

NAMING OUR LIVES AS

A SERIES ON
SPIRITUAL PRACTICE

SACRED

UNITARIAN UNIVERSALIST CHURCH, ASHEVILLE

February 4, 11, 25, and March 4, 11, 18

Thursdays, 4:00-6:00 pm

This six session series will explore our understandings of the spiritual life and what it means to claim our living as pilgrimage. Who are we when we are living fully who we are? What prevents us from living fully? What supports us in this process of claiming our whole selves? What are our beliefs relating to a Life Force greater than ourselves? We will consider images that consciously or unconsciously lure us toward or away from our spiritual journey. Participants will engage in dyad exercises, small group conversations, and journaling as we dive into our lives and name them as sacred.

During our time together, we will experience practices that can be a resource and a support as we move toward our wholeness. Practices such as somatic meditation—using the body as anchor into present moment—Buddhist awareness practices, and Sabbath keeping allow us to pause and land in present moment, the only landscape of spiritual experience. Participants will be invited to engage a “practice” daily during this series.

Sandra Smith, M.Div., former Holy Ground Retreat Ministry Director will facilitate this series. Chris Larson, who serves as guide for Mountain Zen Practice Center, will be a guest facilitator.

If you plan to participate, please sign up on the sheet in the Lifespan Learning board in Sandburg Hall at UUCA or call the UUCA office at 828-254-6001. Cost for the series is \$50. Partial scholarships are available. For more information on scholarships, please contact Rev. Mark Ward, (828) 254-6001, ext. 203 or minister@uuasheville.org for more information.

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