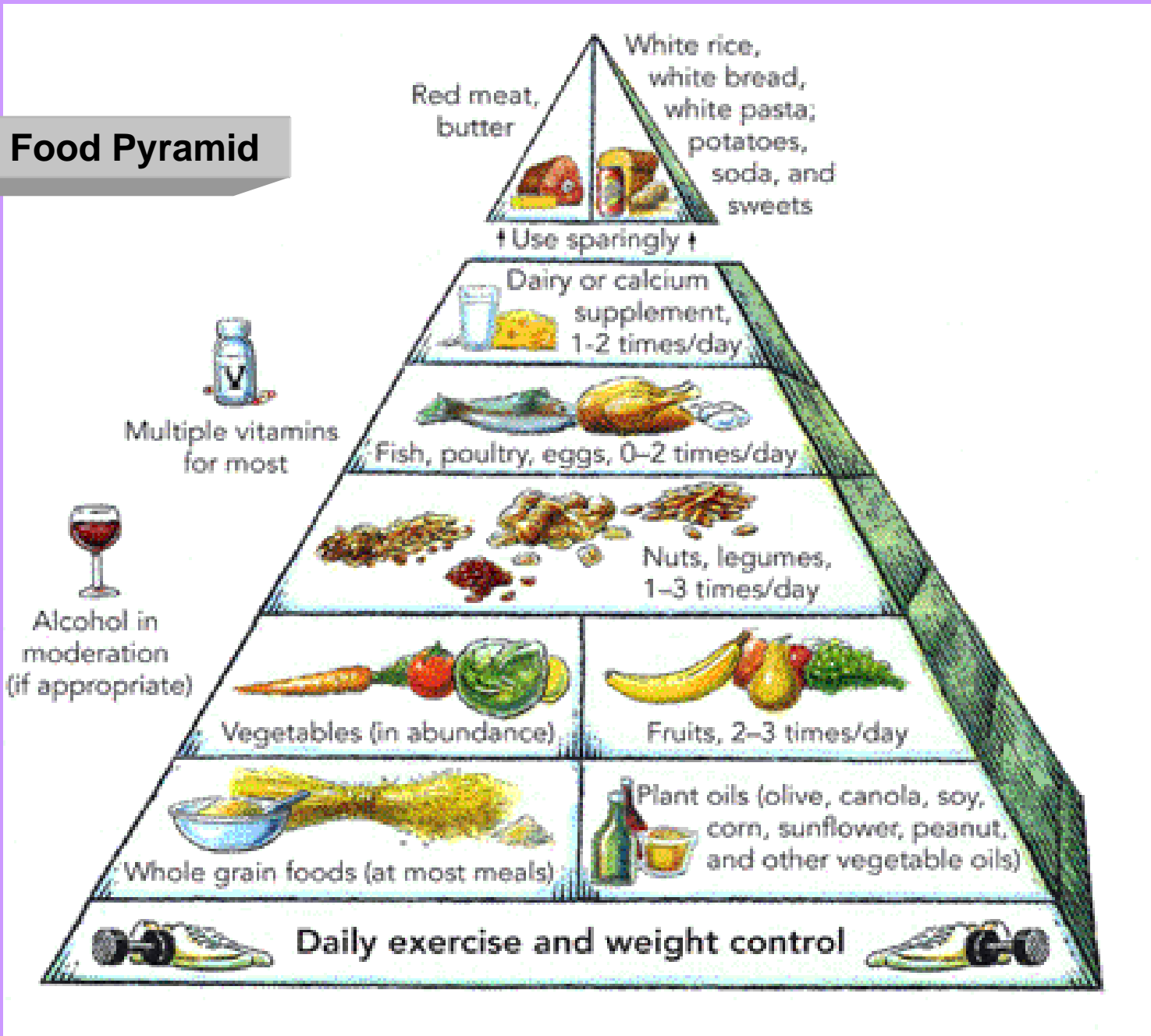


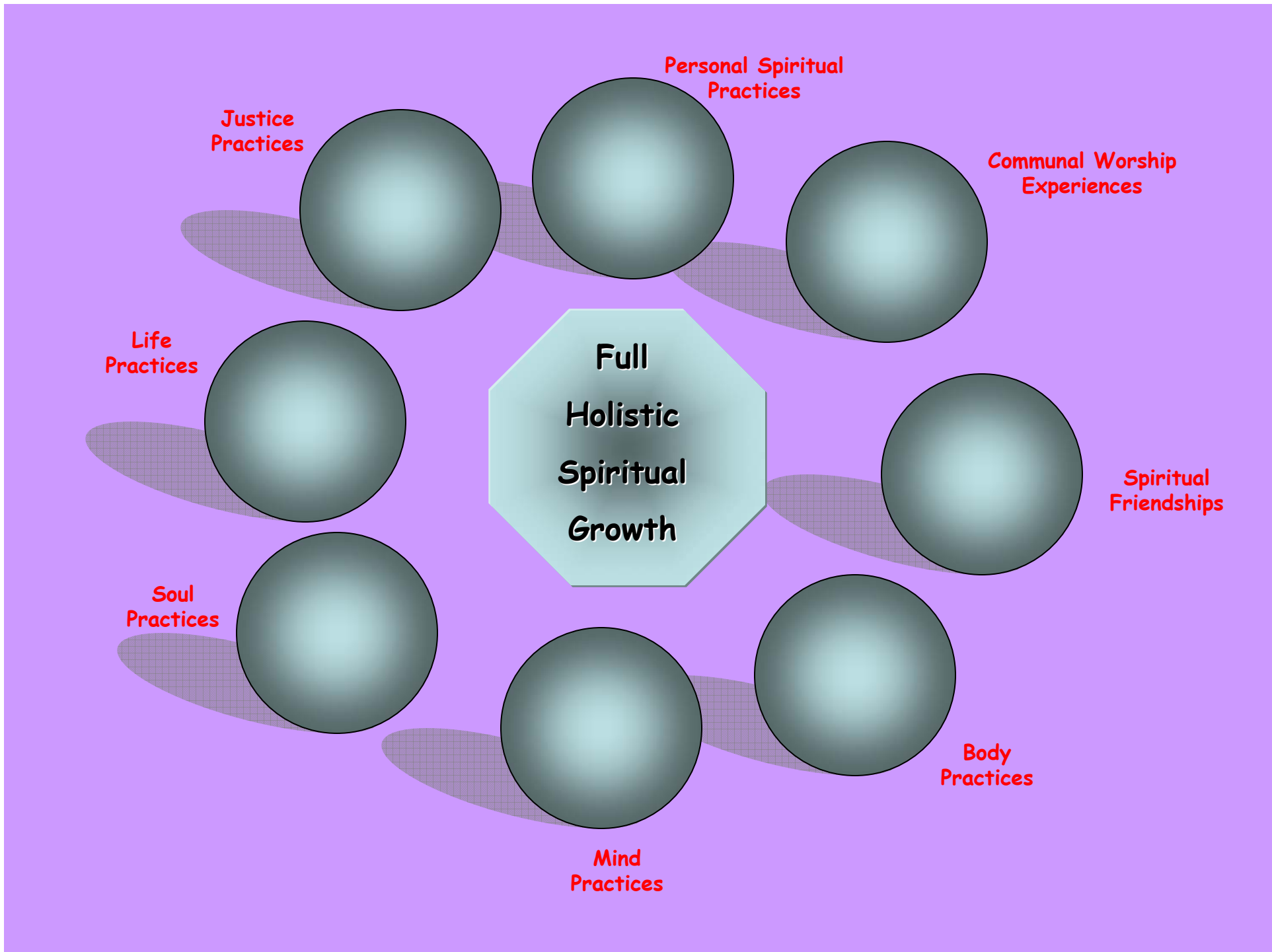
The Eight Spheres of Spiritual Growth



UUA Large Congregation Conference
Louisville, KY

USDA Food Pyramid







Personal Spiritual Practices

⊕ **Meditation**

⊕ **Prayer**

“In our faith tradition every individual is expected, with the help of clergy and community, to nurture and tend the garden of his or her own religious life each and every day.”

⊕ **Yoga**

⊕ **Tai Chi**

~ The Rev. Scott Alexander, *Everyday Spiritual Practice*

⊕ **Long Walks**

⊕ **Etc., etc., etc.**



Communal Worship Experiences

- ⊕ **Worship = *weorðscipe* = to ascribe worth to ~ grounding/centering on value**
- ⊕ **“Communal worship cannot be replaced by solitary walks in the woods or along the beach.”**
NOT a lecture and concert series
- ⊕ **“Communal worship requires community”**
“create the space in which magic can occur”
- ⊕ **prepare people to recognize spiritual experiences when they have them**



Spiritual Friendships

- ⊕ **One-to-one relationships**
- ⊕ **Accountability**
- ⊕ **Someone to say to me what I would say to someone else**
- ⊕ **Uni- or bi-directional**



Body Practices

- ⊕ **We are an incarnational faith**
- ⊕ **We are very often “in our heads”**
- ⊕ **Tai Chi, Yoga, etc.**
- ⊕ **Running, Cycling, Basketball, etc.**
- ⊕ **Ballroom Dancing**
- ⊕ **Mindful Eating**
- ⊕ **Mindful NOT Eating**



