

Required and Optional Books

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Sources Curriculum Books

All books are available from the [UUA Inspirit Bookstore](#), online retailers, and as ebooks. Many are available in the Foothills library (room 221). If others have taken UU Wellspring at Foothills, they may have copies to lend.

Read Before the Retreat

- *Everyday Spiritual Practice: Simple Pathways for Enriching Your Life*, Scott Alexander, editor

Optional (Referred to Throughout the Program)

- *Voices from the Margins* edited by Jacqui James and Mark D. Morrison-Reed
- *To Wake, To Rise: Meditations on Justice and Resilience* edited by Rev. William Sinkford

Read Before Session 14

- *Heartwood: The Art of Living with the End in Mind* by Barbara Becker

Read Before Session 18

- *Let Your Life Speak* by Parker Palmer

Facilitator Resource

- *Hidden Wholeness* by Parker Palmer (not required but helpful for understanding the Circles of Trust framework)

Participant Journal

- [UU Wellspring Sources Reflection Journal](#) (optional purchase for participants; ordered by WSLT as a welcome gift for new facilitators)

Second-Year Books

Book requirements vary by curriculum. Check [UU Wellspring](#) for the current list. Past second-year offerings have required:

- *Faithful Practices: Everyday Ways to Feed Your Spirit* edited by Erik Walker Wikstrom (Sacred Arts)

Book Discounts

Each June, WSLT contacts local bookstores for possible group discounts on required readings.

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