



2020 - 2021 Wellspring Sources Classes

Overview

Each UU Wellspring program incorporates five elements designed to balance knowledge of UU history/theology with personal spiritual growth and engagement with the world:

- Participation in deep listening, small-group community
- A commitment to daily spiritual practice
- Individual work with a spiritual director
- Readings and resources for knowledge and reflection
- Commitment to live out our values in the world

This year UU Schenectady will offer two options of the **Sources** program. Computer access is required for materials and Zoom sessions.

Calendar

Each program begins with a 3 hour retreat, followed by meeting every other week, September - May.

Hours

Evening classes are offered and will be online.

Class Commitment

Opening retreat is required.

Participants are expected to spend roughly 2-4 hours of preparation during the 2 week interval between classes. Reading assignments, reflection on materials, and writing your thoughts. Many of the assigned materials are accessed via internet links, while basic book material is also required. Materials and costs are indicated below.

Spiritual Advisor or Companion

One of the elements of UU Wellspring is spiritual direction from someone outside your group. You may find an advisor in the traditional sense drawn from our list of trained advisors. You may also choose someone to be in conversation who takes the role of companionship seriously. Further discussion will cover this during the retreat.

Sources Curriculum

This is the prerequisite for all other years of UU Wellspring

- To ground participants in Unitarian Universalism
- To develop the practice of deep listening and commitment to spiritual practice and spiritual direction
- The “big questions” that are central to our Unitarian Universalist faith, including human nature, death, joy, and forgiveness
- Minimum class size of 4 participants

UU Wellspring – Sources for Alums

This class is intended for those who have taken Sources in the past and want to reconnect with the material. Each participant will be asked to share facilitation of classes with Sandra Rouse who will provide support and training.

Facilitators: Sandra Rouse with alternating class member

Retreat day: Saturday, Sept. 5, 2020, Time to be determine

Meetings: Tuesdays, Sept. 15, 2020 - May 25, 2021

Time: 7:00-9:00pm

UU Wellspring – Sources for New Participants

This class is for those new to Wellspring.

Facilitators: Rosie Lewis; Robin Ahearn, DLRE

Retreat day: Saturday, Sept. 5, 2020, Time to be determined

Meetings: Tuesdays, Sept. 15, 2020 - May 25, 2021

Time: 7:00-9:00pm

Associated Costs

Books

Required:

Everyday Spiritual Practice. Scott Alexander \$10-16.

A Hidden Wholeness. Parker Palmer, \$12.

You Are Here. Thich Nhat Hanh. \$12.

Let Your Life Speak. Parker Palmer, \$10-\$12.

Choose One:

Voices from the Margins. Eds. Jacqui James and Mark D. Morrison-Reed. \$6-\$13.

To Wake To Rise. ed. William G. Sinkford. \$6-\$10.

Spiritual Advisors

Most spiritual advisors charge a fee, an average of \$50/hr., however many offer a sliding scale. This information will be distributed at the retreat.

Registration

Registration is handled on Breeze with this link -

<https://uuschenectady.breezechms.com/form/96c35b4579436>

Free will donation to UUSS is appreciated.



UUSS Wellspring Sub-team

Rosemary Bishop, Advisor

Robin Ahearn, DLRE

Sandra Rouse, Coordinator

Gary Feinland, Mark Kornfein, Rosie Lewis, Mary O'Keeffe