

## Welcome

to the lifelong journey of personal discovery, of religious and spiritual growth, and of human becoming, that is Adult Programs faith development at ASUUC.

Whether you are brand new to Unitarian Universalism; are deepening your sense of UU identity; or are a long-time, or lifelong UU; Adult Programs give you the chance to go deeper—intellectually, socially, ethically, and spiritually. From workshops to community service, covenant groups to discussion groups, meditation to marching—all in the context of a supportive, covenanted spiritual community—you can find:

- Opportunities to be introduced to new ideas and experiences
- Opportunities for people to tell their own stories
- Opportunities to deepen understanding of Unitarian Universalism
- Encounters with wisdom from the sources of our living Unitarian Universalist tradition
- Communities of care, support, and concern
- Engagement with ethical and moral questions
- Calls to faith in action, working within the congregation and in the wider world to build communities of justice and love
- Spiritual experiences which inspire, transform, and sustain

ASUUC has much to offer adults beyond our Sunday services.

**We are thankful you are here to learn with us!**

For registration and/or more information contact:

[AdultPrograms@asuuc.org](mailto:AdultPrograms@asuuc.org)



**All Souls Unitarian Universalist Church**  
**730 N Tejon Street**  
**Colorado Springs, CO 80903**  
**719-633-7717**  
**asuuc.net**

## Faithfully Becoming

### Adult Programs

### All Souls Unitarian Universalist Church



**"We are who we're becoming;  
We are all that we have done.  
We are what we are dreaming;  
We've only just begun."**

Rev. Mary Grigolia

“The purpose of the church is to heal the consequences of lovelessness and injustice in the hearts and souls of our members so they might heal the community and together heal the world.”

Rev. Nancy Bowen



“The Unitarian Universalist Association will actively engage its members in the transformation of the world through liberating Love.”

UUA Bylaws (Proposed Revision)

Each of us at ASUUC can work toward that goal, **Faithfully Becoming** our best selves. We offer educational opportunities, covenant groups and affinity groups as parts of our Adult Programs that are designed to help each of us in:

**Growing Faith**—Expanding your knowledge and forming your own sense of who you are as a Unitarian Universalist.

**Living Faith**—Developing spiritual practice in your daily life, gaining support for life’s everyday challenges, and finding inspiration.

**Working for Faith**—Engaging with the world through the lens of Unitarian Universalism in order to build the Beloved Community.

## Affinity Groups

Increase your feeling of belonging at ASUUC by thinking, playing, learning, and working with a group of UU’s linked by common interests. Groups are self-led and usually meet once per month. Check our eLetter or News & Events on the website for times and contacts.

**All Souls Hiking Group:** Weekly hikes generally last 90 minutes to 2 hours and are easy to moderate in difficulty at local trails and open spaces

**All Souls Women's Group:** A group of women of all ages striving to live the UU values and having fun together

**ASUUC Book:** A Group that meets once a month for a discussion of that month’s book.

**ASUUC Men's Group:** For those who identify as male and want to connect to discuss a myriad of topics facing our world today

**Goddess Grace:** A blend of Tai Chi, yoga, belly dance, and other movement forms into a beautiful, fun, and affirming moving meditation.

**QUUmmunity:** A safe place for LGBTQ+ and Allies to meet for support, to engage in social justice activities and education, and to socialize.

**Sages:** A gathering of people over 60 years of age to discuss issues on aging.

**UU Science Discussion Group:** Discuss a variety of Science related topics, from journals, newspapers or just anyone’s scientific curiosity

**Young and Youngish: Adults Navigating Adulthood** a program for young and young-ish adults (aged 18 – 39)

## Covenant Groups

A covenant group is a small relational group made up of six to twelve people who meet regularly to establish and nurture themselves in their own beloved community. Covenant groups provide an opportunity for group members to build strong relationships with each other and with the larger organization of which the small group is a part through deep listening.

At ASUUC, covenant groups use the *Soul Matters*, small group curriculum. Contact [AdultPrograms@asuuc.org](mailto:AdultPrograms@asuuc.org) for more information or to join a group.



## Adult Religious Education

Each semester, we offer a collection of courses, workshops, lectures and other experiences for deeper exploration and faith development that help us faithfully become our best selves.

Check the weekly eletter, the Adult Programs semester brochure, the church web page, or email [AdultPrograms@asuuc.org](mailto:AdultPrograms@asuuc.org) for more information on course content dates and registration.

