

Albany UU
Wellspring™ Sources Program 2017-18
Intention to Participate

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:

The UU Wellspring group will meet twice each month, on the 2nd and 4th Tuesday. Please return your completed “Intention to Participate” by email to co-facilitators, Anny Lapinski aclapinski@gmail.com and Liza McKinley at lizapmck@gmail.com. Thank you!

For more information, contact the Albany UU office at 518-463-7135