

UU FAMILIES INITIATIVE

Unity Church-Unitarian

The UU Bedtime Ritual

OVERVIEW

1. Goal: quiet time to connect personally and to our UU tradition, and to prepare for sleep.
2. The Rainbow Path visible in the bedroom.
3. Say the UU Principles Prayer.
4. Hold a sacred object—a colored bead string representing the Rainbow Path of UU principles.
5. Reflect together on a UU belief. Either have a bead/color/principle for each day of the week (e.g., Sunday is red) or do them sequentially (red through violet regardless of the day of the week).
6. A quiet song to end.

DETAILS

Transition: In bed, lights dimmed, physical contact.

Enactment:

1. Let's begin by saying the UU Principles Prayer.

As Unitarian Universalists, we believe that:

Each person is important	[Red]
Be kind in all you do	[Orange]
We're free to learn together	[Yellow]
And search for what is true	[Green]
All people need a voice	[Blue]
Build a fair and peaceful world	[Indigo]
We care for Mother Earth, and all who call her home.	[Violet]

2. Let's look at our strings of beads. What color are we doing today to help us think about who we are and what we believe as Unitarian Universalists? (Point to card with Rainbow Path). What does this color stand for? (Say the principle out loud while holding the bead.)
3. Can you think about something that happened this week that helped you think about or learn about _____ (insert principle here: how each person is important, being kind, etc.) _____? Can you think of an example? (Child shares, or parent goes first if the child can't think of something to share first.) Here's something that happened this week that helped me think about (each person being important, being kind, etc.). Alternative: each person can ask for a moment of silence instead of sharing a reflection.
4. Words of appreciation to end the sharing.
5. Let's end with our song and then say goodnight.

Exit: Gentle words and kiss goodnight.