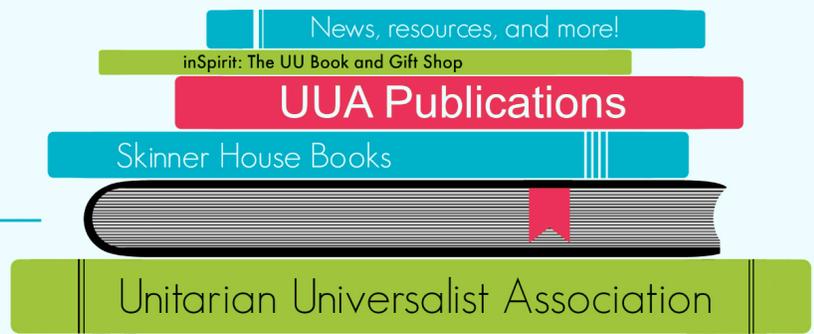


# January

## Publications Update



**“Given everything our world faces today, having faith in love is no small thing.”**

**—Rev. Dr. Sofia Betancourt**

Unitarian Universalists as a progressive religious community hold a humbling expectation to periodically re-evaluate the freely chosen covenant that holds us together. While this work impacts the bylaws that define our governance structures, it also gives life to the values we express in common cause. We do this work to live into the Unitarian Universalism of the future.

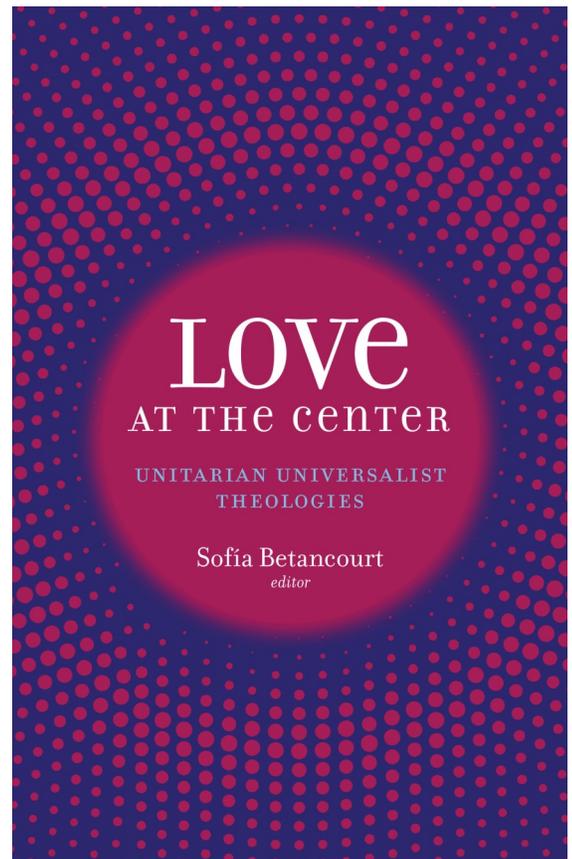
In response to the Article II Study Commission and the final adopted language of Article II outlining our shared values, it is clear that the value most describe as central to their faith, to their living, and to the mission of their congregations is love itself. We are a people guided by, and centered in, our engagement with all that love requires.

Our pressing task now is to ask ourselves and each other how this understanding calls us forward, individually and collectively. We may agree that love is central, but what does that mean to us and what does it require of us? It is in that spirit that we asked more than two dozen leaders in our movement the question of what it means to put love at the center of our faith.

In these pages, you’ll find personal testimony to love’s power, reminders of the centrality of love throughout the long histories of Universalism and Unitarianism, and theologies of love drawn from many different expressions of Unitarian Universalism—from the natural world to the justice rally, to a loved one’s deathbed, to the quiet moment before a worship service begins. May *Love at the Center* serve as an invitation to deepen your own understanding and practices of love.

**Rev. Dr. Sofia Betancourt** is the tenth president of the Unitarian Universalist Association. She was elected in June 2023. Rev. Dr. Betancourt’s twenty-year ministry has included serving as a parish minister, seminary professor, scholar and environmental ethicist, and public theologian.

Available to  
[pre-order!](#)



News, resources, and more  
from UUA Publications

For more information visit [uaa.org/publications](http://uaa.org/publications).  
All products are available at inSpirit: The UU  
Book and Gift Shop at [uaa.org/bookstore](http://uaa.org/bookstore)

# Announcements and Resources

---

## Connect with us on Bluesky

We're thrilled to announce that Skinner House and inSpirit: The UU Book and Gift Shop are now on Bluesky! Join us in building a vibrant UU community. Together, we can create digital spaces that reflect the world we strive for. Follow us for information about new books, resources, merchandise, and more. We can't wait to connect with you.

