



UU WINGS, a covenant group led by Rev. Krista Taves, is accepting new members. If you have recently begun attending Emerson Chapel, have completed our introductory series UU Roots, or are seeking intentional spiritual exploration, this is an excellent group for you.

In this covenant group, participants:

- Become familiar with a broad and inclusive definition of spirituality—one that includes those who do and don't affirm the existence of spirit or deity
- Evaluate their experiences of the spiritual during turning points in their lives and during day-to-day living
- Learn methods for being attentive to their spirituality
- Consider the value of spiritual practice, in any variety of forms, as a means to deepen faith and enhance the quality of everyday living
- Participate in the spiritual practices of speaking and listening with respect
- Explore a vocabulary of reverence drawn from the Unitarian Universalist hymnbook *Singing the Living Tradition* and its supplement, *Singing the Journey*
- Articulate thoughts, feelings, and longings in authentic ways, and develop their understanding of the spiritually healing value of such authenticity
- Explore possibilities for deepening experiences of spirituality for themselves and for others in the context of their Unitarian Universalist congregation

This group meets once a month on a weeknight from 7-9 p.m.. The meeting dates for Winter and Spring 2010 are as follows:

**Wednesday January 13, Wednesday February 10, Thursday March 4, Thursday April 1, Thursday May 6.**

To register for the class please contact the office administrator at [office@emersonuuchapel.org](mailto:office@emersonuuchapel.org) or leave a message at 636 256 7393. Let us know if you will require childcare.