

Wellspring: Inspiration and guidance for a spiritual journey

Soul Deepening for Unitarian Universalists

Wellspring Program Overview

Wellspring is an intensive 10-month spiritual deepening program for Unitarian Universalists developed at the First Unitarian Church of Rochester, NY. In 2010, the Unitarian Universalist Society of Schenectady launched its first Wellspring program, and it has been well-attended since. Wellspring offers a spiritual journey dedicated to claiming, re-imagining, and practicing the ever-evolving living tradition of our faith. Wellspring is based on five core components that each contribute to holding a strong center:

- Spiritual practice – commitment to regular, intentional practice
- Spiritual direction – self-reflection with a guide
- Unitarian Universalist history and theology – reading, listening, reflecting
- Small group – participation in a community of seekers
- Faith in action – what we are called to do in the world

5 Spokes of Wellspring



Who should participate in Wellspring?

Anyone who has been involved with a Unitarian Universalist church for a while, is

committed to learning more about Unitarian Universalism, and wants to find a deeper spiritual life within our UU church.

How much time is required for Wellspring?

Wellspring is a commitment to a spiritual journey that begins with a day-long retreat in September, followed by two-hour meetings scheduled two or three times a month from September through May. Participants should also plan on time for daily spiritual practice, a monthly meeting with a spiritual director, and time for reading the assignments and reflecting on them (approximately 4-6 hours per month).

How is this program different from other small groups?

Wellspring is different because of the time required and the commitment to a daily spiritual practice. It focuses on understanding the roots of our faith and the transformations in Unitarian Universalist thought, as well as our own beliefs. The readings cover a multitude of topics including history, Transcendentalism, process theology, humanism, and the crises of life. We are asked to think about how our faith sustains us and what it calls us to do in the world.

New groups begin each September at UUSS. Advanced coursework is available for Wellspring graduates.

How can I learn more?

Contact Rosemary Bishop at 339-7814 or rosybishop23@gmail.com.

Watch this youtube video overview:

<http://www.youtube.com/watch?v=87xX8Kqg45k>