



Ritual Arts Community Project

BFUUers! In the continuing spirit of our “Taking It Home” BFUU worship activities: you are invited to create a personal **UU Flaming Chalice**, ready for your candle, decorated to represent aspects of your spiritual life. This is a communal project, pandemic-style: enjoy the meditative art project on your own, or gather safely with a few friends. We will have a chance to share our personal chalices and stories with each other during the closing session of our *Tapestry of Faith: Spirit of Life* worship series (**January 9, 2022** Zoom service). Get started on yours today! [For instructions, click here.](#)

BFUU Ritual Arts Community Project: Making a Personal Chalice

Instructions

Step One: Reflect

Reflection Questions

- Where are you now on your spiritual journey?
- What spiritual gifts are yours?
- What spiritual challenges are you facing?
- What gifts do you need? What do you hope for in your spiritual life?
- How would you describe your spiritual path?
- Has this changed over the years?
- Have the *Tapestry of Faith: Spirit of Life* worship services at BFUU contributed to your spiritual development? If so, how?
- What else has contributed to your spiritual story over the years?

Step Two: Sketch

Spend some time reflecting and sketching images or words on paper to prepare. Find or create some designs, colors, pictures, or words you’d like to include on your personal chalice.

You might consider depicting one or more of the following:

- The nature of your spiritual path
- Times of day or year, holidays, or a specific time or occasion that you have found particularly meaningful or spiritual
- Special places, memories, or people
- The nature of your spiritual experience, either in general or on a specific occasion
- Values you hold that are connected to your spirituality
- A word or words, colors or images, that are important to you spiritually
- Ideas that are important to you spiritually
- Themes related to your BFUU experience

- (Especially if you already have other chalices:) Themes reflecting your 2020-2021 spiritual journey. What has helped sustain your spirit during the pandemic?

Step Three: Create

The raw materials for your personal chalice are: a small terracotta flowerpot and saucer.

- Ideally, the saucer should be a size or two larger than the pot.
- You will also need glue to connect the saucer (like, a hot glue gun), and something to decorate the pot with (paint, markers, pencils, collage)
- You can shop for these yourself, but we will also have help available for you if needed. Contact Kathy Riehle.
- *Alternative:* Go on a spiritual walking quest, possibly in your own house, possibly to a thrift store, possibly elsewhere, and look for a chalice to find you there by serendipity. (Look in thrift stores among the glassware.)
- You will also need a candle, such as a tea light, for the Flame.



After you have decided what to include on your chalice-- decorate, personalize, and accessorize!

If you chose a non-flowerpot chalice: if your chalice is glass, or you do not plan to paint or decorate the chalice itself, draw some words or images on paper to keep nearby, or place symbolic objects beside your chalice. We will share our chalices and images on January 9.

Note: if you are planning to use acrylic paint, don't get paint where you will need glue. Hot glue won't stick well to the painted surface.

- Place the saucer upside down on the table, center the flower pot base on it, and trace around the pot with a pencil, to indicate to yourself the area which should remain free of paint.
- Then, paint the flower pot and saucer, avoiding the place the glue will be.
- After the painting is done and dry, use the hot glue to attach the saucer to the flower pot.

Step Four: Assemble as needed

If you didn't start with a pre-glued chalice, glue the saucer to the inverted pot when all the paint is dry.

Step Five: Bless

Prepare to light your chalice for the first time in an intentional way. Choose words you will say or a song you will sing. You might consider

- Rise Up O Flame (#362)
- Opening Words, Chalice Lightings, Affirmations or Covenants from our hymnal (readings #416-474)
- BFUU Congregational Affirmation:



*Let love be the spirit of this congregation
and service its goal.*

*This is our living covenant:
to dwell together in peace,
to seek the truths in life,
and to help one another.*

Put a candle in the chalice, and do a ceremonial first lighting.

Celebrate your UU community and your own unique spiritual journey!

Step Six: Photograph and Share

Take a photo of your completed personal UU Flaming Chalice and email it to Sharon Hwang Colligan <shcolligan@gmail.com>. We will celebrate and share our chalice creations together at the January 9 service. Finish yours early and we might post it in the newsletter to encourage others!

*East Bay Nursery, 2332 San Pablo Ave, sells inexpensive pots, both plain
terracotta and in various enamel colors.*



Blue BFUU chalice by Paikea.





Tea light chalice by Sharon. Made with black and gold Sharpie. "Chalice for grieving. Joy and Woe are Woven Fine..."



Thrift store chalices.



*Flowerpot chalices waiting for a tea light candle to be complete.
Photo by Shannon Harper, Heritage UU Church, Cincinnati, OH*

Explore more about the UU Flaming Chalice!

- UUA web page "[Flaming Chalice: Symbol of Unitarian Universalism](#)"
- Google Image Search for "[UU Flaming Chalice](#)"

- Wikipedia article on the “[Flaming Chalice](#)”
- *UU World*: “[Wartime origins of the flaming chalice](#)”
- [FlamingChalice.com](#) - website of UU pottery artist Kat Rose, offering many beautiful UU chalices for sale. Browse and get inspired!