



The Unitarian Church in Westport

Soul Matters Programs

Contact: Linda Lubin, Lead for Adult Faith Formation

Fall, 2021

Soul Matters Sharing Circles

These meet once a month for two hours. Group size is generally 6-9 participants. Soul Matters offers a distinctive small group curriculum. Like other small group programs, its central goal is to foster circles of trust and deep listening. However, Soul Matters adds unique components:

A Journey that the Whole Church Takes Together

Soul Matters small groups are not a stand-alone program. They are designed as a companion program to our congregation's worship and religious education ministries. These groups offer an opportunity to explore our congregation's monthly worship themes in more depth.

Experience the Theme, Don't Just Analyze It

We know that spiritual development requires more than analysis of a topic. There is a deep hunger in all of us for experiential engagement. Honoring this, the Soul Matters sharing circles use spiritual exercises found in each small group packet. For instance, when we wrestled with the concept of grace, our small groups didn't just read what theologians had to say about it, they were also invited to find a way to bring grace into another person's life.

Questions to Walk with, Not Talk Through

In traditional small groups, questions are an opportunity for the group to think together, going through each question one by one. Soul Matters engages reflection questions differently. We see them as tools for individual exploration and spiritual discernment.

A Reminder that UUism is Distinctive, not an "Anything Goes," Religion

Our monthly themes focus on a spiritual value that our UU faith has historically honored and calls all of us to embody in our lives. At each small group meeting, participants are reminded that our faith promotes a preferred way for us to be in the world.

Starting Point

Before joining a Soul Matter's Sharing Circle, we ask that everyone first participate in a four-week Starting Point program offered by Rev. Dr. John Morehouse and Linda Lubin. Each week focuses on different aspects of Unitarian Universalism, the history of our faith, and of our congregation. We will be sharing our spiritual journeys and getting to know one another. At the end of the program, the group will be invited to continue to meet monthly as a Soul Matters Sharing Circle. Starting Point is offered several times a year. Both Starting Point and the Sharing Circles are suitable regardless of whether you are new to our congregation, or a long-time member. Contact Linda Lubin, Soul Matters Program Coordinator for more information or to sign up.

UU Writers

Engages the monthly Soul Matters theme through creative writing. Offered twice a month on Thursdays, two sessions – one daytime and one nighttime. Using whatever writing practice you are most comfortable with (journaling, poetry, prose, storytelling), participants share, and support others. Deep listening techniques create a safe environment of self-discovery. Led by Sari Bodi and Elizabeth MacDonald

Creativity Matters

Will explore the monthly Soul Matters themes of spiritual growth through creative expression beginning in January 2022. Led by Janet Luongo.

Check our website uuwestport.org and SOUNDINGS for times, dates, and additional information on UU Writers and Creativity Matters