



## **Ritual Expectations**

### **Spirit of the Seasons Fellowship Small Group**

- 1) Ask questions before the ritual if you are concerned about anything.
- 2) If you have mobility issues or any sensitivities, inform a planner ahead of time for accommodations.
- 3) Follow the leader. Someone will typically give directions during the ritual. Or you can just do what your neighbor does.
- 4) Expect the unexpected. Sometimes things go wrong, or someone drops something or someone messes up their lines. That's all OK.
- 5) Expect to take it seriously, but also have fun.
- 6) There are typically participatory activities. Challenge yourself to try. But you always have the right to pass.
- 7) Rituals last 15-60 minutes. Plan to be part of the entire ritual. Typically people stand through the ritual but chairs are available if you need to sit at any time. If you need to leave, just quietly slip out the doors. If you return, again just quietly come back into circle.
- 8) Rituals are similar to Sunday Fellowship Services – they have an opening, a message/activity, and a closing. There are often "worship leaders" that are lay leaders of the community or the people who planned the event. However, rituals are typically done in a circle, where all participants have equal engagement.
- 9) Should children participate in ritual? Individual rituals may have different expectations on the involvement of those under 18 and will specify in the invitation. Many young people age 12-17 have the maturity and attention span for an adult ritual. Parents and youth should discuss this ahead of time. For some spiritual groups, only young people who have completed a "coming of age" ceremony are allowed to participate in adult ritual. Infants can often stay with parents during a ritual, but if they become difficult, we would ask that parent and child quietly leave the ritual. Children ages 2-12 will depend on the intentions of the ritual. Only you know your child's ability to participate. Please speak with a planner before ritual on any questions or concerns.
- 10) Unless specified in the invitation, always feel free to dress in whatever makes you comfortable, as long as it is suitable for all ages. Please NO WEAPONS, including "fake/plastic" or ceremonial.
- 11) Do I need to bring anything? The ritual invitation will specify anything that is expected for participants to bring. Most rituals will include a potluck afterwards so a dish to share is appreciated. Also most rituals will have a donation box to help offset the costs of the event.
- 12) Should I be on a specific spiritual path to participate? No. The seasons are universal and do not belong to any spiritual group (or lack of spiritual designation). These rituals are specifically designed to resonate with anyone attending the UU Fellowship.
- 13) Spirit of the Seasons is a participant-driven small group. If you have suggestions for future rituals or would like to help plan a ritual, please contact the group facilitators. We welcome all ideas, time and talents to the ability that you are able to give.