

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.



ENROLL TODAY
UUWELLSPRING.ORG

UU Wellspring Vision

Develop personal and communal depth to fully live Unitarian Universalism.

UU Wellspring Mission

UU Wellspring provides tools to create inclusive, accountable, spiritually deep religious community. Personal inner work evolves in covenanted relationship to create a path toward spiritual wholeness and faithful action that is essential to our collective liberation.

Annual Membership
Includes First-Year Sources

Under 300 members \$300
301-600 Members \$600
601 and above \$900

Shorter programs that do not require membership are \$150 each.

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.

FIRST YEAR: SOURCES

Books

- *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 Jacqui James and Mark D. Morrison-Reed
- *To Wake, To Rise: Meditations on Justice and Resilience* edited by Rev. William Sinkford.

Companion Journal

- Optional and available on Amazon.

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

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.

WHAT'S NEXT?

Advanced Full-Year Programs

Prerequisite: Sources

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

Shorter Programs: No Prerequisites

UU Wellspring Reads

New Six-session program using the UU Wellspring format.

- Sacred Earth
- Crisis of Life
- Creating Meaning

Youth and Young Adult

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.

Eight Sessions on the Sources and Spiritual Practices.

Creating Meaning: Hands On Program