



Getting Involved – Spirituality

Earth Kin

Earth Kin gathers to discuss and practice pagan and Earth-centered spirituality. This includes observing the four Greater Sabbats: Imbolc, Beltane, Lughnasadh, and Samhain.

Shambhala Meditation

Shambhala is rooted in the principle that every human being has a fundamental nature of basic goodness. These meditation sessions meet at noon every Monday and include instruction.

Worship Services

Our Sunday worship services are led by one of our ministers and include a story for all ages, inspiring readings, hymn singing, a sermon, special music from our 70-member choir, and time for reflection or meditation. Video of past services may be found on the church website. www.uubloomington.org

Wellspring

Wellspring is a nine-month program for increasing spirituality, which starts in September. In this program, small groups use deep listening as outlined by Parker Palmer in his book "A Hidden Wholeness." Additionally, participants commit to a daily spiritual practice, meet at least once a month with a spiritual director, and complete readings and other assignments towards increased spirituality. 90% attendance in the small group sessions is required.

Zen Meditation

Everyone is welcome at Open Mind Zen. Zen practitioners come from many faiths, or from no faith at all. Zen meditation and discussion on Zen Buddhism is held Mondays at 7:00 pm.

If you are interested in any of these opportunities, contact the Connections Coordinator at connect@uubloomington.org or (812) 332-3695 ext 203