

Sunday School for Adults: *Spirit of Life*

The first course to be offered in our Sunday School for Adults program this year is called *Spirit of Life*. This program, developed in 2007 by the UUA, seeks to bring meaning, beauty, inclusivity, and growth to Unitarian-Universalist adults as they deepen their spiritual awareness and connections. *Spirit of Life* taps into one of the central functions of religion, eloquently described by minister Kendyl Gibbons: "...how we – each of us, in our uniquely constituted being – recognize and understand and make sense of that unbidden, overwhelming awe at the wonder, magnificence, danger, demand, and delight of being alive."

The *Spirit of Life* workshops offer participants space, time, and community to explore their Unitarian-Universalist spirituality. Each focuses on a different aspect of the spiritual life, framed by the lyrics of Carolyn McDade's song "Spirit of Life." Like the song, the *Spirit of Life* workshops are designed to be welcoming to Unitarian-Universalists of many spiritual and theological persuasions. Participants are invited to claim an inclusive definition of spirituality and to recognize the spiritual aspects of their lives.

This course will run for nine weeks starting September 21 and will meet from 11:30 to 12:45. While people are encouraged to attend all nine sessions, attending them individually is also an option. The schedule of classes for this program are:

- 9/21 – Spirit of Life: Exploring Spirituality for Unitarian-Universalists
- 9/28 – Sing In My Heart: Celebrations and Rituals
- 10/5 – The Stirrings of Compassion: Caring For One Another
- 10/12 – Blow In the Wind, Rise in the Sea: Nature and Spirit
- 10/19 – Move in the Hand: Living Our Spirituality in Our Day-to-day Lives
- 10/26 – Giving Life the Shape of Justice: Loving Your Neighbor And Yourself
- 11/2 – Roots Hold Me Close: Tradition, Teachers, and Spiritual Formation
- 11/9 – Wings Set Me Free: Hopes, Dreams, and Expanding Vision
- 11/16 – Come to Us: Closing and Continuing On