

# SUNDAY MORNING REFLECTION

## Quick Instructions

### Before beginning

1. Turn on room lights & Sound System for microphone use.
2. Put “Joy & Sorrow” candle tray on alter table. (It currently “lives” on floor near the Chimes.)
3. See directions for Chalice lighting (separate sheet) & be ready to light chalice.

### Reflections: Order of Service

1. Welcome/Opening Words
2. Chalice Lighting & lighting one main candle in Joys & Sorrows candle tray.
3. Joys and Sorrows (*People can come up to front of room, share a personal joy or sorrow & light a candle, using the larger middle candle in tray to light their candle.*)
4. REFLECTION (*can include conversation, can include readings, story, meditation. Fifteen minutes is a good estimate....but time frame varies. More or fewer minutes based on length of Opening Words, Joys & Sorrows, etc. but the entire service should be finished in ½ hour. There can be closing words of one sentence/short poem/prayer/short meditative saying included at end.*)
5. At 3-5 minutes prior to end of Reflection say, “It is time for our Closing Circle.”  
When people are gathered in that circle, we sing together acapella the chant:

“Carry the Flame of Peace and Light until we meet again. Carry the flame of peace and light until we meet again.”

6. Blow out chalice.

# SUNDAY MORNING REFLECTION

## Detailed Instructions

### Before beginning

1. Reflections begin at 9:30.
2. Arrive 10-12 minutes early.
3. Turn on sound system (for microphone use) in back of Meeting Room/Sanctuary.
4. Set tray of candles (*kept on floor near chimes*) on the “pulpit/alter” table. Set Chalice on Table.)
5. Have special extra candle to place behind Chalice, to facilitate the lighting of the chalice. (*matches are on the podium shelves.*)

### Reflections: Order of Service

1. To begin the service, light chalice and tallest candle in tray of candles (which can then act as the lighter for the various Joys & Sorrows candles.)
2. Opening words (Optional) A simple “Good morning, and welcome.” is appropriate when lighting the Chalice. But often, the Reflector has special opening words to speak at this point.
3. Joys & Sorrows: “Now is the time for the sharing of our Joys & Sorrows. You are welcome to light a candle, and share a personal joy or sorrow in your heart and mind this morning. (*Have portable microphone ready for those sharing.*)  
(*Approximately 5 minutes*)
4. Reflector may close “Joys & Sorrows” with a statement such as: “Let us hold these joys and sorrows... *spoken, and those left unspoken*) in our hearts and minds.”
5. Reflection: Leader presents & speaks on his/her topic. (*Approximately 12 - 15 minutes*) Reflector may choose to use some of the time for conversation, or for posing a question or idea for group conversation. A reflection leader may use a short piece of recorded music, or a “show and tell” format.
6. Closing Circle: Reflection leader states: “Now it’s time for our closing circle. Please join hands.” When circle is formed, this chant is sung...(*And there is always one person present who will initiate the pitch & beginning of the song.*)

*Closing Circle Chant: “Carry the flame of peace and love, until we meet again. Carry the flame of peace and love until we meet again.”)*