

UU FAMILIES INITIATIVE
Unity Church-Unitarian

UU Family Meal Ritual

1. Gather
2. Bell/chime sound
3. Chalice lighting (ritual words below)
4. Hold hands
5. Blessing
6. Release hands
7. Option 1
 - Extinguish chalice
 - Begin eating
8. Option 2
 - Keep chalice lit
 - Begin eating
 - Joys and sorrows
 - Extinguish chalice at the end of the meal

Words

Lighting the chalice:

We light this chalice as a symbol of our faith, the light of truth, and the warmth of love.

Blessing:

We give thanks for being.

We give thanks for being here.

We give thanks for being here together.

Extinguishing the chalice:

Although we extinguish the light of the chalice here, we know that the light of truth and the warmth of love will go with us in our hearts.