

# UUCG Beyond Sunday Morning

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## Events This Week

- +\*Congregational Business Meeting: Sunday, May 21
  - \*In-Person Tarot: Sunday, May 21
  - \*Family Faith Development: Sunday, May 21
  - +\*Mindfulness and Meditation: Sunday, May 21
  - \*Choir Rehearsal: Tuesday, May 23
  - +Book Group: Wednesday, May 24
  - \*Breathwork Workshop: next Saturday, May 27
- \*in-person +online ^off-site in person

## Breathwork Workshop

Please join us for a Breathwork Workshop facilitated by Daniel Bailey next Saturday from 1-3pm

Bring a yoga mat, pillow, and light blanket.

Be sure to eat a light lunch so you are full but not lethargic.

## Beyond Sunday Morning

“It took me four years to paint like Raphael, but a lifetime to paint like a child.”

– Pablo Picasso

When I am finishing a picture, I hold some God-made object up to it – a rock, a flower, the branch of a tree or my hand – as a final test. If the painting stands up beside a thing man cannot make, the painting is authentic. If there's a clash between the two, it's bad art.

–Marc Chagall

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.