

# UUCG Beyond Sunday Morning

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## Events This Week

+\*Mindfulness and Meditation: Sunday the 15th  
\*Choir Rehearsal: Tuesday the 17th  
+Yarns from the Heart: Wednesday the 18th  
+Board Meeting: Wednesday the 18th  
+CUUPs Cafe Discussion: Thursday the 19th  
+QUUest Dungeons and Dragons: next Friday the 20th (registration open)  
+Green Team Meeting: next Saturday the 21st  
\*Dream Workshop: next Saturday the 21st

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

## # Transphobia Is A Sin

Join us in this online campaign created by The Black Trans Prayer Book.

Take a picture of yourself with one of the signs on the credenza and post it today to any social media with #TransphobiaIsASin

For more information, check out their website <https://theblacktransprayerbook.org/>

## Words for Inspiration

“To me, spirituality is an internal process of understanding the interconnectedness between myself and the universe. It’s about becoming aware of the spiritual energy that exists within us and around us and learning how to tap into it to create a life of purpose and joy.”

— *Emi Koyama*

“Spirituality is the practice of connecting with the divine, of being conscious of our shared humanity, and of recognizing the power of love in all things.”

— *Eli Erlick*

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.