

## Scope and Sequence- Tapestry of Faith for Adults

Level	Title and Number of Workshops	Theme	Content
Getting Started	The New UU 6 workshops	Welcome, orient, and integrate newcomers to UUism	Addresses the needs of newcomers who want to know more about who we are and what we believe.
Getting Started	Spirit of Life 9 workshops	Exploring our spiritual lives	Welcoming UUs of many spiritual and theological persuasions, the program invites participants to claim an inclusive definition of spirituality and recognize the spiritual aspects of their lives.
Getting Started	Spirit in Practice 9 workshops	Practices to “tend the garden” of our spiritual lives	Provides practical support and guidance for spiritual journey. Explores spiritual growth through worship, justice work, personal practice, and more. Expands what many UUs consider “spiritual.”
Getting Started	Our Whole Lives, Adult 14 sessions	Sexuality education for adults	Using values, communication skills and spirituality as starting points, this program explores sexuality issues for adults of all ages. Builds understanding of healthy sexual relationships, affirms diversity and helps participants accept and affirm their own sexuality throughout their lives.
Getting Started	Our Whole Lives for Young Adults, 14 workshops	Sexuality education for young adults, ages 18-35	Helps participants navigate young adulthood with accurate information, increased self-knowledge, enhanced safety and strengthened interpersonal skills.
Learning More	Faith Like a River 16 workshops	Themes from Unitarian Universalist history	Each workshop uses stories to trace the history of an idea, practice, question, or challenge that is still present in some form in UUism today. Workshops topics include heresy, covenant, reason, tolerance, freedom, evangelism, multiculturalism, Unitarian theology, Universalist theology, the UUA consolidation, and others.
Learning More	Hindsight, Humor, and Hope 6 workshops	Reflecting on the older adult journey	Helps people redesign their later years into a time of reflection, discernment, soul stretching, and new life possibilities.
Learning More	Facing Death with Life 8 workshops	Exploring death and dying	Drawing on a variety of contemporary religious and secular resources, it helps participants move from viewing death as an abstract concept to developing a personal recognition of its meaning in their lives.
Learning More	Principled Commitment 11 workshops	Building and nourishing committed partner relationships	Couples examine their relationship within the framework of the UU Principles and share with and listen to each other deeply. Participants explore their own ideas about each quality or attribute and learn from others' perspectives, enhancing interaction between partners and with the larger group.
Learning More	Resistance and Transformation, 16 workshops	Unitarian Universalist Social Justice History	Looks at prophetic, parallel, and institutional social justice work in our UU history. Each workshop uses story and primary source documents to examine a particular social justice issue, exploring challenges, successes, and times in which we fell short of our ideals. While some workshops include material about historic social justice topics most concern history of the social justice issues of the twentieth

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Learning More	The Wi\$dom Path 12 Workshops	Money, Spirit, and Life	Helps participants understand how money can be a more effective force for living lives of meaning and value, and for creating positive change.
Learning More	Military Ministry Toolkit for Congregations 6 Workshops	Welcome and support military personnel, veterans, and their families	Provides a structured process, spiritually grounded in Unitarian Universalism, for learning about issues related to military service, respectfully discussing issues of war and peace, and preparing as individuals and as a faith community to welcome and support military personnel, veterans, and their families.
Learning More	What We Choose 10 workshops	Ethics for Unitarian Universalists	Introduces 8 different ethical frameworks, plus opening and closing workshops. Participants test each framework for strengths and challenges and determine the bases on which they make ethical decisions.
Going Deeper	Building the World We Dream About 24 workshops	A program that examines issues related to race and ethnicity.	This highly interactive program builds multicultural skills, both for the individual and for the congregation. Creates opportunities to practice skills and commit to new, intentional ways of being. Envisioned as a whole congregation process.
Going Deeper	Building the World We Dream About for Young Adults 8 workshops	Building multicultural competency. Tailored to the experiences of young adults	Stories, role plays, activities, and videos highlight the voices and perspectives of UU People of Color and White-identified people on questions of race, ethnicity, marginalization, and inclusion. Teaches skills for living more fully in a multicultural world.
Going Deeper	From the High Hill 2 workshops	Odyssey writing for elders	Participants gather and reflect on stories from their lives and then act on new goals that emerge from this process. Includes practical implementation guidelines, a participant guide, and suggestions for celebrating and honoring Odyssey writers.
Going Deeper	Harvest the Power 12 workshops	Developing lay leadership	Intentional process to grow spiritually deep, well integrated, and skilled leaders to meet the adaptive challenges faced by UU congregations and groups.
Going Deeper	What Moves Us 10 workshops	Unitarian Universalist Theology	Uses primary sources to present life experiences of historic and contemporary Unitarian Universalist theologians, highlighting “change of heart” moments in the development of their liberal theology.