**UU Wellspring Sacred Arts**

Day: Time:

Retreat: 2 or 4 hours

Zoom Link or Location:

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| **Sacred Arts Calendar** | **Date** |
| Session 1: The Art of The Squad |  |
| Session 2: Dance and the Art of Embodiment |  |
| Session 3:  Painting and the Art of Observation |  |
| Session 4:  Architecture and the Art of Human Ingenuity |  |
| Session 5:  Sculpture and the Art of Simplicity |  |
| Session 6:  Composition and the Art of Harmony |  |
| Session 7:  Cooking and the Art of Devotion |  |
| Session 8: Textiles and the Art of Forgiveness |  |
| Session 9: Fiction and Memoir and the Art of Hidden Wisdom |  |
| Session 10: Photography and the Art of Giving Our Attention |  |
| Session 11: Poetry and the Art of the Metaphor |  |
| Session 12: Stand-Up Comedy and the Art of Telling Our Stories |  |
| Session 13: Improvisation and the Art of Letting Go |  |
| Session 14: Landscaping and the Art of the Natural World |  |
| Session 15: Installation Art and the Art of Being an Earthling |  |
| Session 16: Music Performance and the Art of Choosing the Right Song |  |

**Required Books**

*Faithful Practices: Everyday ways to feed your spirit,* edited by Erik Walker Wikstrom.