

Session 18: Let Your Life Speak

Session 18: Let Your Life Speak

Session Metadata	
Session	18
Title	Let Your Life Speak
UU Source	Humanist Teachings
Unit	6th Source: Humanist Teachings
Head / Hands / Heart	Heart
Has Exercise	No
Has Ritual	No
Has Spiritual Practice Presentation	Yes
Special Blocks	None

Preparation

Email to Participants

Humanism reminds us that, above all, what we do matters. UU minister and humanist Kenneth Phifer states, “Humanism tells us that whatever our philosophy of the universe may be, ultimately the responsibility for the kind of world in which we live rests with us.”

Therefore, our final session on humanism as a UU source centers on a bigger answer to our routine question, “So what?” So, what does this UU Wellspring journey call me to do in my life? What comes next?

Our session will focus on two components: how our faith calls us to live our values, and what we are personally called to do and be in our own lives.

The reading and resources provide context for a final reflection on the question we have asked after each session. So, what are you called to do as a result of your 10-month spiritual journey through UU Wellspring?

Readings

- [Let Your Life Speak](#)****by Parker Palmer, chapters 1, 2, 5, and 6.
- [“Hush, Someone’s Calling Your Name”](#)***by Kimberley Quinn Johnson
- [“Three Things”](#) by Jan Taddeo.
- Qiyamah Rahman’s [“It Is That Time and Place.”](#)

Media

- UUA video about [Unitarian Universalists-Showing Up](#). (1 min)
- View again the video with Barbara Becker Author of [**Heartwood: The Art of Living with the End in Mind**](#)Specifically 11:27 to end of video.

Reflection Questions

- Rahman calls us to carry on the work of our ancestors. What might that mean for you? How have our UU ancestors set our path for today’s work in social justice.
- How does the work of justice fit into your life, your vocation?
- In *Let Your Life Speak*, Parker Palmer talks about vocation as “something I can’t not do.” Others talk about having numerous, sometimes overlapping callings throughout life. Do you feel as if you have found your vocation? Or have you had many smaller callings in your life, or both?
- Barbara Becker talks about trusting the “true north” of her heart to lead her life. How do you relate to this?

Please prepare to share your reflection on our final “So, What?” question. These questions are prompts for your reflection and do not necessarily need to all be answered.

- How do you live your values, or our UU values in your life?
- Where do you work for justice, equity, compassion? Remember there are small ways and loud and noisy ways we do this.
- How has this 10-month program inspired you to live or be different?
- As a result of your time in UU Wellspring, where is your life calling you to go next? What’s next for your spiritual journey? Your life or your ministry?
- How will you follow your true north? How will you let your life speak?

You might want to look back at your journal from the beginning of the year where you described your spiritual life. How would you describe it now?

Please complete the [UU Wellspring Feedback****](#) form now or after the final session. Facilitators, you will receive a feedback form via email. If you don't receive one by this session, please contact director@uuwellspring.org.

If UU Wellspring has made an impact on your life, would you consider a donation to fund future curriculum development, updates, and opportunities to make the program available to more people? If so, please visit our [website and use the donate button at the bottom of the home page](#) to share your love.

Perhaps you would like to make a legacy gift either online or by check, or even through the UUA Umbrella fund option, that will keep UU Wellspring sustainable and affordable for all. You may also send a check made out to UU Wellspring to Linnea Nelson, Executive Director, 8848 Grey Hawk Point, Orlando, FL 32836. We will be printing your name on our website as a supporter (unless you request to be anonymous.)

If we want to continue as a group, we can consider another UU Wellspring advanced curriculum, including Spiritual Practices, Faithful Actions, Deep Questions or our other Seeker Series that offers opportunities to find some of your own inspiration: Sacred Arts. Our shorter programs include UU Wellspring Reads: Sacred Earth (6 sessions) and our Youth or Young Adult programs (8 sessions).

[Learn more about any of these program here.](#)

Also, check in to the [UU Wellspring Facebook****](#) Page for Spiritual Practices and UU Wellspring Community.

I look forward to our time together!

Session Plan

***Online Plan for the End of the Session Gratitude:**You can ask participants to share an affirmation for each person using the email template at the end of this session as your final email if you do not plan to meet the last time.*

Chalice Lighting and Silence

Our opening words are "Faithless Works" from poet and UU Minister, Rev. Jonipher Kwong, from *To Wake To Rise: Meditations on Justice and Resilience* edited by William G. Sinkford.



They say faith without works is dead So I worked for equality Next to my queer friends who wanted to get married And I worked for religious freedom Next to my Muslim friends who were accused of being terrorists And I worked for racial justice Next to my Black friends whose lives were affected by police brutality

Yet I didn't feel fully alive even after working myself to death Until I let me work become a spiritual practice Until I let go of my attachment to the outcome Until I stopped chasing after political issues, one after another I still believe faith without works is dead But works without faith is just as lifeless.

-Jonipher Kwong

The music for today is "[Unwritten](#)" by Natasha Bedingfield.

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, Part One

As UUs, how are we called to live our values.

- Rahman calls us to carry on the work of our ancestors. What might that mean for you? How have our UU ancestors set our path for today's work in social justice.
- How does the work of justice fit into your life, your vocation?
- If you read *Let Your Life Speak*, Parker Palmer talks about vocation as "something I can't not do." Others talk about having numerous, sometimes overlapping callings throughout life. Do you feel as if you have found your vocation? Or have you had many smaller

callings in your life, or both?

- Barbara Becker talks about trusting the “true north” of her heart to lead her life. How do you relate to this?

Reflection, Part Two

So, what are you called to do or be in your life? (40 minutes)

Split the time allotted among the participants and allow them individually to respond and reflect on these questions. This is the final “So, What” question. It’s a chance for participants to pull together their experience of the program and project their learning into the future.

- How do you live your values, or our UU values in your life?
- Where do you work for justice, equity, compassion? Remember there are small ways and loud and noisy ways we do this.
- How has this 10-month program inspired you to live or be different?
- As a result of your time in UU Wellspring, where is your life calling you to go next. What’s next for your spiritual journey? Your life or your ministry?
- How will you follow your true north? How will you let your life speak?

Please remind everyone to complete the feedback form in the last email to the group and to consider a donation to UU Wellspring to support ongoing program updates.

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.

Email to Participants

If you are meeting online, you won’t be able to pass around affirmation cards at the next session to share affirmations with one another. Instead, use this email after your last session (either now or after Session 19).

Dear Friends,

What an inspiring year...so good to companion one another.

Affirmations: Within the week, please send me a one or two line appreciation for each person. Please sign your name after each one. I will gather them and send them back to you individually. Please write them below and just reply to me.

name

name

name

name

etc.

Feedback We thrive on feedback and use it to make the program better. Thanks to those of you who have already completed this [**Feedback Form.**](#)For others, could you take a few minutes to do so?

Donations UU Wellspring is a small nonprofit. If you would like to show your appreciation for UU Wellspring, we would welcome any gift through our [donation link](#) or checks made out to UU Wellspring inc and sent to:

UU Wellspring Linnea Nelson, Executive Director 8848 Grey Hawk Pt. Orlando, FL 32836

Legacy gifts and gifts made through the UUA umbrella program are also welcome.

Continue with the UU Wellspring Program Advanced Programs

Visit [UU Wellspring](#) to learn about the advanced programs that your congregation can host.

Blessings to all of you!

Revision #2

Created 2026-03-27 23:54:25 CET by Rev. Sean Neil-Barron

Updated 2026-03-27 23:59:06 CET by Rev. Sean Neil-Barron