

Spiritual Homework

Theme for the Month: Resistance

Renew Within: What gets your hackles up? What pushes your buttons and makes you resist? What you happen if you let down your guard once? Try it and see what happens.

Renew Among: What is happening at church right now that you are the least happy about? What are you showing some resistance around. Email the Sr. Minister and tell him. Believe it or not, he would like to know. (It's the only way we get better!) DO NOT complain to your friends.

Renew Beyond: Resistance can be good. Mandela, Ghandi and MLK engaged in resistance of hunger and hate. Sign up for MLK Day of Service.

We here at First Unitarian Church would love to hear about what happened during the month while you were doing your “spiritual homework.” Please fill this feedback form out and return it to Rev. Josh in the church office at the end of the month or e-mail to josh@firstuuvwilm.org.

1. What did you experience doing these three activities?

2. Share any “Ah-ha” moments or spiritual insights you had in the past month.

3. Would you do one of these activities again? Why or why not?

Name: _____