

# Opening Retreat

## Process: Opening Retreat

### Overview

The opening retreat launches each new Sources cohort, typically held in August before year-long groups begin meeting in September. The retreat format varies depending on how many groups are forming.

### Format

**Single group forming:** That group's facilitators conduct the retreat with the WSLT available to assist if needed.

**Multiple groups forming:** The WSLT will be more involved, opening and closing the retreat and supplementing the facilitators' work with their own groups while creating a shared experience across the groups. The ministerial staff lead may meet briefly with retreat attendees to encourage and inspire.

### Logistics

- All facilitators must commit to the same retreat date if multiple groups are forming (confirmed in March).
- Submit [Event Reservation and Promotion Form](#) for room reservations.
- Retreat supplies (printing, etc.) come from the Wellspring budget.

### Participant Preparation

Before the retreat, participants should:

- Read as much of *Everyday Spiritual Practice* edited by Scott W. Alexander as they can
  - Choose one or two spiritual practices from the book to try
  - Respond in their journal to: "How do you describe your spiritual life?"
  - Watch the video on [Why Respecting Pronouns Is So Important](#)
  - Bring a writing device or paper/pen (or the optional UU Wellspring Sources Reflection Journal), a folder or binder, two smooth stones, and an open mind and heart
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## See Also

- [Welcome Letter 1 - The Basics](#)
  - [Welcome Letter 2 - More Information](#)
  - [Required and Optional Books](#)
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