



## **Wellspring: A Unitarian Universalist Spiritual Journey**

### **Wellspring Goals:**

- A sense of wholeness and integration as we strive to understand our beliefs and align them with our actions
- An understanding of our Unitarian Universalist roots and how our beliefs connect with those who came before us
- A deeper connection to our inner selves, to those around us, and to a sense of the divine
- The ability to articulate our beliefs and to explore what those beliefs call us to do in the world

### **Components of the Journey:**

- Participation in a community of seekers
- Spiritual direction – self-reflection with a guide
- Daily spiritual practice
- Unitarian Universalist history and theology
- Acts of practical compassion – what our faith calls us to do in the world

**Expectations:** During this ten-month program, we hope participants will make every effort to:

- Attend small group sessions every other week and actively engage from both the head and the heart
- Commit to a daily spiritual practice and seek support if that becomes difficult
- Meet once a month with a spiritual director (spiritual companion, spiritual mentor) to facilitate your inner spiritual life
- Complete the readings and other assignments

### **Examples of Reading and Discussion Topics:**

- |   |                            |
|---|----------------------------|
| ❖ Spiritual Practice Options                  | ❖ Buddhism                 |
| ❖ Spiritual Autobiographies                   | ❖ Humanism                 |
| ❖ Welcoming the Soul                          | ❖ Process Theology         |
| ❖ Our European Roots                          | ❖ Science and religion     |
| ❖ Unitarian and Universalist roots in America | ❖ Social Justice           |
| ❖ Transcendentalism                           | ❖ Articulating our beliefs |

## **FAQ's**

### **How much time is required for Wellspring?**

Wellspring is a commitment to a spiritual journey and requires time – more than a monthly Soul Matters meeting but less than an academic course in divinity school. The program begins with a day-long retreat in September and continues through May with 2 hour meetings scheduled two or three times a month. In addition, plan on time for daily spiritual practice, a monthly meeting with a spiritual director, and time for reading the assignments and reflecting on them.

### **How is this program different from Soul Matters?**

While both groups consider spiritual matters in small groups, Wellspring is different because of the time required and the commitment to spiritual practice. It focuses on understanding the roots of our faith and the transformations in Unitarian Universalist thought, as well as our own beliefs. The readings cover a multitude of topics including history, Transcendentalism, process theology, humanism, and the crises of life – we are asked to think about how our faith sustains us and what it calls us to do in the world.

### **What Is spiritual direction?**

Spiritual direction is meeting with a guide (a spiritual director/ companion/ mentor) whose purpose is to help you explore your personal faith journey. It is about intentionally deepening your relationship with the holy, however you define it. Like psychotherapy, it is often a one-to-one experience in private sessions, but with a spiritual mentor who has most likely completed extensive training in the ministry of spiritual direction. Unlike therapy, it includes your deity, or higher power, or sense of the holy, as a third partner in the process. While it may be appropriate to discuss personal, relational, financial or health struggles in spiritual direction sessions, the focus would be on how your spiritual life is affected during these struggles. A typical question might be “Where is the holy present/absent in that experience?” Spiritual directors are open-minded guides who are in your service and are not going to advocate a particular religious view.