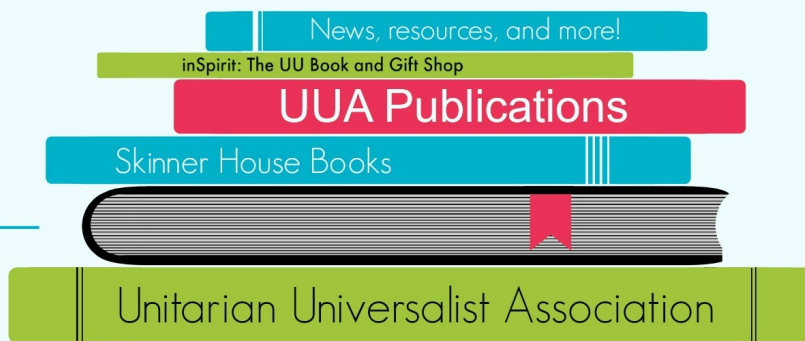


August Publications Update



[The Unitarian Universalist Pocket Guide, Seventh Edition](#)

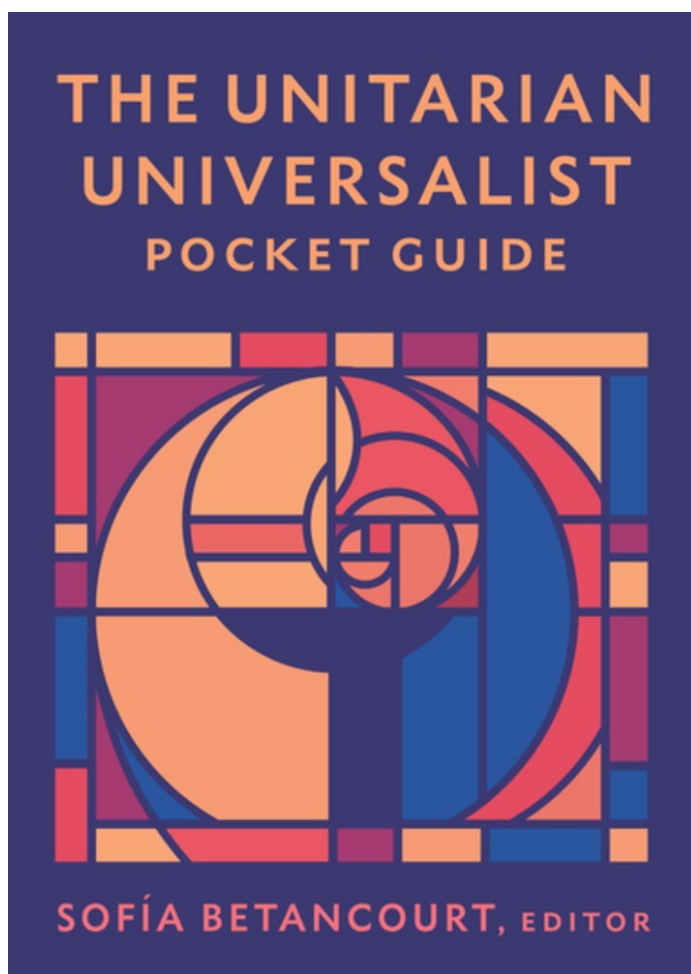
Unitarian Universalists are people of all ages, of many backgrounds, and of many beliefs. They are brave, curious, and compassionate thinkers and doers that create spirituality and community beyond boundaries, working for more justice and more love in a hurting world.

The Unitarian Universalist Pocket Guide is the most complete introduction to Unitarian Universalism available, covering ministry, worship, social justice, religious education, community, and history. Edited by Rev. Dr. Sofía Betancourt, this seventh edition prepares readers with resources and information for this crucial moment in Unitarian Universalism.

Available to
[pre-order!](#)

Contributors include Rev. Cheryl M. Walker, Rev. Ashley Horan, Rev. Dr. Sheri Prud'homme, Rev. Nancy McDonald Ladd, Rev. Katie Romano Griffin, Dr. Dan McKanan, and Rev. Victoria Safford, among others.

Rev. Dr. Sofía 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.



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New from Skinner House

[Tend to Your Spirit: Mindful Living with Chronic Illness](#)

Living with chronic illness has many challenges, and the journey is not just a physical one. *Tend to Your Spirit* is a companion for this emotional and spiritual journey, offering tools to help readers practice self-compassion and self-care. With candor and vulnerability, spiritual leaders Julianne Lepp and Florence Caplow, themselves living with long-term illness, offer insights and practices that can benefit anyone facing the emotional impact of a new or ongoing condition.

