**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.