

**Chalica @UCC** – is a celebration that lifts up our core UU values, one each week for six weeks. In the seventh week we bring it all together with our value of Liberating Love the center of all our values.

There are kits available for anyone at UCC with candles for each week. Each week this resource will be updated with print copies at UCC, on the website, and in a special edition of our weekly Family Ministry Newsletter.



## Week Two - Transformation

This second week of Chalica, we lift up our shared value of TRANSFORMATION, which calls us to adapt to the changing world.

We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect, reflected in our consistent commitment to accept one another and encourage one another to spiritual growth.



### Chalica Candle Lighting - Purple Candle

Do not be daunted by the enormity of the world's grief.

Do justly NOW.

Love mercy NOW.

Walk humbly NOW.

You are not obligated to complete the work  
but neither are you free to abandon it.

- *the Talmud*

- This is a great conversation to have together. What do the words mean and then when and where might this apply to our own life? Specific examples help us to remember the concept for the future.
- If we wanted to rewrite it in words that are easier to understand or remember, what might the new version be? If you come up with one send your version to [jenni.papp@uucleveland.org](mailto:jenni.papp@uucleveland.org)

### UU Hymn

Hymn #123, [Spirit of Life](#), has the following lyric:

Spirit of Life, come unto me.

Sing in my heart all the stirrings of compassion.

Blow in the wind, rise in the sea;

move in the hand, giving life the shape of justice.

Roots hold me close; wings set me free;

Spirit of Life, come to me, come to me.

This song, according to the author, [Carolyn McDade](#), was written as a prayer, a request for support, for rest, for renewal, for perspective. When the world is too much to bear, this prayer re-grounds us and offers us a chance to transform from worn and tired to refocused and energized.



## Exploring Transformation as A Family


Let's explore change. Find opportunities when we can help create change. Wonder what are important adaptations to a changing world. And notice how attention to this leads us to grow spiritually as well.


This resource offers


- Simple conversation prompts,
- Books to explore
- An activity to do together, and
- music you can enjoy at home or on the road.


## Stories of Transformation


This week we have some story books that you can pull from your library or the public library and use them in a new light to explore our UU value of Transformation that is centered in Liberating Love.

 *The Very Hungry Caterpillar* – Eric Carle, Shows slow, natural transformation, honoring that growth takes time and stages. Perfect for younger children.


 *Maybe Something Beautiful* – F. Isabel Campoy & Theresa Howell, A community transforms its neighborhood through creativity and collaboration—an excellent example of collective change.


 *What Do You Do With a Problem?* – Kobi Yamada, A powerful story of internal transformation as a child learns to face fears; the problem becomes an opportunity.


 *Good People Everywhere* – Lynea Gillen, Shows how caring actions change the world and inspire more kindness.

 *Planting Stories: The Life of Librarian and Storyteller Pura Belpré* – Anika Aldamuy Denise, A biography of cultural transformation, storytelling, and adapting to change with creativity and courage.

 *The Day You Begin* – Jacqueline Woodson, Transformation sometimes asks us to be vulnerable.

 *Dreamers* – Yuyi Morales, a truly beautiful book that tells the story of immigration, identity, and the transformative power of libraries, imagination, and resilience.

 *The Invisible Boy* – Trudy Ludwig, small acts of kindness can transform another person's experience from feeling isolated to being included

 *We Are Water Protectors* – Carole Lindstrom, a story of collective transformation toward justice, care for the earth, and adaptive resilience.

## UU Playlist: *In Between & Becoming*

Spotify - [UU Playlist: Transformation](#)



*Curated for UUCC as part of Chalica - Transformation* This family-friendly playlist celebrates the UU value of Transformation with songs about growing, changing, and becoming more fully ourselves. This playlist blends upbeat anthems and reflective tracks that honor courage, learning, and the ways change shapes our lives.

**How to use the playlist:** Listen during a car ride, at dinner, or while doing something together with family or friends.

- Invite everyone to name a song that feels most like who they are becoming and one that feels like a step into something new.
- Wonder how noticing change—inside ourselves and around us—helps us practice transformation.
- You might notice how the songs talk about **growing, learning, and trying again**.
- How do different songs make you feel? **Brave, hopeful, or curious?**

## **Dinner Table Conversation Starters**

What is something that has *changed you* in a good way?

Is change easier when we choose it—or when it surprises us?

Can you think of a time when waiting was part of growing?

What helps you feel brave when things are changing?

How can we help each other through change?

## **Family Activity: *Building UP!***

When we are in a time of transformation, it is extra important that we build each other up.

**Materials:** Grab items out of your recycle bin (egg cartons, different size boxes, plastic bottles, etc.) OR toothpicks and marshmallows OR a deck of cards OR any kind of building material that you have around.

Everyone builds a tall tower out of the materials!

When everyone is done, take turns to tell about your creations and look at each person's creation and share with the builder what is great about it.

Can't wait to see how you transform these materials! Take pictures and send to [jenni.papp@uucleveland.org](mailto:jenni.papp@uucleveland.org)