**UU Wellspring Sources Calendar**

|  |  |  |
| --- | --- | --- |
| **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.