



UNITARIAN UNIVERSALIST CHURCH OF ARLINGTON VIRGINIA

A Place to Connect, Grow and Serve

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Finding Your Path at UUCA

By David McTaggart

During worship on Sunday, February 17, I shared with you my master life story. I told you of my emotional hurts in childhood, outward success in young adulthood, crisis in midlife, and inward growth in later years. Looking back, I have come to understand that my life trajectory has not been unique, but rather has mirrored the ageless archetypal pattern of loss and renewal, birth suffering and rebirth, of having to go down before coming up.

Inward growth, or spiritual transformation, doesn't just happen with age; indeed it can happen at any age. Transformation begins with a growing unease or suffering with life, a sense that there's got to be a better way. From there, it helps to be amongst people who hold us in love and have us understand we are not alone in this struggle. It takes teaching in the many spiritual growth paths available to us. And, on our part, transformation requires spiritual stillness, reflection, practice, courage and faith—faith that life is essentially good and that we will emerge as the whole and loving persons we were born to be.

Where else to find these elements of spiritual growth but in a religious community? This is what temples, synagogues, mosques, churches, and Unitarian Universalist congregations fundamentally do—they help people overcome suffering, to grow into their full potential, and lead more fulfilling lives!

Rev. Terasa has been asking us to reflect on this question: "How can my spirit grow, here, in this congregation?" Is your spirit being fed at UUCA? Do you have questions, such as perhaps "What is spirituality?" What spiritual growth programing do we currently offer and what do you wish for? Do you need help in finding your spiritual path?

Do plan to attend our "Finding Your Path" spiritual ingathering on Saturday morning, May 4. Mark your calendars now and register [here](#). And, bring a friend. Please, reach out to me if you have any questions: David McTaggart, mdmctagg@gmail.com or 703-835-6944.