

# Session 16: Good Without God

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Session Metadata	
<b>Session</b>	16
<b>Title</b>	Good Without God
<b>UU Source</b>	Humanist Teachings
<b>Unit</b>	6th Source: Humanist Teachings
<b>Head / Hands / Heart</b>	Head
<b>Has Exercise</b>	Yes
<b>Has Ritual</b>	No
<b>Has Spiritual Practice Presentation</b>	Yes
<b>Special Blocks</b>	Exercise

## Preparation

## Email to Participants

At our next session on [date], we'll start our exploration of our last UU source:



*Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.*

UUA.org

The emphasis on reason in humanism serves as a counter-balance to the focus on intuition in Transcendentalism. Communing with nature is one way to spiritual growth, but we also need to engage our minds in pursuit of the Truth.

The readings this week include a link to the UU Humanist Association, a sermon by the Rev. Karen Hutt that provides both history and inspiration, the three Humanist Manifestos, and a short article about how humanism can offer a direct, relevant response to a contemporary issue of injustice.

## Readings

- Rev. Dr. Barry Andrews 2019 Dale Amink Sermon Award: [“What does Humanism mean today?”](#) the Unitarian Universalist Humanist associations description of religious humanism. Printed with the permission of the author.
- [Humanist Unitarian Universalists](#)
- [“Ears and Eyes for the Here and Now”](#) by Rev. Karen Hutt
- A UU Humanist [Religious humanism description](#).
- [\\*\\*“Trans People and Basic Human Respect”\\*\\*](#) by Greta Christina

Please explore these documents as your time permits:

- [Humanist Manifesto I, 1933](#)
- [Humanist Manifesto II, 1973\\*\\*\\*\\*](#)
- [Humanist Manifesto III, 2003\\*\\*\\*\\*](#)

## Reflection Questions

- Write down a passage from the readings that especially speaks to you. How does it resonate to you as a Unitarian Universalist? Do you resonate with the Andrews’ idea of religious humanism?
- What do the Three Humanist Manifestos have to say in conversation with each other, as the Rev. Karen Hutt offers?
- How does humanism encourage “questioning our assumptions” as Cristina states in “Trans People and Basic Human Respect?”

- What is your reaction to the Humanist Manifestos? Are there parts that you agree with? Disagree with? Why?
- How does humanism inspire your beliefs and actions? How does it influence your congregation?
- In the face of injustice, how does humanism offer us hope and guidance?

Check into our [\\*\\*UU Wellspring Facebook\\*\\*\\*\\*Page](#) for Spiritual Practices and UU Wellspring Community!

I'm looking forward to our time together.

# Session Plan

## Chalice Lighting and Silence

We'll begin our time together with three humanist haikus from the American Humanist Association:

“ We are made of stars From cosmic dust colliding, Our ribs are our own.

“ My morality Comes from my humanity, Not from threats or bribes.

“ Godless? I suppose. Loving the world we live in Is its own reward.

American Humanist Association

Today's music is "[Swimming to the Other Side](#)" by Emma's Revolution.

Let's take a few minutes of silence to bring ourselves fully into this circle.

## Check-In

What are you carrying in your heart today? How is your spiritual practice or spiritual companioning going?

# Covenant Review

**Note to Facilitators:** Use whatever process your group has established to stay current with the covenant.

Is there anything about the covenant that we should address?

## Spiritual Practice Presentation

## Reflection

Today we're starting our reflection on this UU source:

“Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.”

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## Reflection Questions

- Is there something in the readings that especially resonates?
- How did you respond to Andrews' explanation of religious humanism?
- What is your reaction to the Humanist Manifestos? Are there parts that you agree with? Disagree with? Why?
- How does humanism offer us hope and guidance today?
- How does humanism encourage “questioning our assumptions” as Cristina states in “Trans People and Basic Human Respect?”
- How does humanism inspire your beliefs and actions? How does it influence our congregation?

## Exercise

Invite your group to take a few minutes and write their own humanist *haikus*. *Haikus* are a three line poem with five syllables in the first line, seven in the second, and five in the third. Reread one or more of the *haikus* used in the opening reading as examples.

Ask volunteers to read their *haikus* out loud.

What deeply held beliefs do these *haikus* name?

# So What?

How does this reflection relate to your spiritual journey? What are you inspired or challenged to do next?

## Gratitude and Closing

Have everyone focus on the chalice. Each person, as moved, says one or two words about something from this session for which they are grateful or how they are feeling in this moment. After everyone has said a word, close with a brief statement of thanks and appreciation such as, "For all this and more, we are grateful."

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