



## UU Wellspring Worship Service Ideas

Creating a worship service based on UU Wellspring offers both an opportunity to get others engaged in spiritual deepening and offers participants the opportunity to dig deep and identify how UU Wellspring has transformed their lives. Our suggestion is to use three personal reflections from participants or facilitators as the core of your service. Musicians who have participated may also prefer to express themselves through music, and writers may prefer to write poems or short texts to read during the service. Below are suggestions to help you get started.

### Sample Quotes:

- “*What will you do with this wild and precious life?*”— Mary Oliver
- “Spiritual practices help us to remember who we really are beyond the roles we play in the world. Think of spiritual practice as making space for the light to shine in on your soul.” Rev. Jen Crow, First universalist Minneapolis.

### Sample Call to Worship:

UU Wellspring Participants enter into a space that allows for the sacred to emerge in the intentions that we set for the year. The words that start us off in the first session, a retreat, are:

“We begin by remembering the sound and the feeling of the one Being, the Wellspring of love. We affirm that the next thing we experience shimmers with the light of the Whole Universe.”

May you hear the sound and the feeling of the Wellspring of love as we come together in worship, affirming that the next thing we experience will shimmer with the light of the Whole Universe.

### Sample Readings/Poems/Prayers

- Laurie J. Cameron introduces us to mindfulness in the recent issue of *National Geographic* by writing: (use the excerpt with attribution)

“Mindfulness is life-changing. It is a superpower that allows you to deliberately direct the beam of your attention instead of being tossed around by racing thoughts and turbulent emotions. It empowers you to choose your mindset and to shift how you relate to your experience so that you have less stress and more joy.

Most people think mindfulness is something to add to an already full schedule, a special skill that only a few people can learn, or something that only words for people who have a baseline personality of being calm. Instead, practicing mindfulness is about learning, bit by bit, how to train your attention to stay in the present instead of ruminating over the past or racing into the future.

Mindfulness is the awareness that arises when we direct our attention on purpose toward our inner experience, toward others, and toward the environment around us.”

- **“Self Discovery” by UU Wellspring Participant, Collon Fox (you may use, permission granted by author)**

The path is inward  
The route as yet unknown  
The Silence guides us  
As it whispers  
In unexpected ways  
At unexpected times  
Our only task is to listen  
To this whispering wisdom  
And move as it nudges us  
Here and there...

We are known to ourselves through others  
Our friends and neighbors  
those we serve  
And those we follow  
But the difficult and disliked and ignored  
Those we have not yet come to appreciate  
Are our clearest guides  
Clarifying our moral guideposts  
Clearing away our ambiguity

The mystery of time  
The weaving of an unplanned path  
Requires our careful attention  
Leaning forward at the continuous edge of the unknown  
Wanting to know  
Trying to understand  
Seeking confirmation in this streaming not known  
That is our life  
Our history  
Our generations long wondering and wandering  
How did i arrive here and now  
The evolving continues  
The route still unknown  
The Whisperer nudges again

Should we be willing  
We take yet another step forward  
Into the as yet unknown  
Beyond the edge  
Into the wonderment  
Of this new evolving moment

The thousand mile journey we have traveled  
Seems irrelevant and so old  
So known  
Attention pulled yet again into the edge  
That fleeting glimpse of our silent soul  
No joy or worry here  
Simply wonderment  
Standing at the edge  
Between the known and the mystery  
Of the journey of just one more step

The journey is not about the miles  
Not even about the steps  
It is developing inner posture  
Quiet ~ Listening ~ Accepting ~ Appreciating  
Welcoming inner urges over outer shoulds  
Kindness for the inner form  
Soul kindness  
Reverent reflection  
Listening in the silence

- Poem from UU Minister Amy Zucker Morgenstern [\(found on worship web\)](#)

Within the heart of the flower, the fountain of beauty  
Within the heart of the community, a fire that warms and dances  
Within the heart of each of us, a spark of the spirit of life.

Holy,  
Holy,  
Holy.

- Our prayer for today was written by Annie Foerster and can be found in *For Praying Out Loud: Interfaith Prayers for Public Occasions*

We speak to the god, the goddess, the spirit of life, the eternal.

We speak to the mysterious thread that connects us one to the other and to the universe.

We speak to the deep wisdom at the center of our beings. We embody the yearning of all people to touch each other more deeply, to hear each other more keenly, to see

each other's joys and sorrows as our own and know that we are not alone, unless we create solitude for ourselves; and even then, community awaits us. Out of our yearning we have come to this religious community.

May we help each other to proclaim the possibilities we see, to create the community we desire, to worship what is worthy in our lives, to teach the truth as we know it, and to serve with justice in all the ways that we can, to the end that our yearning is assuaged, and our lives fulfilled in one another.

Let us go, now, into the silence of the faith that is unique to each of us, and still the same.

#### **Music from *Singing the Living Tradition***

123 "Spirit of Life"

311 "Let It Be a Dance"

#### **Music from *Singing the Journey, A Supplement to Singing the Living Tradition***

1008 "When Our heart is in a Holy Place"

1009 "Meditation on Breathing"

1024 "When the Spirit Says Do"

1053 "How Could Anyone?"

**Time for All Ages:** (Please check permissions, which vary based on whether you are streaming or recording.)

- *The Boy, the Mole, the Fox and the Horse* by Charlie Mackesy (use portions, the entire book is too long). [Book](#), [Video of the Book being read aloud](#), [background video by the author](#).
- "The Conference of the Birds," by Fariduddin Attar. [One version is here](#).
- [The Second Sky](#) by Patrick Guest and Jonathan Bentley

#### **Personal Reflections**

Invite participants and facilitators to share their experience in UU Wellspring.

You might:

- engage three different people for three perspectives.
- Provide piano or a single instrument, such as a flute, as an interlude between each reflection.

- Encourage speakers to write out their thoughts in advance, similar to reflections in UU Wellspring.
- Suggest 5 minutes each, or if two people 7 minutes each.

Extras:

- [Thank you Video to Facilitators from UU Wellspring.](#)
- [Play a portion of the UU Wellspring Overview Video](#)
- Older, but [message from our founder , Rev. Jen Crow](#), and others.

Congregations Who Have Created UU Wellspring Services:

- [Eliot Chapel in St. Louis UU Wellspring Service](#), 2022
- First Unitarian Orlando services in [2020](#), [2021](#), and [2022](#).
- [UU Church of Ventura, 2021.](#)