

Register Now for UUA Field Test Program – (978) 369-9602

10 week series begins March 10th!

Wright Tavern Center for Spiritual Renewal

presents

Spirit in Practice

A Tapestry of Faith lifespan religious education series

by Rev. Erik Walker Wikstrom

facilitated by

First Parish staff and lay leaders

(SEE CO-LEADERS SCHEDULE ON OTHER SIDE)

10 Mondays, March 10 – June 9

(no class March 24, April 21, April 28 & May 26)

7:00-8:30 p.m.

(Session #1 only 7:30-9:00 following *Marvelous Monday dinner & vespers*)

\$50 First Parish members / \$10 drop-in

\$100 non-members / \$15 drop-in

First Parish in Concord

20 Lexington Road, Concord, MA 01742

Please register early through the First Parish office.

Child care will be provided. Advance registration is requested and *greatly* appreciated.

Information & Registration forms: <http://www.wrighttavern.org/2008-01/>

Contact: Mary Elizabeth Wheeler, Director - (978) 369-9602 x 421 OR FPTavern@aol.com

Developed in response to many Unitarian Universalist adults' desire to engage in life-giving spiritual practices, the ten workshops of *Spirit in Practice* invites a congregation to reflect, share, and grow together, exploring ways to nurture their connections with the sacred in everyday life. *Spirit in Practice* weaves Unitarian Universalist values, principles, and sources with four "strands" of development: spiritual, ethical, Unitarian Universalist identity, and faith.

Spirit in Practice was created to help Unitarian Universalists develop regular disciplines that support connection with the sacred, however they understand it. The program affirms religious diversity while seeking unity in our communal quest for meaning and wholeness. Whether participants follow a path they identify as Humanist, Jewish, Christian, Pagan, Theist, Atheist, Agnostic, Mystic, and/or any of the other paths we follow in our diverse congregations, the *Spirit in Practice* workshops offer a forum for learning that can enrich their faith journeys and deepen their spiritual growth.

Spirit in Practice focuses on eight spheres of holistic and wholehearted spiritual practices:

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| 1) Personal spiritual practices – March 17 | 5) Body practices – May 5 |
| 2) Communal worship practices – March 31 | 6) Soul practices – May 12 |
| 3) Spiritual partnerships – April 7 | 7) Life practices – May 19 |
| 4) Mind practices – April 14 | 8) Justice practices – June 2 |

Sessions are 90 minutes in length and designed for flexibility. Session 1 (March 10) introduces this eight-sphere concept; 2 - 9 examine each of the spheres in turn; 10 (June 9) is designed to review and integrate the others. The spheres can be explored as a complete series or as individual sessions. *Spirit in Practice* is offered as an integrated educational series at a discounted rate, but individual sessions can be attended on a stand-alone basis at the drop-in fee.

"I'm so glad that First Parish is going to be a test site for this new curriculum. If you have been wanting to work on adding a daily spiritual practice to your life, or just have been interested in taking another look at that complex and sometimes confusing word "spirituality," join me, Gary and other members of the First Parish staff and congregation for *Spirit in Practice* this spring." – Rev. Jenny Rankin

***Spirit in Practice* web site: www.uua.org/religiouseducation/curricula/tapestryfaith/spiritpractice/index.shtml**