Mind Practices

- ⊕ **Prejudice: spirituality is anti-intellectual**
- ⊕ **The mind is a gift, no less than any other**
- ⊕ **“If you can’t change your mind . . .”**
- ⊕ **Adult Ed, On-line, “Great Courses,” etc.**



Soul Practices

- ⊕ **“Made in the image of God” ~ creative!**
- ⊕ **Musical, visual, linguistic**
- ⊕ **Creative expression NOT art (e.g, play)**
- ⊕ **Not just exposure ~ engagement**



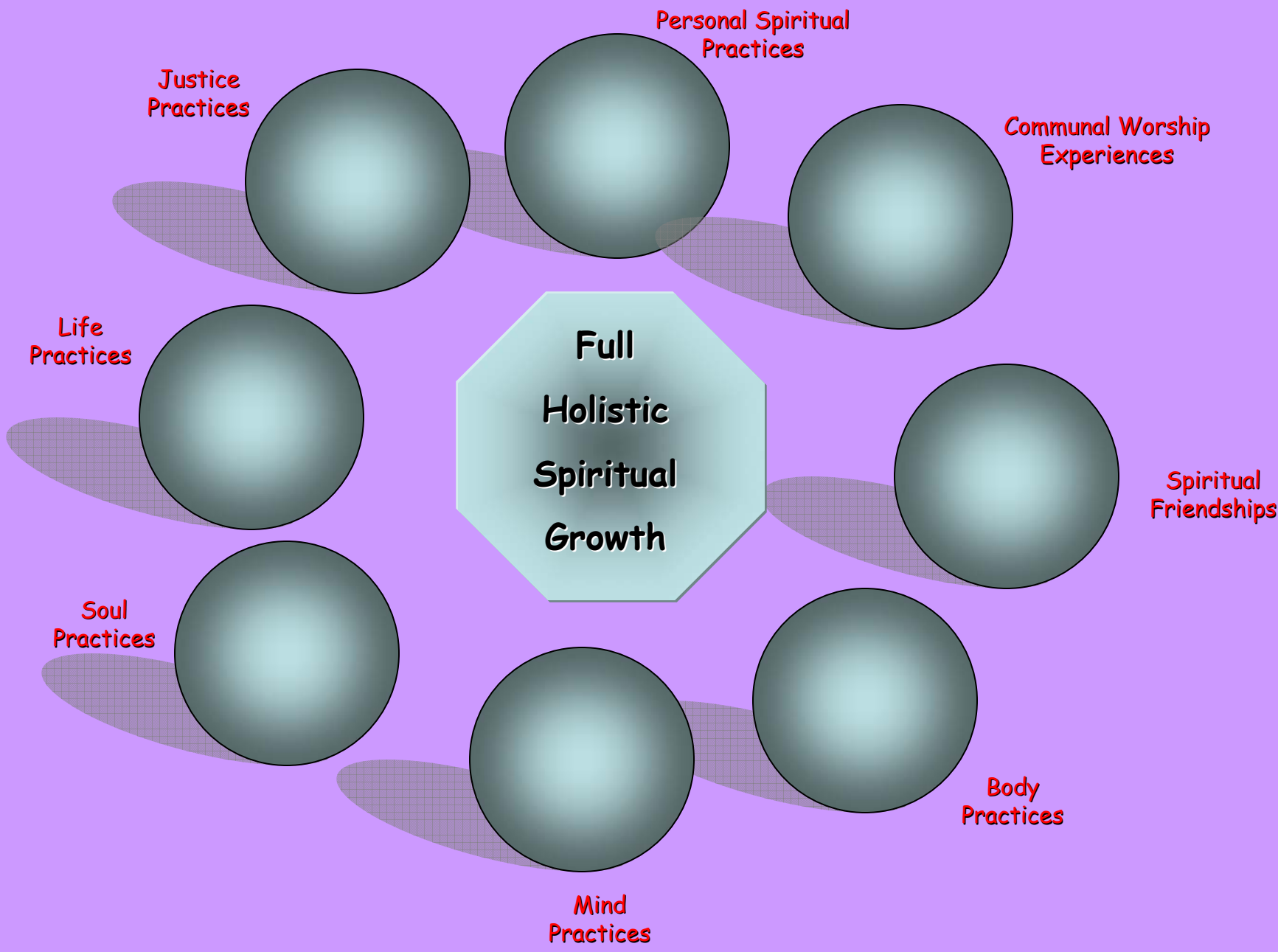
Life Practices

- ⊕ **Four types of Zen**
- ⊕ **Parenting as a spiritual practice**
- ⊕ **Commuting**
- ⊕ **Work life**



