



Wellspring: A Unitarian Universalist Spiritual Journey A Program of the First Unitarian Church of Rochester

The Five Components of Wellspring:

- Spiritual practice – commitment to regular, intentional practice
- Spiritual direction – self-reflection with a guide
- Unitarian Universalist history and theology – reading, listening, reflecting
- Small group – participation in a community of seekers
- Faith in action – what we are called to do in the world

Expectations:

During the ten-month program, participants should 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 their inner spiritual life
- Complete the readings and other assignments
- Listen to what they are being called to do in the world

Examples of Reading and Discussion Topics:

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| ❖ Spiritual Practice | ❖ Humanism |
| ❖ Our Spiritual Journeys | ❖ Process Theology |
| ❖ Welcoming the Soul | ❖ UU and the Crises of Life |
| ❖ Our European Roots | ❖ Human Nature |
| ❖ Unitarian and Universalist Roots
in America | ❖ Forgiveness |
| ❖ Transcendentalism | ❖ UU Perspectives on Death |
| ❖ Buddhism | ❖ The Theology of Joy |
| | ❖ Living our Faith |

FAQ's

Who should participate in Wellspring?

Anyone who has been involved with a Unitarian Universalist church for a while, is committed to learning more about Unitarian Universalism, and wants to find a deeper spiritual life within their UU church.

How much time is required for Wellspring?

Wellspring is a commitment to a spiritual journey that begins with a day-long retreat in September, followed by two-hour meetings scheduled two or three times a month from September through May. Participants and facilitators should also plan on time for daily spiritual practice, a monthly meeting with a spiritual director, and time for reading the assignments and reflecting on them (approximately 4 – 6 hours per month).

How is this program different from other small groups?

Wellspring is different because of the time required and the commitment to a daily 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.

How can I learn more?

Visit the Wellspring blog at www.uuwellspring.org

Look for UU Wellspring on Facebook

Contact Reverend Jen Crow at jen@rochesterunitarian.org

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