



UU Wellspring Reads: Creating Meaning

May 2023

Creating Meaning is the second program in “UU Wellspring Reads,” six-session series that provides foundational experiences that are dear to Unitarian Universalists’ hearts. Creating Meaning provides hands-on tools and activities to explore Unitarian Universalist faith through sacred activities such as altar building, spiritual practices, rituals, and blessings combined with more light-hearted cooperative games and experiences.

This joyful and centering curriculum explores the values of Unitarian Universalism in small group gatherings where meaning is developed using playful and sacred activities that deepen faithful practices of Unitarian Universalists. Each session is also linked to a Proposed Article II value and covenant statement.

This program is particularly suitable for Youth, Young Adults, and participants newer to Unitarian Universalism. However, the hands-on activities may be a joyful way for seasoned Unitarian Universalists to explore their faith as well.

Each participant will take away a set of cards and personalized items to create their own reminders of faith and what is meaningful to living a meaningful life.

The experiences, reflections and discussions strive to engage participants creatively in exploring how to live into Unitarian Universalist faith. The work will be personal. As you move through the reflections and activities, you will be invited into spiritual depth by practicing aspects of our faith.

The sessions do not require the purchase of books, but each participant needs a hard copy or online journal, altar cloths, stones, index cards and markers with other art materials optional. Facilitators can provide the materials, especially if you are meeting in person, or request these materials from the participants.

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Six Sessions

The six sessions of UU Wellspring Reads: Creating Meaning build on meaning-making sessions that include a variety of active ways to explore and express spirituality and faith.

Session 1: Creating Altars

Session 2: Creating Covenant

Session 3: Creating Chalice

Session 4: Creating Rituals

Session 5: Creating Spiritual Practices

Session 6: Creating Blessings



Sessions are generally 90 minutes and can be held online, in person, or multi-platform. Each session includes:

1. Pre-session Email
2. Chalice Lighting
3. Check-in Prompt
4. Centering Activity
5. Creative Play
6. Ritual
7. Closing

Creating meaning together through hands-on activities may spark the flame in each of us!