

# UUCG Beyond Sunday Morning

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## Events This Week

+Tarot: Sunday, February 26  
+\*Mindfulness and Meditation: Sun, February 26  
\*Choir Rehearsal: Tuesday, February 28  
+Yarns From the Heart: Wednesday, February 29  
+\*Gwinnett Interfaith Alliance: Thursday, March 2  
\*Property Beautification: Saturday, March 4  
+\*Congregational Conversation: next Sun, March 5

\*in-person +online ^off-site in person

## March GNUUs

Did you know, the monthly newsletter (GNUUs) comes out at the beginning of every month?

Check your inbox on the first for your copy. It can also be found on the website under the newsletters link.

<https://www.uucg.org/blog/newsletter/>

## Words for Inspiration

“Empathy is really the opposite of spiritual meanness. It’s the capacity to understand that every war is both won and lost. And that someone else’s pain is as meaningful as your own.”

– Barbara Kingsolver

“Compassion for others begins with kindness to ourselves.”

– Pema Chodron

“Humanity’s collective mission in the cosmos lies in the practice of compassion.”

– Dalsaku Ikeda

Find more resources for exploring your UU Faith on our Faith Development webpages here: <https://bit.ly/UUCGFaithDevelopment>

## UU Principles

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides.

1st Principle: The inherent worth and dignity of every person;

2nd Principle: Justice, equity and compassion in human relations;

3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations;

4th Principle: A free and responsible search for truth and meaning;

5th Principle: The right of conscience and the use of the democratic process within our congregations and in society at large;

6th Principle: The goal of world community with peace, liberty, and justice for all;

7th Principle: Respect for the interdependent web of all existence of which we are a part.

## UU Sources

We live out our Principles within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience. These are the six sources our congregations affirm and promote:

Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;

Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;

Wisdom from the world’s religions which inspires us in our ethical and spiritual life;

Jewish and Christian teachings which call us to respond to God’s love by loving our neighbors as ourselves;

Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;

Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.