

**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 Four - Equity

*This fourth week we lift up the UU value of EQUITY, in which we affirm that every person is inherently worthy and has the right to flourish with dignity, love and compassion. We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive communities.*



### Chalica Candle Lighting - Red Candle

We light this chalice for equity,  
for the wisdom to recognize different needs,  
the compassion to support each other,  
and the courage to build communities  
where everyone can flourish.

### UU Hymn:

Hymn #1053, [How Could Anyone](#), has the following lyric:

How could anyone ever tell you  
you were anything less than beautiful?  
How could anyone ever tell you  
you were less than whole?  
How could anyone fail to notice  
that your loving is a miracle?  
How deeply you're connected to my soul.

This song has been used for every conceivable purpose to bring inspiration and affirmation to people struggling with every imaginable challenge and to celebrate the beauty of human beings everywhere: AIDS orphans in Zambia keeping their spirits high, Latina mothers initiating their daughters into adulthood, gay activists affirming their inherent worth, children with disabilities at summer camp honoring their wholeness, Japanese women and girls recovering from eating disorders, men in prison making peace with their pasts – these groups and thousands more have made the song their own and used it to inspire powerful action on behalf of our shared humanity. It has been featured in every format and venue, from videos, films and slide shows to hospitals, prisons, kindergartens, marches, peace gatherings, weddings, funerals and shelters. Princess Diana even wore a t-shirt with the lyrics to work out at the gym! - [Libby Roderick](#)

**Arundhati Roy**, author of *The God of Small Things* says, “The trouble is that once you see it, you can’t unsee it. And once you’ve seen it, keeping quiet, saying nothing, becomes as political an act as speaking out. There’s no innocence. Either way, you’re accountable.”



## Exploring Equity as a Family (Through Pokémon!)

This resource offers

- Simple conversation prompts for children and older youth
- An activity to do together,
- Music you can enjoy at home or on the road

Many families know the world of Pokémon — but even if you don't, its stories offer a simple and helpful way to explore Equity with children of all ages. In the Pokémon world, no two creatures grow the same way, and each one needs something different to flourish. This gives us a way to explore EQUITY with characters that may be familiar. Fairness is not everyone getting the same thing—fairness is everyone getting what they need.

### **Every Pokémon has different strengths.**

Some are fast, some are gentle, some are tiny, some grow slowly, some evolve suddenly. Their value isn't measured against one another—each has unique gifts.

### **Different Pokémon need different kinds of support.**

One might need sunlight, another water, another rest, another encouragement. Their trainers care for the Pokémon based on their needs, not identical expectations.

### **Growth looks different for everyone.**

Some Pokémon evolve quickly, some take time, some require special environments. This can help us see that people also grow at different paces and in different ways.

### **Many storylines challenge unfair systems.**

The main antagonists (Team Rocket, Team Aqua, Team Magma, etc.) try to control or exploit certain Pokémon. The heroes resist this and work to protect all beings' freedom.

### **Kindness and connection matter more than strength.**


Pokémon do best when they feel cared for, trusted, and understood. Relationships, not sameness, create healthy and thriving Pokémon.

Our UU value of Equity reminds us that:

- Every person has inherent worth
- Communities flourish when needs are honored
- Fairness means removing barriers and offering support
- We grow differently—but we all deserve the chance to grow

## **Car Conversation Prompts**

- “Which Pokémon did you see today? Who needed water... sunlight... friendship... rest?”
- “Who did you notice today who might have needed a little extra help?”
- “Where did you see someone include another person?”
- “What’s the best way to know what someone needs?”
- “How could we help make things easier for someone else tomorrow?”
- “What does ‘fair for everyone’ look like in real life—not just in stories?”
- “If your day were a Pokémon evolution, what helped you grow? Who did you help grow?”



## Hands-on Craft — “My Evolution Path”

For Everyone!

Materials: Paper, markers

- Draw yourself as a starter Pokémon.
- Add 2 or 3 “evolutions” of YOU showing:
  - skills that you want to grow
  - supports that you need
  - the ways others help you thrive
- Share and celebrate each drawing together
  - How are your evolution paths different from each other?
  - What support helps you grow?

### UU Playlist:

Spotify [UU Playlist: Equity - Let Everyone Shine](#)



*Curated for UUCC as part of Chalice - Equity* This family-friendly playlist includes songs that lift up equity: everyone’s inherent worth, everyone’s right to flourish, everyone included. Listen for lyrics about fairness, empowerment, dignity, compassion, and the courage to make change together.

**How to use the playlist:** Listen together whenever music fits your day — in the car, around the table, or while doing something as a family. As you listen, notice lyrics that point toward fairness, inclusion, or helping others flourish. Wonder together: **How do these songs inspire us to notice needs, practice compassion, and help create communities where everyone can thrive?**

## Equity Reflection for Older Youth: What Helps Me Evolve?

Think about three different parts of yourself: your mind, your emotions, and your relationships. Each grows differently, just like different Pokémon evolve in different ways.

Reflection Questions:

- Mind: What helps me learn or focus? What environments support my best work?
- Emotions: What helps me feel steady, respected, or understood?
- Relationships: What helps me feel included? What makes belonging harder?

Equity Reminder: Fairness doesn’t require us all to grow the same way. It asks us to understand our own needs and the needs of others and to help create communities where everyone can flourish