

UU Wellspring,

spiritual deepening for the UU soul

UU Wellspring Reads: Sacred Earth

February 2022

Sacred Earth is the first program in “UU Wellspring Reads,” six-session programs that provide foundational experience that are dear to Unitarian Universalists’ hearts. Sacred Earth combines the wisdom of indigenous understandings of reciprocity with the sacred earth, and with spiritual practices that connect our spirit to nature. The experiences, reflections and discussions strive to engage participants deeply in the web of life and your Unitarian Universalist faith.

The work will be personal. As you and participants move through the reflections and practices, you may all find spiritual healing by creating a more intimate relationship with the natural world. The sessions, two books, readings and spiritual practices are the core of the Sacred Earth experience.

Link to Climate Change Work Kimmerer refers to “climate chaos” and “climate change” in *Braiding Sweetgrass* as a sense of loss of relationship with the earth. Some participants may be drawn to engage in

Sacred Earth with the purpose of supporting or sustaining their own climate justice work. Activism may be an outcome of participation. Another goal of some participants may be to create a Unitarian Universalist learning community that builds collective spiritual power in the work of climate justice. The issues of climate change require us to bond together, and Sacred Earth may be the impetus to increase our engagement.

Sacred Earth delves into two extraordinary books to guide the group:

- *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer
- *The Sustainable Soul: Reflections and Practices* by Rebecca James Hecking

Braiding Sweetgrass provides deep understandings of how we are connected to the earth, and *The Sustainable Soul* provides spiritual practices and reflections that deepen that connection.

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The sessions are based on the sections of *Braiding Sweetgrass*

Session 1 — Beginning to Ground Ourselves

Session 2 — Planting Sweetgrass

Session 3 — Tending Sweetgrass

Session 4 — Planting Sweetgrass

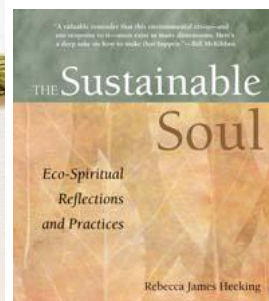
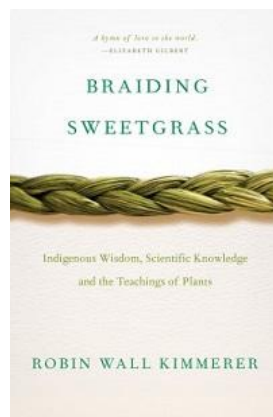
Session 5 — Braiding Sweetgrass

Session 6 — Burning Sweetgrass

Recommended Books for UU Wellspring for Sacred Earth

- *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer
- *The Sustainable Soul: Reflections and Practices* by Rebecca James Hecking

Both books are available in the InSpirit Bookstore and online retailers. An ebook is available for both.



Join In

We'll meet six times for 2 hours each, beginning on (date) and (time) ...or

Contact (x) if you are interested in joining this group at...