Structured metaphorically around the four seasons, each chapter is devoted to a particular aspect of life with chronic illness, such as grief, hope, perseverance, anger, comfort, and finding connection. Interviews and quotes from people with chronic illness of all ages and backgrounds help readers feel less alone. Spiritual resources, including poetry, practices, meditations, playlists, journaling exercises, and discussion questions, offer additional guidance. Small groups can explore these resources together to help foster supportive relationships and community.

Tend to Your Spirit is intended for people at any stage of their journey with chronic illness or chronic pain, to help you live a full, spiritually connected life—a life informed and shaped, but not defeated, by your illness.

Julianne Lepp has a background in finance, game design, and massage therapy. She lives with rheumatoid arthritis and supports those living with chronic illness in many capacities. She has served as the parish minister of the Unitarian Universalist Congregation in Eau Claire, Wisconsin, since 2010 and trained with Meadville Lombard Theological School to become a spiritual director.

Florence Caplow has lived with chronic illness since 1999. As a Unitarian Universalist minister, she served congregations in Washington, Colorado, and Illinois. She is also a Zen Buddhist teacher, change coach, spiritual director, and editor of two previous books. She offers online classes for those living with chronic illness and pain.

Available to
[pre-order!](#)



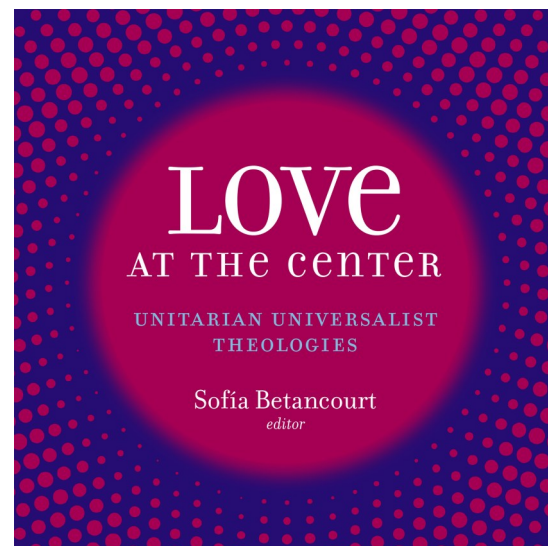
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Announcements and Resources

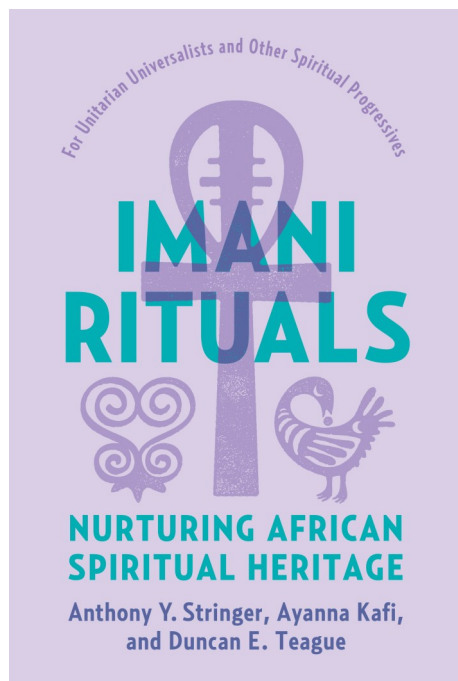
Featured Audiobook: *Love at the Center*

In response to the Article II Study Commission and the final adopted language outlining our shared values, it is clear that the value that most Unitarian Universalists describe as central to their faith 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 how this understanding calls us forward. 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 [*Love at the Center*](#), edited by Rev. Dr. Sofía Betancourt, 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 different expressions of our faith. The book has been narrated beautifully by Keisa Parrish.



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

August's group read is [*Imani Rituals: Nurturing African Spiritual Heritage*](#) by Dr. Anthony Stringer, Ayanna Kafi, and Rev. Duncan E. Teague. As American society becomes increasingly diverse, people are seeking spiritual inspiration from an expanding array of sources. Unitarian Universalist congregations must be culturally pluralistic to become a religious home to all who cross their threshold. *Imani* (Swahili for *faith*) *Rituals* centers the African American experience and the African Diaspora as the inspiration for rituals to enrich religious and spiritual life for Unitarian Universalists and other liberal denominations. Intended for individual, family, congregational, and community use, the practices in this book offer a creative and contemporary approach to rituals that are grounded in heritage and tradition, creating connection with ancestors and ancient wisdom while responding to the present moment.



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