

SOURCES:
FIRST YEAR UU
WELLSPRING
PROGRAM

JOIN A SMALL GROUP TO
EXPERIENCE THE FIVE SPOKES
OF UU WELLSPRING

- deep listening in a small group
- daily spiritual practice
- spiritual companionship
- deeper understanding of UU history and UU theology
- living your faith

RETREAT

A start-up retreat is required for all participants and facilitators.



SIGN UP TODAY

UU
WELLSPRING

SPIRITUAL
DEEPENING FOR
THE UU SOUL



www.uuwellspring.org

HOW UU WELLSPRING TRANSFORMS



Whether online or in person, Unitarian Universalists come together to deepen their spiritual lives. They meet in groups of about ten people, twice a month for ten months. Led by facilitators from the congregation, everyone attends a required retreat to learn how to listen deeply, explore spiritual practices, participate in covenant, and learn about spiritual companionship.

Each two-hour session includes opportunities to reflect on short readings, video clips, images and poetry. Participants are guided to explore daily spiritual practices and meet with a spiritual companion outside of the sessions.

Each session includes reflecting on how we want to transform ourselves and our world. Attendance is important to the group and your own spiritual growth.

WHY UU WELLSPRING?

A sense of personal purpose and meaning arises from UU Wellspring's unique combination of spiritual practices, spiritual companionship, readings, and heart-opening sessions.

Connections to your congregation and to Unitarian Universalism deepen.

A sustaining joy emerges to deepening commitment to making change in ourselves and our world.

A SPACE FOR BOOKS FOR the First Year Program: SOURCES:

NOTE: New list!

- *Everyday Spiritual Practice: Simple Pathways for Enriching Your Life*, Scott Alexander, editor
- *Heartwood: The Art of Living with the End in Mind* by Barbara Becker
- *Let Your Life Speak* by Parker Palmer

One or both as possible:

- *Voices from the Margins* edited by Jacqu James and Mark D. Morrison-Reed
- *To Wake, To Rise: Meditations on Justice and Resilience* edited by Rev. William Sinkford.

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

WHAT'S NEXT?

Advanced Full Year Programs

After Sources

- Deep Questions: Principles
- Faithful Actions: Justice
- Spiritual Practices: Deepening

Seeker Series:

Requires personal research as well as pre-session assignments.

- Sacred Arts: Creativity-seek out a wide variety of artforms to observe
- Spiritual Ancestors: research your own and often UU spiritual ancestors in multiple fields of interest

UU Wellspring Reads

New Six-session program using UU Wellspring format.

- Sacred Earth: Based on *Braiding Sweetgrass* by Robin Wall Kimmerer and *The Sustainable Soul* by Rebecca James Hecking.

Youth and Young Adult

Eight Sessions on the Sources and Spiritual Practices. Includes deep check in.

- Youth program is congregation-based.
- Young Adult program can be congregation based, or individuals 18-30 can join an online cohort led by UU Wellspring.