- Follow [Skinner House Books](#)
- Follow [inSpirit: The UU Book and Gift Shop](#)



## Mental Health and Recovery

We continue to turn to books in the moments we feel weary and in need of inspiration. We hope the following books about mental health and recovery offer solace and support.

*[Held: Showing Up for Each Other's Mental Health](#)* by Barbara Meyers—Community minister and mental health advocate Barbara Meyers illustrates how members of faith communities can be supportive to those living with mental health problems.

*[Stubborn Grace: Faith, Mental Illness, and Demanding a Blessing](#)* by Kate Landis—With unflinching honesty and humor, Kate Landis chronicles the hardest parts of her young adulthood as well as her poignant journey to faith and community

*[This Day in Recovery: 365 Meditations](#)*, edited by Lane-Mairead Campbell and Katie Kandarian—Offers a short, daily experience to help bring readers back to their spiritual center in the daily moments of struggle and questioning.



News, resources, and more  
from UUA Publications

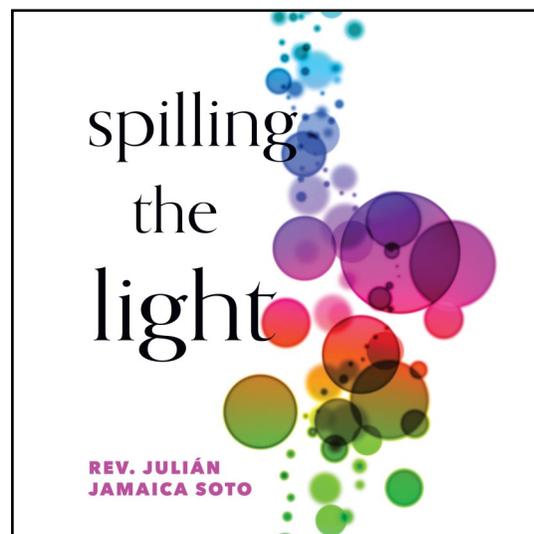
For more information visit [uua.org/publications](http://uua.org/publications).  
All products are available at inSpirit: The UU  
Book and Gift Shop at [uua.org/bookstore](http://uua.org/bookstore)

# Announcements and Resources

---

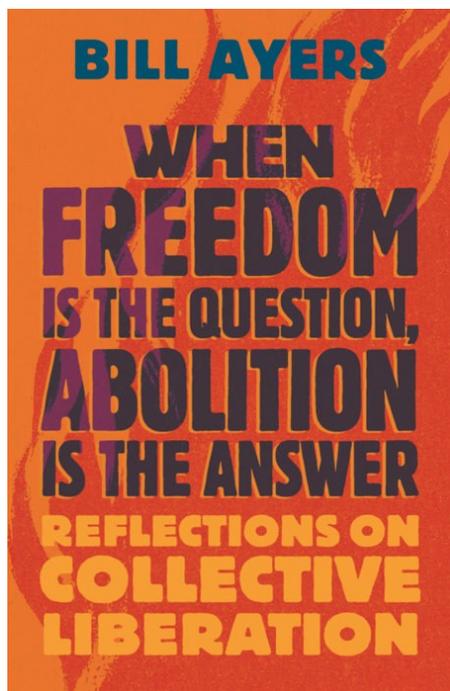
## Featured Audiobook: Spilling the Light

Intimate and uncompromising, Rev. Julián Jamaica Soto's debut collection [Spilling the Light](#) is a luminous offering to their communities and a defiant declaration of their worth in a world hostile to their queer, disabled, and brown being. They write boldly of identity, community, liberation, and erasure through a prism of tender moments and powerful reckonings. These are poems of hunger and fire, of hope and resilience. They are complex, empowering, and tender. They embolden us to become our truest selves, willing us to survive. Narrated beautifully by the author.



## January's Goodreads [Book Club](#) Pick

January's group read is [When Freedom Is the Question, Abolition Is the Answer: Reflections on Collective Liberation](#) by Bill Ayers (Beacon Press). Activist Bill Ayers invites us to consider the complex idea of abolition as much more than a strategy or a set of tactics but as an entire political framework, a culture, and an orientation. Blending history and political theory and weaving in examples from literature, social movements, and his personal life, *When Freedom Is the Question* is a powerful resource and a primer for those interested in fighting for social justice. Guided by questions like what is freedom?, how do we get free?, and what are the freedom dreams that encourage us and drive us forward?, *When Freedom Is the Question* examines the concept of freedom in eight essays. Through these reflections, Ayers expands and redraws the boundaries of how we see and think about freedom. This abolitionist tool kit explores abolition not as deletion or demolition but as a creative and imaginative approach to politics and everyday lived life.



News, resources, and more  
from UUA Publications

For more information visit [uaa.org/publications](http://uaa.org/publications).  
All products are available at inSpirit: The UU  
Book and Gift Shop at [uaa.org/bookstore](http://uaa.org/bookstore)