



# UNITARIAN UNIVERSALIST CHURCH OF ARLINGTON VIRGINIA

A Place to Connect, Grow and Serve

## February 28, 2019 - Connections

### In the Meantime

#### **“How Can My Spirit Grow”**

*By Rev. Dr. Terasa Cooley, Interim Senior Minister*

As you will see in the upcoming service announcements, we will be having a special kind of interactive worship service on March 10 using the process known as “Appreciative Inquiry” which many of you may have experienced before. There will also be two workshops of more extended length on March 24 and April 6 that you can choose between. The workshops will be different from the service so please plan to attend both the worship and one of the workshops.

Appreciative Inquiry (or AI) asks us to set aside our critiquing and hyper-critical minds and instead engage in open dreaming about the future. Our hope is that by asking open-ended questions and having you reflect and engage with one another we can learn more about your hopes and dreams for UUCA, as well as helping you surface your own longings and to learn more about your fellow congregants.

During the worship service we will focus on a question about spiritual growth, since worship is one of the primary ways in which we do this. The specific question is: “How can my spirit grow here, in this community?” We will be asking you to think about this, jot down some notes and connect with others around you to discuss. We will be capturing these conversations through the innovative technique of graphic recording, in which our consultant, Adi Brown, will be able to literally draw a picture of our conversation. For similar kinds of drawings you can check out her website here: [10xcollective.com](http://10xcollective.com).

The exact questions for the workshops have not yet been determined, but they will generally ask about how we want to be together as a community, what helps us be our best selves together, and how do we want to connect with the world outside our walls.

So please come to the service! Be thinking about this question: How can my spirit grow, here?

Here's some sample thoughts from Diane Ullius on the question:

- Feeling really listened to by congregant, minister, or staff
- Helping someone
- Receiving praise/recognition for what I've done well
- Receiving forgiveness for what I've not done well
- Being challenged to be my best self, especially a LITTLE outside my comfort zone
- A really good sermon
- Leading a group, especially if it goes well
- Vibrant, uplifting music in a worship service
- Admiring the work of others--SJ groups, artists, flower ministry
- Being reminded that there are opportunities for spiritual growth

Sign up for one of the workshops here:

[https://docs.google.com/forms/d/e/1FAIpQLScKU8uYASJQYw9mtnuBl6JfCJ9VLisb4ASc4f\\_pQL0Qcpd-Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLScKU8uYASJQYw9mtnuBl6JfCJ9VLisb4ASc4f_pQL0Qcpd-Q/viewform)

Bring your imagination along with you!