



The Unitarian Church in Westport

Adult Faith Formation

Contact: Linda Lubin, Lead for Adult Faith Formation

Fall, 2021

We offer Unitarian Universalist faith-based workshops, classes, and practice groups that focus on deepening inner and outer spiritual connections and exploring how we live our lives as Unitarian Universalists.

Programming varies from one-time to multiple sessions, or ongoing. All require some form of registration so we know who and how many will be attending. Some are on ZOOM, others are in-person, and a few are offered in hybrid form.

Our aim is to provide a variety of learning experiences in terms of topics and the form of participation, engaging the body, the mind, and the heart.

Our Vision

The Vision of Adult Faith Formation is to inspire and support individual spiritual growth in connection with others through life-long learning.

Our Mission

We are committed to the exploration of shared questions, joys, and concerns that enable us to grow within, among, and beyond ourselves. We create programs that will engage and deepen the whole person: body, mind, and spirit, through education, experience, and ritual. We embrace the wisdom and essence of multiple world religions, belief system, arts, and philosophies. Together we develop the three sacred practices of listening - to each other, the world, and our deepest selves.

Our Programming

Throughout the year we will be offering a wide variety of programming all developed in alignment with our Vision and our Mission. Programs will be listed in [SOUNDINGS](#), on the TUCW website on the Adult Faith Formation page, and notices will go out to the broader Westport/Fairfield community through various media outlets.

All our Soul Matters programs come under the umbrella of Adult Faith Formation, and they are all on-going. They include our Sharing Circles, UU Writers, and Creativity Matters. Details may be found on our website and in [SOUNDINGS](#).

Additionally, during 2021-22 we will be offering programming including:

- Qigong 6-week series on ZOOM
- Spiritual/sacred texts: a discussion series
- Healing bowls presentation
- The last stage of life
- Enneagram overview
- Opening to the wisdom of the dark passages of life
- Wisdom from major religions in the world: a discussion series
- Buddhist Practice Group: ongoing weekly program
- Sunday morning Meditation: ongoing weekly program
- “The Power of Now:” ongoing weekly program

Our Adult Faith Formation Team

Rev. Dr. John Morehouse; Linda Lubin (Team Lead); Jamie Forbes; Tom Hearne; and Kim Warman