

Albany UU
Wellspring™ Sources Program 2019-20
Intention to Participate

Please submit this form to the Albany UU office, or to any of the contacts listed below.

Name: _____

Phone: _____

Email: _____

1. What about the Wellspring program inspires you to want to participate?

2. What would you like us to know about you and/or your spiritual quest?

3. Are you willing and able to commit to the following spokes of the Wellspring journey?

- a personal spiritual practice
- working with a spiritual director (we provide a suggested list)
- readings and reflection in preparation for meetings
- attending two group meetings a month
- speaking your truth and listening openly to others, suspending judgment and debate

Comments:

Please contact **Jan McCracken** at janmccracken56@gmail.com, **Sharon Babala** at sharonbabala@gmail.com or **Rev. Sam** at strumbore@uumin.org for more information about the program. For more information, contact the Albany UU office at 518-463-7135.

Thank you!