**UU Wellspring Sources Calendar**

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| **Sources Calendar** | **Date** | **Spiritual Practice Presenter** |
| Day: Time: |  |  |
| Zoom/Location: |  |  |
| Sources Opening Retreat: 2.5 hours plus videos OR |  |  |
| Sources Opening Retreat: 4 hours online |  |  |
| Session 1: Welcoming the Soul |  |  |
| Session 2: Everyday Theology |  |  |
| Session 3: Spiritual Histories |  |  |
| Session 4: Prophetic Voices of Our Unitarian and Universalist Ancestors |  |  |
| Session 5: Prophetic Voices of Today |  |  |
| Session 6: Your Own Prophetic Voice: Vulnerability & Courage |  |  |
| Session 7: Solstice Ritual |  |  |
| Session 8: Jewish & Christian Teachings |  |  |
| Session 9: Reimagining God |  |  |
| Session 10: Prayer |  |  |
| Session 11: World Religions |  |  |
| Session 12: Forgiveness and Letting Go |  |  |
| Session 13: Nature as Spiritual Guide |  |  |
| Session 14: UUism and the Crisis of Life |  |  |
| Session 15: Theology of Joy |  |  |
| Session 16: Good Without God |  |  |
| Session 17: UU Perspectives on Death and the Afterlife |  |  |
| Session 18: Let Your Life Speak |  |  |
| Session 19: Celebration and Reflection |  |  |

Note: Check calendars for holidays and adjust as needed for your group.

Required and Optional Books for Sources

1. Read as much as possible before the retreat:
* *Everyday Spiritual Practice: Simple Pathways for Enriching
Your Life*, Scott Alexander, editor. Available from the UUA Inspirit Bookstore and online retailers.
1. Read Before Session 14:
* *Heartwood: The Art of Living with the End in Mind* by Barbara Becker. Available from the UUA Inspirit Bookstore and online retailers.
1. Read before Session 18:
* *Let Your Life Speak* by Parker Palmer.
1. Optional: One or both, as possible, to use throughout the program:
* *Voices from the Margins* edited by Jacqui James and Mark D. Morrison-Reed
* *To Wake, To Rise: Meditations on Justice and Resilience* edited by Rev. William Sinkford.

All of the books are currently available from the UUA Inspirit Bookstore, online retailers and as ebooks.