

UUCG Beyond Sunday Morning

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Events This Week

*Sewing with Sherree: Saturday, September 9
*CUUPs Gathering: Saturday, September 9
*Spiral Scouts: Sunday, September 10
+Belief Explorers: Sunday, September 10
+Tarot: Sunday, September 10
+*Mindfulness and Meditation:
Sunday, September 10
*Choir Rehearsal: Tuesday, September 12
+Green Team Meeting: next Saturday, September 16

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

Monday Covenant Group Begins Tomorrow!

These groups offer a unique opportunity to connect with others and engage the themes on a deeper level through an experience of small group ministry.

There are only 5 spots left in the Monday Evening Zoom group.

Beyond Sunday Morning

“To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do you will sink and drown. Instead you relax, and float.”

-Alan Watts

“Rivers, ponds, lakes and streams - they all have different names, but they all contain water. Just as religions do - they all contain truths.”

-Muhammad Ali

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.