



Spiritual Deepening for the Unitarian Universalist Soul

UU Wellspring™ is a heart-opening small-group experience grounded in deep listening. Each UU Wellspring program incorporates five elements designed to balance knowledge of UU history/theology with personal spiritual growth and engagement with the world:

- Participation in a small-group community
- A commitment to daily spiritual practice
- Individual work with a spiritual director
- Readings and resources for knowledge and reflection
- Commitment to live out our values in the world

Materials used in UU Wellspring include books (see the Our Thoughts tab of www.uuwellspring.com for examples), sermons, articles, blog posts, YouTube videos, TED talks, podcasts and other easily accessible resources.

At present, four years of UU Wellspring programs are available, each lasting nine months:

UU Wellspring-Sources

This is the prerequisite for all other years of UU Wellspring.

Goals

- To ground participants in Unitarian Universalism
- To develop the practice of deep listening and commitment to spiritual practice and spiritual direction

Curriculum

The curriculum provides information and opportunity for reflection around two key areas:

- Unitarian Universalist history and theology
- The “big questions” that are central to our Unitarian Universalist faith, including human nature, death, joy, and forgiveness

UU Wellspring–Spiritual Practices

Goals

- To deepen participants’ spiritual practice
- To expose participants to other spiritual practices, both from our UU tradition and from other faith traditions
- To strengthen awareness of our own connection with the holy as a foundation for serving the needs of the world

The Curriculum

The curriculum is built around four categories of spiritual practice:

- Building awareness as the *head*
- Cracking open the *heart*
- Expanding the sense of our whole *body*
- Extending our *hands* in service

UU Wellspring--Deep Questions

Goals

- To inform participants' understanding of the seven Unitarian Universalist principles and their meaning in our lives
- To explore the connection between the principles and powerful questions about how the principles and our own beliefs affect our actions in the world

The Curriculum

The curriculum alternates between sessions on:

- The seven principles of Unitarian Universalism
- The deep questions of our lives, including human nature, forgiveness, accountability and our relationship to the planet

UU Wellspring-Faithful Actions

Goals

- To explore all the ways in which we can live out our faith, including through service to community, family and friends, our congregations, and the world
- To create a safe place in which to examine how each of us puts our own faith into action

The Curriculum

Participants will:

- Explore the many areas in which we can put our faith into action
- Commit to offering intentional service over the course of the program
- Address questions of burnout, hopelessness, and maintaining our own spiritual health while trying to repair the brokenness of the world.

For More Information

www.uuwellspring.com/Contact Us

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