**UU Wellspring Calendar Love in the Center: UU Values and Covenants**

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| Day: Time: |
| Zoom and/or Location: |
| **Arc of the Year** | **Sessions** | **Date** | **Spiritual Practice Presenter** |
| Grounding in Love | Session 1: Centering in Love * *Exploring Love through CARES.*
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| Session 2: Creating Bonds* *Creating our covenant.*
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| Session 3: Valuing Love: Love is Powerful* *Love is the power that holds us together and is at the center of our shared values.*
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| Session 4: Covenanting with Love: Living Shared Values* *We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.*
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| Centering in Community | Session 5: Valuing Interdependence and Pluralism: Reverence for All* *We honor the interdependent web of all existence. With reverence for the great web of life and with humility, we acknowledge our place in it.*
* *We celebrate that we are all sacred beings, diverse in culture, expe and theology.*
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| Session 6: Covenanting with Interdependence and Pluralism: Embracing the Other* *We covenant to protect Earth and all beings from exploitation. We will create and nurture sustainable relationships of care and respect, mutuality and justice. We will work to repair harm and damaged relationships.*
* *We covenant to learn from one another in our free and responsible search for truth and meaning. We embrace our differences and commonalities with Love, curiosity, and respect.*
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| Acting in Faith | Session 7: Valuing Justice and Generosity: Widening Beloved Circles * *We work to be diverse multicultural Beloved Communities where all thrive.*
* *We cultivate a spirit of gratitude and hope.*
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| Session 8: Covenanting with Justice and Generosity: Sharing Resources * *We covenant to dismantle racism and all forms of systemic oppression. We support the use of inclusive democratic processes to make decisions within our congregations, our Association, and society at large.*
* *We covenant to freely and compassionately share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.*
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| Session 9: Valuing Peace and Reason: Search with Compassion* We dedicate ourselves to peaceful conflict resolution at all levels.
* We search for truth and meaning, informed by reason, evidence, and the results of science, motivated by wonder, curiosity, and compassion.
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| Session 10: Covenanting with Peace and Reason: Dedicating Ourselves to Peace* We covenant to promote a peaceful world community with liberty and human rights for all. Whenever and wherever possible we will support nonviolent means to achieve peace.
* We covenant to listen to and respect the views of others, and to remain open to new ideas.
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| Nurturing Growth | Session 11: Valuing Equity and Transformation: Tending Radical Change * *We declare that every person has the right to flourish with inherent dignity and worthiness.*
* *We adapt to the changing world.*
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| Session 12: Covenanting with Equity and Transformation: Rooting in Love * *We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive communities. Equity calls us to listen, understand, respect, and respond to one another.*
* *We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.*
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| Transforming in Love  | Session 13: Returning to Love: Celebration and Reflection  |  |  |

Updated March 18, 2024

Required Books for Love at the Center: UU Values and Covenants

Note that optional books will be noted in the program.

* *Beyond Welcome: Building Communities of Love,* edited by Linnea Nelson (2022)
* *Faithful Practices: Everyday Ways to Feed Your Spirit* edited by Rev. Erik Wikstrom, (2018)
* *Sacred Nature: Restoring Our Ancient Bond with the Natural World* by Karen Armstrong (2022)
* Possibly: One more book of essays on Article II that will be published in June 2024 by Skinner House Books.

All of the books are currently available from the UUA Inspirit Bookstore, online retailers and as ebooks. *Sacred Nature* is often available in libraries.