

Sources Facilitator

Role: Sources Facilitator

Purpose

Sources facilitators guide small groups through the year-long Wellspring Sources (or Love at the Center) curriculum. They create and hold space for spiritual deepening using the Circle of Trust model.

How Facilitators Are Identified

Facilitator candidates emerge from current Wellspring participants. The process begins in January when the WSLT hosts check-ins with current facilitators, and candidates are identified in February.

During Sources sessions, participants may be invited to write down 1-2 names of people from their group who they think might be a good facilitator. Personal invitations from WSLT and current facilitators follow.

Expectations

- Facilitate group sessions according to the UU Wellspring curriculum
- Maintain a daily spiritual practice
- Work monthly with a spiritual director, spiritual companion, or spiritual friend
- Use PCO Groups to email members, plan events, take attendance, and share resources
- Send welcome emails to group participants before the retreat
- Attend UU Wellspring facilitator training
- Register on the [UU Wellspring website](#)

Support

Each new facilitator is paired with a mentor from the WSLT who serves as a resource, sounding board, and cheerleader throughout the year.

Facilitators also receive:

- A participant reflection journal as a welcome gift
- The Quick-Start Guide for New Facilitators
- Access to [UU Wellspring facilitator resources](#)
- Check-in meetings with mentors in October and January

Volunteer Form

Facilitation volunteers fill out the [Serve Form](#) under "Adult Spiritual Deepening."

Growing New Leaders

Facilitators are encouraged to help develop the next generation by identifying participants who demonstrate an aptitude for supporting group process and engagement.

See Also

- [Quick-Start Guide for New Facilitators](#)
 - [Facilitator Mentor](#)
 - [Circles of Trust](#)
 - [Facilitator Recruitment](#)
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