

## **Your Spiritual Journey**

**Take a few moments to think about your spiritual self and how it came to be. Reflect, and prepare to share your thoughts, on two or three ideas that particularly resonate with you:**

Friendships/mentorships or influential teachers/family members that fed your spirit

Communities (religious or otherwise) that have nurtured your spirit, or influenced your shaping

Authors and thinkers who have “spoken” to you

Times in your life when you experienced spiritual awakenings or transformational moments

Times when you questioned your spiritual life or when it sort of fell apart. Did it come together again?

Solitary “sifting through” of ideas, or a process, that helped you see where you wanted to go

**Perhaps in relation to thoughts on these, please also consider the following question:**

What prompted you to think seriously about Unitarian Universalism in general, or UCE specifically?