

## DEEP LISTENING CHALICE RITUAL

### PREPARATION

Gather around your chalice.

Designate roles for your chalice ritual. Doing this in advance helps the ritual flow better for everyone.

- Choose someone to light the chalice.
- Choose someone to read the chalice lighting. You may even choose to divide the chalice lighting words and have different people say different parts.
- Decide how you will extinguish the chalice, as a group or one person. If one person will extinguish the chalice, designate who that is before beginning. Also consider if you want to blow out the chalice or use a candle snuffer.

### REFLECT ON DEEP LISTENING

Explain that everyone from our church is talking about the idea of deep listening this month. Share with those in your circle: When I think of deep listening, I remember a time when...OR To me deep listening means...

### CHALICE LIGHTING

May the light we now kindle  
bring us to our center.  
May its soft warmth calm our hearts  
and help us listen to the voices within,  
voices that remind us who we are  
May its bright flame remind us to deeply listen to others,  
and truly hear them as they reach out to us  
Through listening, may we discover how we are called to help others.

Sharing of Joys and Concerns

Invite each family member to share something they are thankful for about the past week. The aim here is to make room to notice the good things all around us even though times are hard.

After this first round of joys, invite each family member to share something or someone they have a concern for - someone or something they are holding in their hearts and prayers. This is a way to bring the struggles of others into our hearts.

To close your Joys and Concerns ritual share these words:

“We listen to each other; it is a holy act.

To share our joys and sorrows, with grace it flows on back.”

### CENTERING MEDITATION

Explain that you will try meditating. Meditating is one way to help you listen to your inner self. It can also open you up to listening to others.

Say in your own words:

I invite you to move into a meditation position. Sit comfortably in your chair or on the floor. Put your hands on your lap or on your knees. Sit up nice and tall. Focus your eyes in front of you. Find your breath moving in your body by taking in one breath through your nose and then slowly breathing it out through your mouth.

### Counting the Breath

Inhale for one count; exhale for one count. (For very young children, start with “breathe in, breathe out” until they grasp the meaning of inhale and exhale.)

Inhale for two counts; exhale for two counts.

Inhale for three counts; exhale for three counts.

Inhale for four counts; exhale for four counts.

Inhale for five counts; exhale for five counts.”

Thank you for sharing this time of meditation.

### EXTINGUISHING THE CHALICE

Now it is time to end our chalice ritual with our closing words.

We gather the warmth of love,  
[bring hands over flame and gather to your heart]  
The light of truth,  
[bring hands over flame and gather to your heart again]  
And the energy of action  
[bring hands over flame and gather to your heart again]  
Into our hearts as we blow out (or extinguish) our chalice.  
[Blow out the flame. One person can do this or everyone can lean in  
and blow together.]

Resources: Soul Matters Chalice Home Packet October 2020.