



UU Wellspring for Young Adults

"UU Wellspring is definitely helping though, and the last session was so refreshing and grounding, which I didn't realize how much I needed until afterward! I love the structure of this too with the videos to watch beforehand without being too long but still interesting and impactful. I can't wait for the next one honestly!"

Cammie Horne, Florida Gulf Coast University

April 2021

Unitarian Universalist Young Adults often yearn for connection with their UU peers. Often away from home for the first time and facing many choices, UU Wellspring provides a place to delve into their spiritual lives as they continue to find their authentic selves in this constantly changing worlds.

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. Formatted emails are provided, and the advisors/facilitators send them out before and after each session. Size of group will vary but having at least five or six is recommended with a cap around ten to twelve. There

is some wisdom surrounding groups of eight as a good size for any small group ministry.

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. Young Adults 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.

Young adults, come to be inspired and inspire!

UU Wellspring: Young Adult Topics



Introduction

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 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



**UU Wellspring for Young Adults
Flyer
UW-YA**

Connecting to Inner Beliefs

UU Wellspring for Young Adults 18-25 (UW-YA—or you can call it UW YAH!) 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 UW-YA 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 attend to a class, a daily task, or work with gratitude.

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...