

UUCG Beyond Sunday Morning

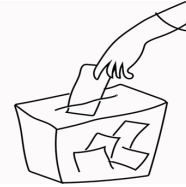
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Events This Week

- *Spiral Scouts: Sunday, May 12
 - *+Belief Explorers: Sunday, May 12
 - *+Mindfulness and Meditation: Sunday, May 12
 - *Choir Rehearsal: Tuesday, May 14
 - +Yarns From the Heart: Wednesday, May 15
 - *+Board Meeting: Wednesday, May 15
 - *Music Night: next Thursday, May 16
- *in-person +online ^off-site in person

Voting ends next Sunday

If you are a voting member, be sure to vote before 12:30pm next Sunday. Voting will also be available in the back of the sanctuary before the meeting.



Beyond Sunday Morning

Food is a traditional way of nurturing yourself and others.

This weekend, take a moment to treat yourself to a favorite food. Whether it's a dish lovingly cooked over hours, a quick and easy sandwich, or even just a ripe strawberry, take a moment to savor the flavor, fully experience the sensation, and feel nurtured.

What are some food memories you have? Dishes from childhood you long for? Do you use food to nurture others now? Do you regularly treat yourself to nurture yourself?

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.