

UU Wellspring for Young Adults

Meeting Day and Time:

Zoom Link or Location:

Session Source and Topic	Date	Facilitator
Introduction <i>Session 1 — Opening</i>		
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 UU Wellspring for Young Adults

- *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 Naht Hanh