

Spirituality at Home

Creating a Home Sanctuary

The church year was humming along... a good fall was followed by our busy and awesome December. We had fun with our Winter Workshops. We enjoyed an intergenerational service about "Prayer" on March 8th and March 15th was set to be the kick-off to our Spring RE classes... and then... Covid-19 closures happened.

All of a sudden, our spiritual home had to close its doors for our safety and the safety of our beloved community members.

That first week, we did something new and unusual. We had a Time for All Ages in the middle of the week! On a weekday! During our time together, we talked about making a sanctuary at home. A place we could go to be thoughtful and spiritual.

We considered finding a convenient space, so it could stay in place from day to day – a table altar made sense. We put representations of the elements – earth (a little cup of planted clover), air (a bell), fire (a candle), and water (a small dish of water). I put a picture of some family members who live far away on my altar. Emma put a picture of her sports team. I put a little glass globe on the altar, because Covid-19 is a world event... we are in solidarity with all people. But that's my home sanctuary. My home altar.



(It's also the space I use for Sunday morning worship! Our "Joys and Concerns" candle is on top of the "Wonder Box"!)

The one you create at your home may be totally different... or contain some of the elements I chose. Creating your sacred space is personal. It is a place to feed your spirit. Somewhere you can go to feel your feelings and think about Big Ideas. A place your family can use to honor those you love and miss. You will have other times and ways to be in your sacred space.

"Soul Matters Sharing Circle" is a Unitarian Universalist network of congregations which follow a monthly theme. Materials are created for small group as well as worship, music, and religious exploration classes/activities. Coincidentally, they created a lovely series about "Creating Sabbath Space". Here is a link to the website... <https://www.soulmatterssharingcircle.com/creating-sabbath-space.html>



Here is the link to the document detailing outstanding activities for the first week of creating your Sabbath space. After you build your altar, there are ways to for using it!

Week One: file:///C:/Users/MVMT/AppData/Local/Temp/sm_2020-css_welcome_week_01-1.pdf

Some ideas or activities will speak to you, others won't. Take what you need and like; and leave the rest. At FPL, we don't have a tradition of using a chalice... replace that with a candle and move on. Or create a chalice! This is all about your sacred space.