

UUCG Beyond Sunday Morning

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Events This Week

+*Good Trouble: Sunday the 22nd
+Tarot: Sunday the 22nd
+*Mindfulness and Meditation: Sunday the 22nd
*Choir Rehearsal: Tuesday the 24th
+Book Group: Wednesday the 25th

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

Sharing the Journey

Sharing the Journey is a 4-week program for both newcomers and long-time members of UUCG to experience “deep listening and sharing practices” in a small group setting.

We encourage long time members to join this group to welcome new people and deepen their own relationship with Unitarian Universalism.

Register here <https://forms.gle/ZwnsuHYksorzruJ37>

Words for Inspiration

“Finding the beat is about listening to the music and understanding the feelings that it conveys. It’s about learning to connect with the music and using it as an expression of yourself.”

– *Skrillex*

“Now I am going to reveal to you something which is very pure, a totally [pristine] thought. It is always in my heart; it blooms at each of my steps... The Dance is love, it is only love, it alone, and that is enough... I, then, it is amorously that I dance: to poems, to music but now I would like to no longer dance to anything but the rhythm of my soul.”

– *Isadora Duncan*

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.