

Welcome!

Spiritual Preparation for Leading RE

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UUA Faith Development Office

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UUA Faith Development Office

Grounded in Unitarian Universalist Principles and values, the Faith Development office equips individuals and communities with resources, coaching, and training to intentionally grow and sustain a dynamic, lived faith capable of transforming the world into the **just**, *compassionate*, pluralistic beloved community of our dreams.

UUA Faith Development Office

“Housekeeping”

- Please turn off (stop) camera.
- Computer audio problem?
Log out of FUZE and call in by phone (listen only).
- Recorded webinar will be online:
www.uua.org/re/teachers/webinars

UUA Faith Development Office

“Housekeeping”

- All attendees muted during presentations.
- Raise red flag when you have a question or comment. We will unmute you in turn.

UUA Faith Development Office

“Housekeeping”

- Watch your Meeting Chat box for links to resources.
- Questions/comments afterward:
religiouseducation@uua.org
- Cut-and-paste from Meeting Chat to your own computer.

UUA Faith Development Office

Gail Forsyth-Vail

Adult Programs Director

UUA Faith Development Office

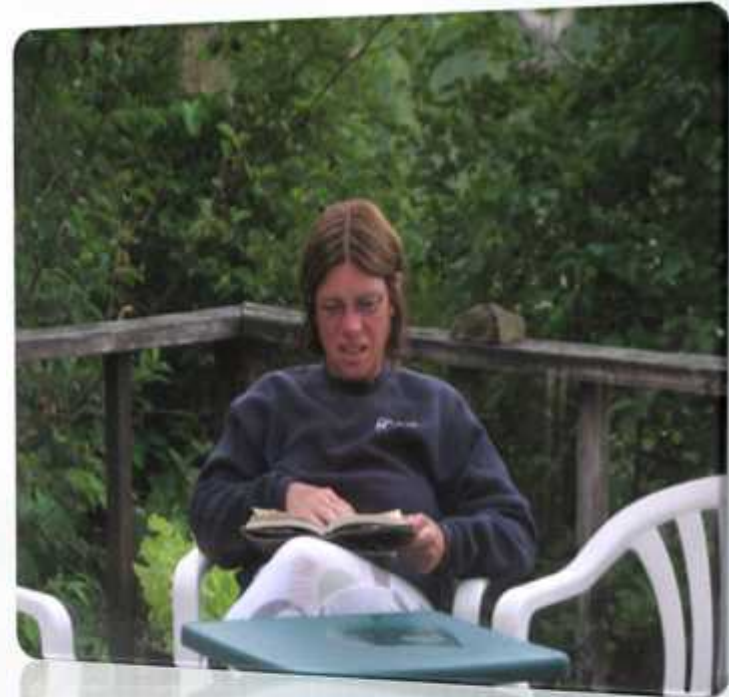
- *Deepening the sense of being at home in the Universe
- *Thoughtful reflection on one's life stories and experiences, illuminated by UU values and tradition
- *Growing the ability to carry one's Unitarian Universalist faith into everyday living and into compassionate action in the wider world

*Faith Development

- * a class or workshop
- * a social action or service project
- * a multigen event
- * a family ritual or gathering
- * a committee meeting



Spiritual
Preparation
can...



Grow and Deepen
Your Own Faith

Spiritual
Preparation
can...



Help You Nurture
Others' Spiritual Growth

**YOU are Unitarian
Universalism's most
important resource**





***Fully present with
yourself and others**

Confidence

Humility

Love



Home / Religious Education / Tapestry of Faith Curricula / Children's Programs / Love Connects Us / Session 9 / Session Overview / Spiritual Preparation



Spiritual Preparation, Session 9: Kindness is the Key

In "Love Connects Us," a Tapestry of Faith program

Find a place where you can be quiet with your thoughts. Close your eyes and breathe deeply for about five minutes, perhaps repeating a word or phrase to separate yourself from the activities of the day. When you feel settled and relaxed, consider:

- In what kinds of situations do you most often experience conflict?
- In what ways do you typically respond to conflict?



- *What issues and topics in a particular session, workshop, or gathering connect to my own life experiences, and how?
- *What challenges does this particular topic/experience/issue present for me?



*Your Own Growth

*Those you lead



Pat Kahn
Children and Families Programs
Director

UUA Faith Development Office

***Spiritual Prep is a tool tailored
to each specific workshop:**

- *to help the leader center and ground themselves to do the work of leading
- *to engage in your own spiritual development
- *ideally, done together with your co-leader
- *and/or on your own, perhaps through meditation or journaling



*Different kinds of Spiritual Prep

1. About you and your “baggage”

- *Guides you to acknowledge your own experiences, positive and/or negative, about the topics presented or invited by the workshop

- *Helps you articulate negative or resistant emotions, and encourages you to let leading the workshop help you deal with them and grow from them

***Different kinds of
Spiritual Prep**

2. About challenges a leader might experience in or from the group

- *What if the group or some people in it are challenging?
- *Helps with honoring the growth path of everyone in the group
- *Guides the leader to affirm everyone's gifts and everyone's fragile places

***Different kinds of
Spiritual Prep**

3. About dealing with challenging content

- *Lifts up “hard” parts of the topic to explore
- *Helps leader reflect on personal experiences, fears or doubts that might be a barrier to being truly authentic
- *Helps leader get comfortable with the topic
- *Affirms that you need not be an “expert” in order to lead effectively

***Different kinds of
Spiritual Prep**

*For Example

From Tapestry of Faith multigenerational program,
Wisdom from the Hebrew Scriptures, [Session 6, “The Binding of Isaac”](#):



[from Wikipedia Images](#)

*The story of Abraham and Isaac is powerful and disturbing. If you are familiar with this story, recall the circumstances under which you first encountered it. What meaning was ascribed to it? How did it make you feel?

