and peaceful world. Build a fair and peaceful world. Build a fair and peaceful world.

Build a fair and peaceful world. Build a fair and peaceful world. Build a fair and peaceful world. Build a fair and peaceful world.

Sunday

We care for Earth's lifeboat.

As a family

Identify ways your family can be more green. Start a compost, recycle, bike more? As a family, choose one and commit!

As an Individual

Advocate that your workplace, or your school, be more eco-friendly. Ask for recycle bins and re-use as much as possible.

Food

Shop your local farmer's market for local and organic fruits and veggies. If you aren't already vegetarian or vegan, plan to make a vegetarian or vegan meal.

Gifts

As the saying goes, "Reuse, Reduce, Recycle." Today, recycle something from your house that would have been trash, and create a gift with it. Turn it into a work of art, or a handy item.

Books

The Shortest Day by Wendy Pfeffer and Jesse Reisch

The Everything Seed by Carole Martignacco and Joy Troyer

From Lava to Life by Jennifer Morgan and Dana Lynne Andersen

Additional Ideas

Do your duty as a citizen of this earth and help clean-up wherever you see litter.

On the next page, draw a picture that shows "We care for Earth's lifeboat," or write down all the ways you and your family honored our seventh principle on this day.

Suggested Sayings

On this page you will find some additional resources for your Chalica celebration at home. In particular, you will find suggestions for opening and closing words, as well as simple songs for all ages.

Opening Words

We light this candle to remind ourselves to treat all people kindly. We light this candle to remind ourselves to take good care of the earth. We light this candle to remind ourselves to live lives full of goodness and love.—Author Unknown

Ask a child to show you the hand motions to these opening words...

We are Unitarian Universalists. We are the church of the open mind, the loving hearts, and the helping hands. Together we care for our earth, and each other.—Author Unknown

Closing Words

What are the ways we worship? We worship with song and dance. We worship with words and silence. We worship alone and in community. We worship in all sorts of spaces and places. We worship with life. Blessed be.—Beth Casebolt.

Walk softly, speak truthfully, love gently, breathe deeply, live wisely, go in peace.—Elaine Gallagher Gehrman

Songs

In addition to the Chalica songs mentioned earlier, here are a few songs which you could be incorporate into your Chalica celebration...

Chalice, chalice burning bright, help remind us with your light, of how we'd like to live each day, with love and truth helping lead the way.—Author Unknown

Sung to the tune of “Do, Re, Mi” from the sound of music...

One—Each Person is important. Two—Be kind in all you do. Three—We help each other learn. Four—And search for what is true. Five—all people have a say. Six—work for a peaceful world. Seven—the web of life's the way. That will bring us back to me and UU... - Author Unknown.

Additional Resources

On this page you will find some additional resources for continuing worship in the home.

[A Child's Book of Blessings and Prayers](#) collected by Eliza Blanchard, illustrated by Rocco Baviera, available at the UUA bookstore.

[Come Into the Circle: Worshipping with Children](#) by Michelle Richards, available at the UUA bookstore.

[Come Sing a Song with Me: A Songbook for all Ages](#) a project of the Unitarian Universalist Musicians Network, available at the UUA bookstore.

[How to Bury a Goldfish: And other Ceremonies and Celebrations for Everyday Life](#) by Virginia Lang and Louise Nayer, available at the UUA bookstore.

[May This Light Shine: A Songbook for Children and Youth](#) a project of the Unitarian Universalist Musicians Network, available at the UUA bookstore.

[Now Let Us Sing](#) compiled and arranged by Phyllis Robbins, Illustrated by Heidi Lauckner, available at the UUA bookstore.

[Nurturing Spirituality in Children](#) by Peggy Joy Jenkins, available on Amazon.

[Religious Education at Home: A Handbook for Parents](#) a project of The Church of the Larger Fellowship, available at the UUA bookstore.

[The Gift of Faith: Tending the Spiritual Lives of Children](#) by Jeanne Harrison Nieuwejaar, available at the UUA bookstore.