Justice Practices

- ⊕ **Work for justice IS “faith-in-action”**
- ⊕ **“Faith without works is dead”** James 2:26
- ⊕ **“... all truth tastes like freedom.”** Buddha
- ⊕ **Justice work as “practice” is balanced**

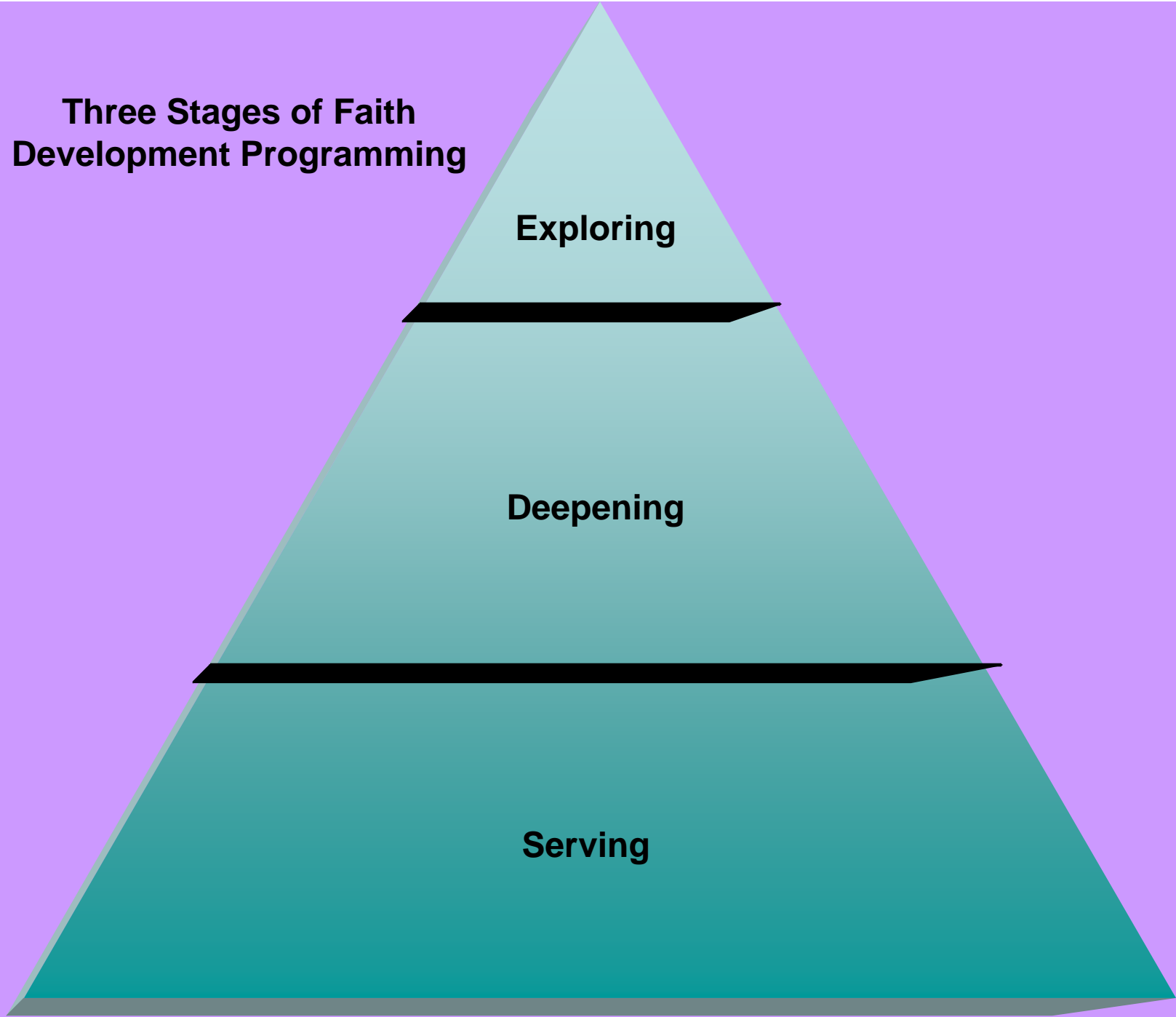


**Three Stages of Faith
Development Programming**

Exploring

Deepening

Serving



	Exploring	Deepening	Serving
Personal Spiritual Practices			
Communal Worship Experiences			
Spiritual Friendships			
Mind Practices			
Body Practices			
Soul Practices			
Life Practices			
Justice Practices			



Spirit in Practice

ten workshops for Unitarian Universalists

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<http://www.uua.org/religiouseducation/curricula/tapestryfaith/spiritpractice/index.shtml>