(Helps the leader reflect on personal experiences, fears or doubts that might be a barrier to being truly authentic)

*The Binding of Isaac

*Read the story with fresh eyes, paying attention to the emotions and images the story evokes in you.

(Helps you articulate negative or resistant emotions, and encourages you to let leading the workshop help you deal with them and grow from them)

*The Binding of Isaac

*Reflect on how you responded (or might have responded) to the story as an eight-year-old child, a fourteen-year-old youth, or a young adult making your way in the world. Envision the way you will think about this story when you are an elder, looking back on your life.

(Helps with honoring the growth path of everyone in the group)

*The Binding of Isaac

*Bring each person in your group into your mind and hold them in appreciative thought and/or prayer.

(Guides the leader to affirm everyone's gifts and everyone's fragile places)

*The Binding of Isaac

Monica L. Cummings
**Program Associate for Ministry
to Youth and Young Adults
of Color**

UUA Faith Development Office

PASTORAL CARE AND TAPESTRY OF FAITH

Support

Nurture

Community

Stereotypes

Concern

Relationship

Diversity

Holistic



Pastoral Care

Melanie J. Davis
Our Whole Lives Program
Associate

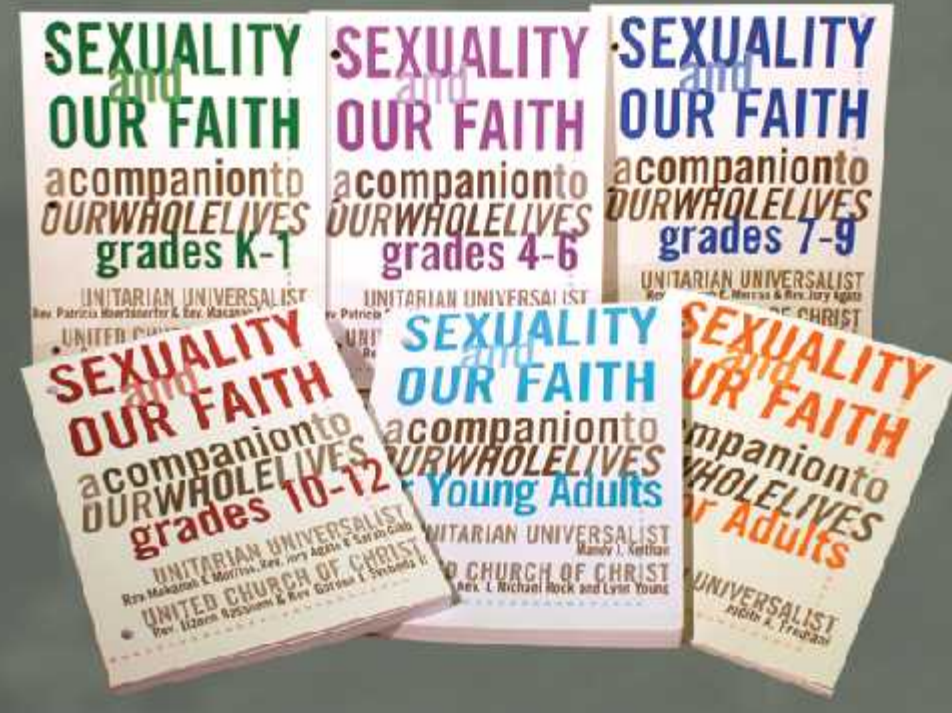
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Grades K-1
 Grades 4-6
 Grades 7-9
 Grades 10-12
 Young Adults
 Adults
 Older Adults (in development)

Our Whole Lives

Comprehensive Sexuality Education





Maya Lin, *Storm King Wavefield*, Storm King Art Center, Cornwall, NY. Photo by M. Davis.

Mindfulness...

Step 1. Practice mindfulness regularly.

Step 2. Identify potential facilitation challenges.

Step 3. Strategize with your co-facilitator.

Step 4. Center yourself before you facilitate.

Step 5. Be mindful while you facilitate.

Step 6. Reflect.

Andy Goldsworthy, *Storm King Wall*,
Storm King Art Center, Cornwall, NY.
Photo by M. Davis.



Free Resources for Mindfulness Practice

Thich Nhat Hanh on The Practice of Mindfulness

www.shambhalasun.com/index.php?option=content&task=view&id=3490

6 Mindfulness Exercises that Each Take Less Than One Minute

www.psychologytoday.com/blog/in-practice/201302/6-mindfulness-exercises-each-take-less-1-minute

Free Resources on Mindfulness

www.freemindfulness.org/download



Questions & Answers

UUA Faith Development Office

Monthly FDO webinars.

Future topics?

religiouseducation@uua.org

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- Upcoming FDO webinars:
topics, schedule, and
registration
- Links to recorded webinars

www.uua.org/re/teachers/webinars

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