

Father's Day

Cascade Unitarian Universalist Fellowship, E. Wenatchee, WA, Jeff Lau, June 2026

Chalice Lighting

Fifteen year and more
After he is gone,
A regular reminder of my father
Goes around my waist, through the loops
Holding me together, at least a bit
His belt, wide, leather, with holes
We each stretched
Weathered brown leather
A subtle connection to him
Each day, not always consciously
But a reminder of him
When I pause and remember

Raymond A. Foss - My Father's Belt

Let us take a moment to gather our thoughts, to settle our minds, to meditate, to pray, to follow our breath. Let us pause...

As we continue, let us remember the importance of attentive listening without interruption. Listening is a way to show respect, regard, and love.

Check-in

Topic: Father's Day was established in the United States in the early 20th century to complement Mother's Day. It was championed by Sonora Smart Dodd of Spokane, Washington, to honor her widowed Civil War veteran father. The first statewide celebration occurred on June 19, 1910, but it did not become a permanent national holiday until 1972. -**Wikipedia**

Some of you have fond memories of a kind and benevolent father that supported you throughout your life. Others may have never known their father or suffered a painful break in that relationship. I suspect most of us fall in between, with all too human dad's whose failings have clouded our feelings about them. Emotions can complicate a day set aside to honor fathers.

Today you'll have the opportunity to explore and share the feelings you've experienced on this holiday. Please take care of yourself during this process and remember that you always have the option of passing on any question.

Questions

- How do you celebrate Father's Day?
- Do resemble your father? What traits or mannerisms do you share?
- Share a treasured or humorous story about your father. How do you feel when telling this story?
- Talk about a time your father did not meet your expectations. What comes up for you when sharing this story?

- How does talking about Father's Day make you feel?

Likes and wishes

Administrivia

Closing Words

My father could hear a little animal step,
or a moth in the dark against the screen,
and every far sound called the listening out
into places where the rest of us had never been.

More spoke to him from the soft wild night
than came to our porch for us on the wind;
we would watch him look up and his face go keen
till the walls of the world flared, widened.

My father heard so much that we still stand
inviting the quiet by turning the face,
waiting for a time when something in the night
will touch us too from that other place.

William Stafford - Listening