

# UUCG Beyond Sunday Morning

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## Events This Week

\*Spiral Scouts: Sunday Jan 8  
+\*Congregational Conversation: Sunday Jan 8  
+Tarot: Sunday Jan 8  
+\*Mindfulness and Meditation: Sunday Jan 8  
\*Choir Rehearsal: Tuesday Jan 10  
\*Death Dinner Party: Friday Jan 13  
\*Sewing With Sherree: Saturday Jan 14  
  
\*in-person +online ^off-site in person

## Congregational Conversation

### Today!

Please join us after the service to engage in a discussion of our shared core values and sources of inspiration.

Together, we can explore our beliefs, grow in understanding, and find courage to live in accordance with our faith.

## Words for Inspiration

“My faith is a living, breathing, active thing in my life, and it’s always in the process of evolving.”

*-Kye Allums*

“Faith is the bird that feels the light when the dawn is still dark.”

*-Rabindranath Tagore*

“My faith has shown me that I am worthy of love, acceptance, and belonging.”

*-Maysoon Zayid*

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.