

UU Wellspring Spiritual Practices

Day: Time:

Retreat Time (Session 1: 4 hours)

Zoom Link or Location:

Session	Date
Session 1 Reconnecting and Opening Ritual	
Session 2 Soul Listening as a Spiritual Practice	
Session 3 Finding Refuge in Turbulent Times	
Session 4 The Paradox of Stillness	
Session 5 Joy as an Act of Resistance	
Session 6 Spirit in the Body	
Session 7 The Monkey Mind	
Session 8 Beginning Again	
Session 9 Gratitude	
Session 10 Prayer	
Session 11 The Transcendentalists' Way	
Session 12 Suspending Judgment	
Session 13 Generosity	
Session 14 Melting into the Warmth of Compassion	
Session 15 Practical Acts of Compassion	
Session 16 Yearning for What, for Whom?	
Session 17 Service as a Path	
Session 18 Pulling It All Together	

Books for Spiritual Practices

There are two primary books for this program:

- [*Awakening Together: The Spiritual Practices of Inclusivity and Community* by Larry Yang](#) This book speaks primarily to creating community within Buddhist practices, yet the concepts relate to the community we are building in our UU Wellspring group and in our congregations.
- [*The Seekers Guide*](#) by Elizabeth Lesser. A guide to exploring your spiritual life.

Previously used in Sources:

- *Everyday Spiritual Practice*, edited by Scott Alexander
- *A Hidden Wholeness*, by Parker Palmer (or video links below)

[Chapter 1](#): The Primacy of Wholeness

[Chapter 2](#): The Great Divide

[Chapter 3](#): Journey Toward an Undivided Life

[Chapter 4](#): Circles of Trust

[Chapter 5](#): Establishing the Conditions of Circles of Trust

[Chapter 6](#): Characteristics of a Circle of Trust

[Chapter 7](#): Common Ground and Third Things