Welcome!

Spiritual Preparation for Leading RE

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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.
“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
“Housekeeping”

• All attendees muted during presentations.
• Raise red flag when you have a question or comment. We will unmute you in turn.
“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.
Gail Forsyth-Vail
Adult Programs Director
*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
* 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
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?
Those you lead
Pat Kahn
Children and Families Programs
Director
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
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
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
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)
Monica L. Cummings
Program Associate for Ministry to Youth and Young Adults of Color
PASTORAL CARE AND TAPESTRY OF FAITH
Pastoral Care
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?

religionseducation@uua.org
• Upcoming FDO webinars: topics, schedule, and registration
• Links to recorded webinars

www.uua.org/re/teachers/webinars