

Seeking truth and deeper meaning... in small groups at FUUSA

Participating in our Sunday morning service is a great way to feel connected, experience uplift and joy, affirm core values, and be stimulated toward growth and development. Another way our congregation provides that experience is in a small group setting. In the small group setting each individual voice contributes to the discussion. Each individual voice is critical to opening up a topic or helping the participants go deeper into it.

New Small Group Ministries and Meaning Matters groups may start mid-year.

Watch for an announcement.

Wellspring programs will begin again in September.



Small Group Ministry These groups meet twice a month using a topic selected by the group as a starting place for conversation. These groups are focused on sharing personal experiences, questions and insights connected with the topic chosen by the group. If you are looking for community, this is a good way to find it. Rev. Sam Trumbore coordinates these groups.

Meaning Matters Much like Small Group Ministry, Meaning Matters also focuses on sharing personal experiences, questions and insights. The difference is the topic is connected with the Sunday services theme for the month. The groups use a monthly packet of material including links to articles, videos, books and movies on the theme that can be used in preparation for the meeting. The meetings are more directed toward exploring the theme as a source for seeking truth and deeper meaning. Groups meet once a month. Rev. Sam Trumbore coordinates these groups.

Wellspring This program requires a 10 month commitment (Sept.-June) to meet twice a month to go through a specific curriculum that is designed to promote personal growth and development. There will be specific reading requirements before meetings. Also, participants must agree to develop a daily spiritual practice and work monthly with a spiritual advisor.

UU Wellspring--Foundation, the introductory Wellspring program, provides a rich spiritual deepening experience. The curriculum guides participants through an exploration of the historical roots of our faith, our philosophical influences such as Transcendentalism, Buddhism and Humanism, and what our UU faith tells us about human nature and what we are called to do in the world. Classes meet two evenings a month.

UU Wellspring--Faithful Action is open to folks who have completed the introductory course. Classes meet two evenings a month.

First Unitarian Universalist Society of Albany

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