



# UU Wellspring, spiritual deepening for the UU soul

## UU Wellspring for Youth

Background for Advisors

January 2021

Unitarian Universalist Youth have deep convictions and beliefs. UU Wellspring creates sacred space to explore spiritual understandings through the UU Sources using short videos, readings, and most importantly time the sharing of ideas.

Each 60 to 90-minute weekly session begins with a check in. The session source is introduced and explored through vides, short readings and sharing. Each session is designed to be held on a video conferencing platform such as Zoom. Emails before and after each session are prepared to help leaders guide youth through the program. Size of group will vary but having at least five or six is recommended with a cap around ten to twelve.

An important part of the program is introducing a regular spiritual practice. We begin with a practice of gratitude and move through Lectio

Divina, Meditation, Prayer, Journaling and Being Present in Nature. Youth and their leaders share their experience of daily spiritual practice.

Although our religious education programs often focus the seven principles, the living tradition of Unitarian Universalism also draws on six sources for religious knowledge and spiritual growth: direct experience, prophetic women and men, world religions, Jewish and Christian teachings, humanist teachings, and Earth-centered traditions. If the seven principles are what we aspire to, the six sources are what inspires us.

UU Wellspring for you is designed to inspire youth and their leaders to live into their Unitarian Universalist faith, to develop spiritual practices to sustain them through both the challenges and joys that life brings, and to connect with one another soul to soul.

## UU Wellspring: Youth Topics



### Introduction

#### **Retreat**

**Session 1** — *Opening*

### Direct Experience

**Session 2** — **Direct** Experience of Wonder

### Prophetic People

**Session 3** — Challenging Words and Deeds

### Jewish and Christian Teachings

**Session 4** — Take Off Your Shoes —  
Appropriation or Appreciation

### World Religions

**Session 5** — Love Your Neighbors

### Humanist Teachings

**Session 6** — Humanism and Tolerance

### Earth-Centered Spirituality

**Session 7** — The Circle of Life

### Closing

**Session 8** — Closing

## Recommended Books for Advisors of UU Wellspring for Youth

- *Everyday Spiritual Practice: Simple Pathways for Enriching Your Life*, Scott Alexander, editor or *Faithful Practices*, edited by Erik Wikstrom
- *You Are Here: Discovering the Magic of the Present Moment*, by Thich Nhat Hanh



## **UU Wellspring for Youth**

### **UUWY**

#### **Connecting to Inner Beliefs**

UU Wellspring for Youth (UUWY—or you can call it UU WHY?) is a chance to ask the big questions in life and reflect on what is deeply important to you.

#### **Connecting to the Great Beyond**

As UUs we don't always talk about spirituality and UUWY gives you a chance to wonder how our souls are connected to the great beyond as we explore our six Unitarian Universalist Sources.

#### **Connecting to Peaceful Practices**

You'll have a chance to try out spiritual practices, which can simply be choosing an intention, such as gratitude, and thinking about it as you carry out an activity. For example you might choose to do a daily chore with gratitude. Might sound corny but check in with yourself to see how you feel after doing it a few times.

#### **Join In**

We'll meet eight times online, beginning on (date) and (time) ...or

Contact me if you are interested in joining this group at...