

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.

2. 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.

3. Read before Session 18:

- *Let Your Life Speak* by Parker Palmer.

4. 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.