



## UUCMC FAMILY REFLECTIONS

**April 2017**

### **Transformation**

Spring is upon us! What a perfect time of year for our Theme: TRANSFORMATION. Transformation is simply when something changes. This month here in New Jersey, we get to watch as the Earth transforms itself again. The flowers bloom, trees start to turn green and animals reappear after a long winter.

As human beings, we are in a constant state of transformation as our mind, body and heart grow. Part of our free faith is that we commit ourselves to transformation as we strive to be the very best person we can be. We also know that as Unitarian Universalists, we are always asking questions and learning on our path to find what is right and true. In May, we will be hearing from our Coming of Age class as they present their credo statements, or belief statements. Our youth spend a year reflecting on where they have been and what they believe in this moment in time. We tell them that these beliefs are a snapshot of who they are now and their beliefs in this moment in life. It is possible that as they look back on their credos in later years, they may see some things have changed. How have your beliefs evolved over time?

This month, we celebrate the gift of transformation. Look for signs of it in the world around you and in yourself. Ask yourself, how do I work for transform in myself and to transform the world into a peaceful, fair, and free place for all.

Use this family reflection guide this month to explore transformation together as a family. It's best to do this as a part of a ritual. Rituals help us slow down, be mindful and reinforce what is important. I suggest picking one day of the week to have dinner together as a family or maybe bedtime works best. Light a chalice and use the suggested format below, or create your own. Most importantly, talk about the reflection question of the week and end with a closing.

## Chalice Lighting

We are a Unitarian Universalist family.

We are a family of open minds,

We are a family of helping hands,

We are a family with loving hearts.

Together, we care for earth and all its creatures  
and work for justice for all people.

## Activity

1. We are always learning. Ask your family members what they are learning now. Why are they learning this, is it hard? How will things change with this new knowledge and learning?
2. Plant pollinators for Earth Day. Check out this fun video on bees and pollination. [She's Brielle-iant, Pollination Bees and Honey!](#)
3. Kids and Youth: ask your parents and grandparents about events that happened in their lifetime that have transformed the world. What events have occurred in your lifetime that have transformed your world?

## Reflection One

Spring is a time of change and new life. The birds return, the trees bud, and bulbs sprout. Where else do you see changes in the world?

## Reflection Two

A caterpillar makes a major transition when it becomes a butterfly. Not all transformation that changes us is as major as what a butterfly goes through. Even small changes can have big impacts on our lives. Can you think of a small change that had a big impact on your or someone else in your life?

## Reflection Three

Rites of passage are one way we mark transitions and transformation. At UUCMC we celebrate the transition from youth to young adulthood with our bridging ceremony. Our Coming of Age program mark transformation with the writing of their personal credos or statement of belief. Child dedications, Stepping Stones, memorials, weddings, and graduations all mark a transition in our lives. What rites of passage have you gone through?

## **Reflections Four**

As we grow, we change and take on new roles. Sometimes this means that we have to leave part of who we are behind. Sometimes this leaves us feeling sad. Can you think of a time when a new change meant you needed to grieve a loss in your life? (ie- moving to a new school might mean leaving old friends behind.)

## **Closing**

May we have eyes that see the truth, hearts that love courageously and hands that are ready to serve.

## **Additional Resources on Transformation**

### **Books**

[Books that inspire kids to change the world](#)

### **Video**

Video Meditation - A Change Is Gonna Come - Sam Cooke (recommended for adults and youth)

<https://www.youtube.com/watch?v=wEBlaMOMKV4>

Video Meditation - Earth Song - Frank Ticheli (choral)

<https://www.youtube.com/watch?v=Aarowtnr-hs>

### **Songs About Transition**

Always Transformation by David Gray

Changes by David Bowie

### **UUCMC Family Facebook Page**

What other ways are you incorporating the theme into your family life. What worked and what didn't? Please share on the [UUCMC Parents Facebook](#) group.

Note: This packet is available on our website at <http://www.uucmc.org> for easy access to links.